



## Levy Center

### Summer Fitness Classes

The Levy Center is hoping to keep as many people healthy and active during this time. There is a mixture of Virtual, In-person and outside classes available. Below is some more information for registering and building safety measures as well as the list of available classes and their descriptions:

- A valid email must be provided for all class registrations
- For Virtual classes a Zoom link will be sent to you via email at least 24 hours prior to the 1<sup>st</sup> class
- Classes will only run if the minimum participants are met, please register early
- For all in-person classes, masks will be required and when entering the building participants will be subjected to temperature and symptom checks
- Registration can be done online by [clicking here](#) or by calling 847-448-8250
- If you are having any issues or have questions, please contact Bob Russo at [russo@cityofevanston.org](mailto:russo@cityofevanston.org) or by calling 847-448-8283

## Strength/Stretch Class

This class offers a perfect combination of challenge and release for all your major muscle groups with no equipment necessary. Start with 30 minutes of low impact strength training. Use your bodyweight for resistance with classic exercises that strengthen and tone the whole body, but are gentle on joints. Followed by 30 minutes of a long mix of dynamic and static stretching that increases flexibility and decrease stiffness and soreness. Your whole body will feel lengthened and relaxed after this focused stretching session. No class on July 5. This class will be held virtually.

**Instructor:** Amanda Hart

**Location:** Zoom Virtual Classes

**Fee:** \$60 LM/ \$75

Class#	Dates	Days	Time	Type
524332A1	June 7- Aug 16	M	9-10am	Virtual

## Tai Chi Fundamentals- Beginners

Learn a basic Tai Chi form as well as a number of techniques designed to energize the body, reduce and manage stress and improve balance and flexibility. Regular practice of this system of gentle movements can facilitate harmonious energy flow throughout the body enhancing your physical and emotional well-being. This class will be held virtually.

**Instructor:** Francesca Segal

**Fee:** \$60LM/ \$75NM

Class#	Dates	Days	Time	Type
524327A1	June 7- Aug 9	M	7:45am-8:45am	Virtual

## Tai Chi Fundamentals- Continuing

In this class we continue to further developed the practices and Tai Chi form begun in the Tai Chi Fundamentals - Beginner class. This class will be held virtually.

**Instructor:** Francesca Segal

**Fee:** \$60LM/ \$75NM

Class#	Dates	Days	Time	Type
523315A1	June 7- Aug 9	M	9-10am	Virtual

### Tai Chi Chi Gong- Weather Warriors- NEW

We will practice chi gong for flexibility, health and well-being. Becoming quiet and being open to the changing nature of spring will be the focus. This will be held in the Courtyard Garden at the Levy Center rain, snow or shine. Masks required. No class on July 5

**Instructor:** Evelyn Thompson

**Location:** Levy Center

**Length:** 8 sessions

**Fee:** \$48LM/ \$63NM

Class#	Dates	Day	Time	Type
524326A1	June 7- Aug 2	M	9-9:45am	In-Person

### Cardio, Strength and Stretch (This class is a 2 day a week class on Mondays & Wednesdays)

This class combines a cardio workout with strength training and stretching. Participants will do low impact aerobics and use hand weights, resistance tubing and balls to build strength and anaerobic endurance if available. This class will be held virtually.

**Instructor:** Marla Lampert

**Fee:** \$100/\$115

Class#	Dates	Days	Time	Type
524308A1	June 7- Aug 11	M, W	10:30-11:30am	Virtual

### Silversneakers Stability – NEW

Stability is the newest class designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. It can be adapted depending on the skill of individual participants. A chair may be used for balance and support. Some Medicare recipients qualify to take this class at no charge. Please call Bob Russo at 847-448-8283 to find out if you qualify. There is no charge for Silversneakers members. Registration is Required. This class will be held virtually. No class on July 5.

**Instructor:** Amanda Hart

**Fee:** \$60/\$75

Class#	Dates	Days	Time	Type
524349A1	June 7- Aug 16	M	11:45am-12:45pm	Virtual

## Intermediate/Relaxation Yoga

This class is recommended for those who have prior experience and are able to sustain a higher level of effort. Relax in a non-competitive atmosphere while practicing activities leading to flexibility, strength and balance and meditation techniques. This class will be held in-person. No Class on July 5

**Instructor:** Emily Williams-Guthrie

**Fee:** \$70 LM/ \$85 NM

Class#	Dates	Day	Time	Type
523302A1	June 7- Aug 16	M	6-7:30pm	In-Person

## Beginning Yoga for Seniors

Discover the benefits of yoga postures and conscious breathing – you'll improve the flexibility of your body and mind! You must be able to easily transfer from standing to sitting and lying down. No previous yoga experience necessary, just an open mind to explore new experiences. Please wear non-binding clothing; shoes are not needed for class. This class will be held virtually. No Class on Aug 5.

**Instructor:** Betsy Murphy (Tu), Shauna Babcock (Th)

**Fee:** \$60LM/\$75NM

Class#	Dates	Days	Time	Type
524303A1	June 8- Aug 10	Tu	9-10am	Virtual
524303B1	June 10- Aug 19	Th	9-10am	Virtual

## Pilates/Sculpt- New

Pilates work centers on strengthening the core. This class will improve flexibility, physical strength and enhance mental awareness. We will lengthen, strengthen and sculpt the entire body. This workout includes floor work with optional light hand weights. This class will be held virtually.

**Instructor:** Marla Lampert

**Fee:** \$60LM/\$75NM

Class#	Dates	Days	Time	Type
524351A1	June 8- Aug 10	Tu	9:30-10:15am	Virtual

## Gentle Chair Yoga for Seniors (This class is a 2 day a week class on Tuesdays & Thursdays)

If you are interested in exploring yoga, but are less ambulatory or not able to transfer easily, join this class! No experience necessary, all are welcome. We will explore the mind body practices of yoga seated in a chair or using the chair for support in standing poses. Learn yoga movement, breathing and relaxation practices to increase flexibility of mind and body. Please wear comfortable clothing. This class will be held virtually.

**Instructor:** Betsy Murphy, RN

**Fee:** \$100 LM/ \$115 NM

Class#	Dates	Days	Time	Type
524339A1	June 8- Aug 12	Tu, Th	10:30-11:30am	Virtual

## Silversneakers Yoga

Silversneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Some Medicare recipients qualify to take this class at no charge. Please call Bob Russo at 847-448-8283 to find out if you qualify. There is no charge for Silversneakers members. Registration is Required. This class is held virtually. No class on July 7

**Instructor:** Amanda Hart (W), Barbara Meyer (F)

**Fee:** \$60LM/\$75NM

Class#	Dates	Day	Time	Type
524341A1	June 9- Aug 18	W	9:30-10:30am	Virtual
524341B1	June 11- Aug 13	F	11:45am-12:45pm	Virtual

## Tai Chi for Arthritis & Fall Prevention

Experience the benefits of Tai Chi in a program specifically developed for people with arthritis and other musculoskeletal conditions. The gentle slow movements, upright stance and powerful healing qi gong exercises will help you increase mobility, improve balance, strengthen muscles and release tension in the body without overstressing the joints. This class will be held virtually.

**Instructor:** Carolyn Martinez, Arthritis Foundation certified Instructor

**Fee:** \$48 LM/ \$63 NM

### Beginner Level

Class#	Dates	Days	Time	Type
524304A1	June 8- July 27	Tu	11am-12pm	Virtual

### Advanced Beginner

Class#	Dates	Days	Time	Type
524316A1	June 9- July 28	W	1:15-2:15pm	Virtual

### Intermediate Level

Class#	Dates	Days	Time	Type
524320A1	June 9- July 28	W	2:30-3:30pm	Virtual

## Zumba Gold

A low impact Zumba class with easy to follow choreography that focuses on cardiovascular and muscle conditioning, range of motion, coordination, flexibility, and balance. Zumba Gold is designed to be approachable by all populations, regardless of fitness level. Experience with dance is not required. All adults welcome. This class will be held virtually.

**Instructor:** Suzanne Hock

**Fee:** \$60 LM/ \$75 NM

Class#	Dates	Day	Time	Type
524352A1	June 10- Aug 12	Th	11:30am-12:30pm	Virtual

## Qi Gong for Seniors

Create a healthier connection between your spirit, mind and body! This class teaches you a relaxing and gentle exercise that increases your flexibility, coordination, balance and circulation. People of all physical abilities will benefit. This class will be held virtually.

**Instructor:** Francesca Segal

**Fee:** \$60LM/ \$75NM

Class#	Dates	Days	Time	Type
524306A1	June 10- Aug 12	Th	1-2pm	Virtual

## Zumba for Boomers and their Friends

Enjoy a low impact Zumba class with no jumping but all the great music and moves you love for a fun workout. Zumba is a party that is exercise in disguise. All adults welcome. No experience necessary. This class will be held virtually.

**Instructor:** Suzanne Hock

**Fee:** \$60LM/\$75NM

Class#	Dates	Day	Time	Type
524315A1	June 10- Aug 12	Th	6:30-7:30pm	Virtual

## Tai Chi Chi Gong

Tai Chi is a relaxing, gentle, flowing exercise coordinating movement, breath and mind. Tai Chi benefits people of all physical abilities. You'll increase your flexibility, coordination, balance and circulation. No registration allowed after week 2. This class will be held virtually.

**Instructor:** Evelyn Thompson

**Fee:** \$60LM/ \$75NM

Class#	Dates	Day	Time	Type
524307A1	June 11- Aug 13	F	9-10am	Virtual

## Zumba Gold Toning<sup>®</sup>

A class that blends Zumba Gold with light hand weights to enhance muscle strength, tone and endurance. Using easy to follow choreography and fitness moves with and without weights, the class focuses on toning muscles, endurance, range of motion, flexibility, coordination, and balance. All adults welcome. No experience necessary. Light weights are used in class. This class will be held virtually.

**Instructor:** Suzanne Hock

**Fee:** \$60 LM/ \$75 NM

Class#	Dates	Day	Time	Type
524301A1	June 11- Aug 13	F	10-11am	Virtual

## Feldenkrais

Using a combination of guided attention and pleasant, purposeful movement, this method of Feldenkrais guides you through the essential dynamic relationships in a particular pattern of movement and action. Unlike traditional exercise, where movements can become mechanical, *Awareness Through Movement* teaches you the secrets to reducing unnecessary muscular effort and improve your awareness of your whole self in action. This class will be held virtually & In-person.

**Instructor:** Robin Sterling

**Fee:** \$60LM/ \$75NM

Class#	Dates	Day	Time
524309A1	June 11- Aug 13	F	10:30-11:30am

## Mind/Body- Cardio, Strength and Stretch

Dance and martial arts Nia inspired movement for mobility and endurance, followed by seated/standing strength exercises (with hand weights), balance and a final mindful stretch. Moderate level with options for adapting movement for higher or lower intensity. Movement can be performed from a chair. This class will be held virtually.

**Instructor:** Barbara Meyer

**Fee:** \$60 LM/\$75 NM

Class#	Dates	Days	Time	Type
5243333A1	June 11- Aug 13	F	10:30-11:30am	Virtual

## SilverSneakers Classic

SilverSneakers® Classic You'll have fun and move to music in a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; a chair is used for seated and/or standing support. Some Medicare recipients qualify to take this class at no charge. Please call Bob Russo at 847-448-8283 to find out if you qualify. There is no charge for Silversneakers members. Registration is Required. This class is held virtually. No Class on July 9

**Instructor:** Amanda Hart

**Location:** Virtual

**Fee:** 10 sessions: \$60/ \$75NM

Class#	Dates	Days	Time	Type
524302A1	June 11- Aug 20	F	1-2pm	Virtual

## Yoga to Heal

Integrate the healing power of Yoga into your strategy to get well and stay cancer free. Use breath, guided meditation, mudras and movement to improve your peace of mind while recovering strength and energy. This gentle format class is open to anyone on a healing journey. This class will be held virtually. No class on July 31 and Aug 7

**Instructor:** Shauna Babcock

**Fee:** \$54 LM/ \$69 NM

Class#	Dates	Day	Time	Type
523325A1	June 12- Aug 21	Sat	9-10am	Virtual

## Pilates/Yoga Fusion

This class blends the best of both disciplines to provide participants with a strong core, flexibility and overall strength. This class will be held virtually. No class on July 10

**Instructor:** Amanda Hart

**Fee:** \$60 LM/ \$75 NM

Class#	Dates	Day	Time	Type
523323A1	June 12- Aug 21	Sat	10:30-11:30am	Virtual

## Sundays

### Flex, Flow and Stretch

It's time to reconnect to community! Join your friends for Flex, Flow and Stretch! Enjoy simple and effective integrated movement for strength, mobility and flexibility, held outdoors, and get a mini tour of some of Evanston's wonderful parks! Resistance bands will be provided for your use during class. Please bring a towel and some water, along with a chair or mat for stretching (optional). Separate registration required for each class.

**Instructor:** Barbara Meyer

**Fee:** \$10LM/15 \$NM

Class#	Dates	Day	Time	Location
524336A1	June 13	Sun	10-11a	TBD
524336B1	July 11	Sun	10-11a	TBD
524336C1	Aug 8	Sun	10-11a	TBD