



## Levy Center

### Spring Fitness Classes

The Levy Center is hoping to keep as many people healthy and active during this time. The spring session of classes will begin the week of March 21st and will consist of a 10 week session ending the week of May 23rd. There is a mixture of Virtual, In-person and outside classes available. Please make sure to register for the correct class number as some classes will be held In-person and virtually together

We will be offering 2 Virtual only Silversneakers Yoga classes this spring. If you are a Silversneakers member, Silver & Fit member or covered through United Healthcare, there will be no fee to those who qualify. However, we do need everyone to register who wishes to take the class.

Below is some more information for registering and building safety measures:

- 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 Levy Senior Center at [levycenter@cityofevanston.org](mailto:levycenter@cityofevanston.org) or by calling 847-448-8250

## Mondays

### **Weather Warriors**

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, now or shine. This class is held in-person only.

**Instructor:** Evelyn Thompson

**Fee:** \$70LM/ \$90NM

Class#	Dates	Days	Time	Type
51436A2	Mar 21- May 23	M	9a-9:45a	In-Person

### **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. This class will be held virtually only. No class on March 28.

**Instructor:** Amanda Hart

**Location:** Zoom Virtual Classes

**Fee:** \$70LM/ \$90NM

Class#	Dates	Days	Time	Type
514334A2	Mar 21- May 23	Mon	9:30-10:30am	Virtual

### **Tai Chi Fundamentals**

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 only

**Instructor:** Francesca Segal

**Fee:** \$70LM/ \$90NM

Class#	Dates	Days	Time	Type
513328A2	Mar 21- May 23	M	9-10am	Virtual

**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.

**Location:** Levy Senior Center/Virtual

**Instructor:** Marla Lampert

**Fee:** \$110/\$130

Class#	Dates	Days	Time	Type
514326A2	Mar 21- May 25	M, W	10:30-11:30am	Hybrid(In-Person/Virtual)

### **Silversneakers Stability**

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 you 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. No class dates: 5/30/22

**Instructor:** Amanda Hart

**Location:** Zoom Virtual Classes

**Fee:** \$70LM/ \$90NM

Class#	Dates	Days	Time	Type
514346A2	Apr 4- June 13	M	11:45a-12:45P	Virtual

### **Mondays Cont.**

#### **Yin Yoga**

Science of Yoga: Using foundational yang and yin poses, this class will improve your balance, flexibility and open up your connective tissue. This class is for every level, since almost every pose can be modified. This unique class is like an owner's manual for the human body. Participants can add light weights to some of the standing poses but not required. This program is offered in-person only. No Class Dates: 5/30/22

**Instructor:** Maureen Fogerty

**Location:** Levy Senior Center

**Fee:** \$70LM/ \$90NM

Class#	Dates	Days	Time	Type
514333B2	May 5- June 27	Mon	12p-1p	In-Person

## Continuing Yoga – Teen/Adult

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 Virtual & in-person

**Instructor:** Emily Williams-Guthrie

**Fee:** \$70 LM/ \$90 NM

Class#	Dates	Day	Time	Type
513311A2	Mar 21- May 23	M	6-7:30pm	In-Person
513311B2	Mar 21- May 23	M	6-7:30pm	Virtual

## Tuesdays

### Continuing Yoga for Seniors

This class is designed for participants who have pervious yoga experience with Besty Murphy. Please wear non-binding clothing; shoes are not needed for class. This class will be held virtually only.

**Location:** Virtual

**Instructor:** Betsy Murphy, RN

**Fee:** \$70LM/\$90NM

Class#	Dates	Days	Time	Type
514313A2	Mar 22- May 24	Tu	8:15-9:15am	Virtual

### Beginning Yoga for Seniors

Discover the benefits of yoga postures and controlled 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 only.

**Location:** Virtual

**Instructor:** Betsy Murphy, RN

**Fee:** \$70LM/\$90NM

Class#	Dates	Days	Time	Type
514322A2	Mar 22- May 24	Tu	9:30-10:30am	Virtual

## Pilates/Sculpt

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.

**Location:** Levy Senior Center/Virtual

**Instructor:** Marla Lampert

**Fee:** \$70LM/\$90NM

Class#	Dates	Days	Time	Type
514353A2	Mar 22- May 24	Tu	9:30-10:15am	In-Person
514353B2	Mar 22-May 24	Tu	9:30-10:15am	Virtual

## Tuesday Cont.

### **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 only

**Location:** Virtual

**Instructor:** Betsy Murphy, RN

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

Class#	Dates	Days	Time	Type
514339A2	Mar 22- May 26	Tu, Th	10:30-11:30am	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.

**Location:** Levy Senior Center/Virtual

**Instructor:** Suzanne Hock

**Fee:** \$70 LM/ \$90 NM

Class#	Dates	Day	Time	Type
514304A2	Mar 22- May 24	Tu	11am-12pm	In-Person
514304B2	Mar 22- May 24	Tu	11am-12pm	Virtual

## Tai Chi for Arthritis & Fall Prevention- Beginners

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.

**Instructor:** Carolyn Martinez

**Location:** Levy Senior Center/Virtual

**Age Level:** 55 yrs. and up

**Fee: 10 sessions: \$70 LM/ \$90 NM**

### Beginner Level

Class#	Dates	Days	Time	Type
514323A2	Mar 22- May 24	Tu	12:15pm-1:15pm	Hybrid (In-Person/Virtual)

## Wednesdays

### 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 Levy Center at 847-448-8250 to find out if you qualify. There is no charge for Silversneakers members. Registration is Required.

**Instructor:** Amanda Hart

**Fee:** \$70LM/\$90NM

Class#	Dates	Day	Time	Type
514316A2	Mar 23- May 25	W	9:30-10:30am	Virtual

### 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.

**Location:** Levy Senior Center/Virtual

**Instructor:** Marla Lampert

**Fee:** \$110LM/\$130NM

Class#	Dates	Days	Time	Type
514326A2	Mar 22- May 25	M, W	10:30-11:30am	In-Person
514326B2	Mar 22- May 25	M, W	10:30-11:30am	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.

**Location:** Levy Senior Center/Virtual

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

**Fee:** 10 weeks: \$70 LM/ \$90 NM

### Advanced Beginner

Class#	Dates	Days	Time	Type
514321A2	Mar 23- May 25	W	1:15-2:15pm	In-Person
514321B2	Mar 23- May 25	W	1:15-2:15pm	Virtual

### Intermediate Level

Class#	Dates	Days	Time	Type
514318A2	Mar 23- May 25	W	2:30-3:30pm	In-Person
514318B2	Mar 23- May 25	W	2:30-3:30pm	Virtual

## Beginning Yoga – Teen & Adult

This is a “sampler” class for over 60 yoga poses. You will experience relaxation and meditation techniques along with strengthening and flexibility poses in a non-competitive atmosphere. Please wear loose clothing and avoid food for two hours before sessions.

**Location:** Levy Senior Center/Virtual

**Instructor:** Emily Guthrie

**Fee:** \$70LM/\$90NM

Class#	Dates	Days	Time	Type
513301A2	Mar 23- May 25	W	6:30pm-8:30pm	In-Person
513301B2	Mar 23- May 25	W	6:30pm-8:30pm	Virtual

## Thursdays

### Beginning Yoga for Seniors

Discover the benefits of yoga postures and controlled 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. No Class Dates: 3/24/22

**Location:** Levy Senior Center/Virtual

**Instructor:** Shauna Babcock

**Fee:** \$70LM/\$90NM

Class#	Dates	Days	Time	Type
514322B2	Mar 17- May 26	Th	9:15-10:15am	Hybrid(InPerson/Virtual)

## Ageless Grace, Brain Body Fitness

This active exercise class is a fun, cutting-edge program based on neuroplasticity using 21 gentle, easy to follow physical exercises designed for lifelong optimal functioning. The exercises are done in a chair with some optional standing and are based on everyday movements that focus on balance, strength, stamina, joint mobility, flexibility and range of motion. Anyone, including those with arthritis and other physical challenges, can participate at their own level. This class will be held in-person & virtual.

**Location:** Levy Senior Center

**Instructor:** Susan Mendelsohn

**Fee:** \$70LM/\$90NM

Class#	Dates	Days	Time	Type
514329A2	Mar 22- May 24	Tu	10-10:45am	Hybrid(InPerson/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 only.

**Location:** Virtual

**Instructor:** Betsy Murphy, RN

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

Class#	Dates	Days	Time	Type
514339A2	Mar 22- May 26	Tu, Th	10:30-11:30am	Virtual

## Alexander Technique

Posture, Poise and Ease. In this class, you'll learn to improve your balance and coordination in the functional movement of daily activities. New research shows that posture plays an important role in health! Learn to sit, stand, move, breathe with better posture, less tension, more poise and ease. This class is based on the Alexander Technique, internationally recognized method for teaching how to use your body better. There will be lots of individual attention so you learn at your own rate. This class will be held virtually only

**Instructor:** Phyllis Richmond

**Fee:** \$70 LM/ \$90 NM

Class#	Dates	Day	Time	Type
514138A2	Mar 24- May 26	Thu	10-11:15a	Virtual



## Thursdays Cont.

### **Functional Fitness for Better Strength and Balance**

This class uses light weights, exercise bands and exercise balls to give people gentle, yet challenging movements to increase strength, flexibility and balance. The class is performed sitting with optional standing so adults at any fitness level will feel comfortable participating. This class will be held in-person & virtual

**Location:** Levy Senior Center/Virtual

**Instructor:** Susan Mendelsohn

**Fee:** \$70LM/\$90NM

Class#	Dates	Days	Time	Type
514344A2	Mar 24- May 26	Th	11-11:45am	In-Person
514344B2	Mar 24- May 26	Th	11-11:45am	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 only

**Instructor:** Francesca Segal

**Fee:** \$70LM/ \$90NM

Class#	Dates	Days	Time	Type
514325A2	Mar 24- May 26	Th	1-2pm	Virtual

### **Silversneakers Stability**

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 you 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.

**Instructor:** Amanda Hart

**Location:** Zoom Virtual Classes

**Fee:** \$70LM/ \$90NM

Class#	Dates	Days	Time	Type
514346B2	Apr 7- June 9	Th	1p-2p	Virtual

## Total Control – A Pelvic Wellness Program for Women 55+

Join us for a fun, evidence-based fitness and education class that will improve your bladder control along with your balance and strength. Taught by a physical therapist and Director of Total Control; each class includes 45 minutes of (no/low-impact) exercise followed by 15 minutes of tips and education to regain control. This class will be held in-person & virtually.

**Location:** Levy Senior Center/Virtual

**Instructor:** Elizabeth Christopher

**Age Level:** 55 yrs and up

**Fee:** \$70LM/\$90NM

Class#	Dates	Day	Time	Type
514355C2	May 5- Jun 30	Th	2:30-3:30pm	In-Person
514355D2	Mar 5- June 30	Th	2:30-3:30pm	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 in-person & virtually.

**Location:** Levy Senior Center/Virtual

**Instructor:** Suzanne Hock

**Age Level:** 55 yrs and up

**Fee:** \$70LM/\$90NM

Class#	Dates	Day	Time	Type
514314A2	Mar 24- May 26	Th	6:30-7:30pm	In-Person
514314B2	Mar 24- May 26	Th	6:30-7:30pm	Virtual

## Fridays

### 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 in-person & virtually

**Location:** Levy Senior Center/Virtual

**Instructor:** Evelyn Thompson

**Fee:** \$70LM/ \$90NM

Class#	Dates	Day	Time	Type
514327A2	Mar 25- May 27	F	9-10am	In-Person/Virtual

## Zumba Gold Toning®

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.

No class 5/6/22

**Location:** Levy Senior Center/Virtual

**Instructor:** Suzanne Hock

**Fee:** \$70 LM/ \$90 NM

Class#	Dates	Day	Time	Type
514303A2	Mar 25- Jun 3	F	10-11am	In-Person
514303B2	Mar 25- Jun 3	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 only

**Instructor:** Robin Sterling

**Fee:** \$70LM/ \$90NM

Class#	Dates	Day	Time	Type
514328A2	Mar 25- May 27	F	10:30-11:30am	Virtual

## Cardio, Strength and Stretch- Mind/Body

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.

**Location:** Levy Senior Center/Virtual

**Instructor:** Barbara Meyer

**Fee:** \$70 LM/\$90 NM

Class#	Dates	Days	Time	Type
514351A2	Mar 25- May 27	F	10:30-11:30am	In-Person
514351B2	Mar 25- May 27	F	10:30-11:30am	Virtual

## Fridays Cont.

### **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 Levy Center at 847-448-8250 to find out if you qualify. There is no charge for Silversneakers members. Registration is Required. This class will be held virtually only

**Instructor:** Barbara Meyer

**Fee:** \$70LM/\$90NM

Class#	Dates	Day	Time	Type
514316B2	Mar 25- May 27	F	11:45am-12:45pm	Virtual

### **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. This class will be held virtually only

No class 4/1/22

**Instructor:** Amanda Hart

**Fee:** \$70 LM/ \$90 NM

Class#	Dates	Day	Time	Type
514301A2	Mar 25-Jun 3	Fri	1pm-2pm	Virtual

## Saturdays

### **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 class will be held both virtually and in-person. No Class Dates: 3/26/22

**Instructor:** Shauna Babcock

**Fee:** \$70 LM/ \$90 NM

Class#	Dates	Day	Time	Type
513315A2	Mar 19-May 28	Sat	9-10am	In-Person
513315B2	Mar 19-May 28	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 only. No Class on April 2.

**Instructor:** Amanda Hart

**Fee:** \$70 LM/ \$90 NM

Class#	Dates	Day	Time	Type
513305A2	Mar 19-May 28	Sat	10:30-11:30am	Virtual