



## Levy Senior Center Fitness Classes Winter 23

### Monday

#### **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, snow or shine. This class is held in-person only. No class 1/16.

**Instructor:** Evelyn Thompson

**Location:** Levy Center Courtyard

**Fee:** 10 weeks \$80LM/\$104NM

Class#	Dates	Days	Time	Type
544326A3	Jan 9-Mar 20	M	9a-9:45a	In-Person

#### **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. No class 1/16.

**Instructor:** Francesca Segal

**Location:** Zoom

**Fee:** 10 weeks \$80LM/\$104NM

Class#	Dates	Days	Time	Type
543319A3	Jan 9-Mar 20	M	9a-10a	Virtual

#### **Cardio, Strength & Stretch** (This class is a 2 day a week class on Monday and Wednesday)

This class combines a cardio workout with strength training and stretching. Participants will do low impact aerobics, with the use of the following equipment when available – hand weights, resistance tubing, and balls to build strength and endurance. This class will be held in-person & virtually. No class 1/16.

**Instructor:** Marla Lampert

**Location:** Levy Center/Zoom

**Fee:** 10 weeks (20 sessions) \$140LM/\$182NM

Class#	Dates	Days	Time	Type
544307A3	Jan 9-Mar 20	M/W	10:30a-11:30a	In-Person/Virtual

**Integrated Body: Strengthen & Lengthen**

Natural, functional whole body movement for developing strength, flexibility and mobility. Movement will be performed from standing, seated in a chair and on the floor. Class ends with a brief guided relaxation. We will be using a small squishy 8-9" ball (small playground ball) and a stretchy band (like a Theraband). Participants should be comfortable getting down and up, and working, from the floor. This class will be held in-person and virtually. No class 1/16.

**Instructor:** Barbara Meyer

**Location:** Levy Center/Zoom

**Fee:** 10 weeks \$80LM/\$104NM

Class#	Dates	Days	Time	Type
544345A3	Jan 9-Mar 20	M	11:45a-12:30p	In-Person/Virtual

**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 class will be held in-person and virtually. No class 1/16.

**Instructor:** Maureen Fogerty

**Location:** Levy Center/Zoom

**Age:** 17 yrs and up

**Fee:** 10 weeks \$80LM/\$104NM

Class#	Dates	Days	Time	Type
544356A3	Jan 9-Mar 20	M	12p-1p	In-Person/Virtual

**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 in-person & virtually. No class 1/16.

**Instructor:** Emily Williams-Guthrie

**Location:** Levy Center/Zoom

**Age:** 12 yrs and up

**Fee:** 10 weeks \$80LM/\$104NM

Class#	Dates	Days	Time	Type
543302A3	Jan 9-Mar 20	M	6p-7:15p	In-Person/Virtual

## **Tuesday**

### **Continuing Yoga for Seniors**

This class is designed for participants who have previous yoga experience with Betsy Murphy. Please wear non-binding clothing; shoes are not needed for class. This class will be held in-person & virtually.

**Instructor:** Betsy Murphy, RN

**Location:** Levy Center/Zoom

**Fee:** 10 weeks \$80LM/\$104NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
544305A3	Jan 10-Mar 14	Tu	8:15a-9:15a	In-Person/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 in-person & virtually.

**Instructor:** Betsy Murphy, RN

**Location:** Levy Center/Zoom

**Fee:** 10 weeks \$80LM/\$104NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
544302A3	Jan 10-Mar 14	Tu	9:30a-10:30a	In-Person/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. This class will be held in-person & virtually.

**Instructor:** Marla Lampert

**Location:** Levy Center/Zoom

**Fee:** 10 weeks \$80LM/\$104NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
544353A3	Jan 10-Mar 14	Tu	9:30a-10:15a	In-Person/Virtual

### **Power-Up**

This class will “power up” your mind, body, and spirit using various exercises along with a little humor to give an energetic boost to your day! Just like “powering up” a computer, you can turn on your abilities and increase your strength while learning and having fun. The class can be done seated in a chair or standing while we focus on posture, alignment, core, breath, and muscle strength. Weights, bands, straps, and other equipment may be used. All levels are welcome. Shoes are required. This class will be held in-person and virtually.

**Instructor:** Sandy Nowarita **NEW INSTRUCTOR**

**Location:** Levy Center

**Fee:** 8 weeks \$64LM/\$84NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
544348A3	Jan 10-Feb 28	Tu	10:45a-11:30a	In-Person/Virtual

### **Stretch & Restore Yoga**

Explore a sequencing of traditional restorative yoga poses and stretches to relax, release, reset and rejuvenate your mind and body. The class will help you improve circulation and digestion as well as remove toxins and reduce muscle tension. We will be using chairs, mats, blocks, blankets and straps. All levels are welcome. No experience or shoes necessary. This class will be offered in-person and virtually.

**Instructor:** Sandy Nowarita **NEW INSTRUCTOR**

**Location:** Levy Center

**Fee:** 8 weeks \$64LM/\$84NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
544349A3	Jan 10-Feb 28	Tu	11:45a-12:30p	In-Person/Virtual

### **Tai Chi for Arthritis & Fall Prevention: Beginner**

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 over stressing the joints. This class will be held in-person & virtually.

**Instructor:** Andrew Serlin

**Location:** Levy Center/Zoom

**Fee:** 10 weeks \$80LM/\$104NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
544331A3	Jan 10-Mar 14	Tu	1p-2p	In-Person/Virtual

**Gentle Chair Yoga** (This class is a 2 day a week class on Tuesdays and 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. Tuesday classes will be held in-person & virtually and Thursday classes will be held virtually only.

**Instructor:** Betsy Murphy, RN

**Location:** Levy Center/Zoom

**Fee:** 10 weeks (20 sessions) \$140LM/\$182NM

Class#	Dates	Days	Time	Type
544313A3	Jan 10-Mar 16	Tu/Th	10:45a-11:45a	In-Person/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 are welcome. This class will be held in-person & virtually.

**Instructor:** Suzanne Hock

**Location:** Levy Center/Zoom

**Fee:** 10 weeks \$80LM/\$104NM

Class#	Dates	Days	Time	Type
544333A3	Jan 10-Mar 14	Tu	11a-12p	In-Person/Virtual

## **Wednesday**

### **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 in-person and virtually.

**Instructor:** Shauna Babcock

**Location:** Levy Center/Zoom

**Fee:** 10 weeks \$80LM/\$104NM

Class#	Dates	Days	Time	Type
544322A3	Jan 11-Mar 15	W	9:30a-10:30a	In-Person/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 Levy Center at 847-448-8250 to find out if you qualify. There is no charge for Silversneakers members. Registration is Required. This class is offered in-person and virtually.

**Instructor:** Maureen Fogerty

**Location:** Levy Center

**Fee:** 10 weeks \$80LM/\$104NM

Class#	Dates	Days	Time	Type
544301A3	Jan 11-Mar 15	W	10:45a-11:45a	In-Person

### **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. This class will be held in-person & virtually.

**Instructor:** Emily Williams-Guthrie

**Location:** Levy Center/Zoom

**Age:** 12 yrs and up

**Fee:** 10 weeks \$80LM/\$104NM

Class#	Dates	Days	Time	Type
543301A3	Jan 11-Mar 15	W	6:30p-7:45p	In-Person/Virtual

## **Thursday**

### **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 in-person & virtually.

**Instructor:** Shauna Babcock

**Location:** Levy Center/Zoom

**Fee:** 10 weeks \$80LM/\$104NM

Class#	Dates	Days	Time	Type
544302B3	Jan 12-Mar 16	Th	9a-10a	In-Person/Virtual

### **Tai Chi for Arthritis & Fall Prevention: Intermediate**

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 over stressing the joints. This class will be held in-person & virtually.

**Instructor:** Andrew Serlin

**Location:** Levy Center/Zoom

**Fee:** 10 weeks \$80LM/\$104NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
544340A3	Jan 12-Mar 16	Th	9a-10a	In-Person/Virtual

### **Tai Chi for Arthritis & Fall Prevention: Advanced**

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 over stressing the joints. This class will be held in-person & virtually.

**Instructor:** Andrew Serlin

**Location:** Levy Center/Zoom

**Fee:** 10 weeks \$80LM/\$104NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
544320A3	Jan 12-Mar 16	Th	10a-11a	In-Person/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 & virtually. Classes will be recorded and available on-demand through the week.

**Instructor:** Susan Mendelsohn

**Location:** Levy Center/Zoom

**Fee:** 10 weeks \$80LM/\$104NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
544309A3	Jan 12-Mar 16	Th	10:15a-11:00a	In-Person/Virtual

### **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 & virtually. Classes will be recorded and available on-demand through the week.

**Instructor:** Susan Mendelsohn

**Location:** Levy Center/Zoom

**Fee:** 10 weeks \$80LM/\$104NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
544310A3	Jan 12-Mar 16	Th	11:05a-11:50a	In-Person/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

**Location:** Zoom

**Fee:** 10 weeks \$80LM/\$104NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
544304A3	Jan 12-Mar 16	Th	1p-2p	In-Person/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 an exercise in disguise. All adults are welcome. No experience necessary. This class will be held in-person & virtually. No class 3/16.

**Instructor:** Suzanne Hock

**Location:** Levy Center/Zoom

**Fee:** 10 weeks \$80LM/\$104NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
544318A3	Jan 12-Mar 23	Th	6:30p-7:30p	In-Person/Virtual

## **Basketball Over 40**

We want to get players over forty back into the game they know and love. Basketball Over 40 levels the pick-up basketball environment and brings like-minded, competitive adults together for a good run.

We differentiate ourselves from a typical open gym in two ways:

1. We stress the commitment to creating a "basketball community" through three paramount aspects: Competition, Courtesy and Camaraderie. Basketball players are encouraged to compete aggressively, but we know it must be within an atmosphere of courtesy and camaraderie.
2. We utilize the True Potential Team Selector App, an iPad app that uses AI and machine learning to create the most evenly-matched teams possible, which leads to maximum competition and level of play.

In addition, we provide the reversible jerseys, keep time and score, and sponsor the post-game get-together (if interested!) afterwards. Game on! This class will be every Thursday unless stated otherwise.

**Instructor:** Bill Braman

**Location:** Levy Center

**Age:** 40 yrs and up

**Fee:** Drop-in \$8

<b>Class#</b>	<b>Days</b>	<b>Time</b>
Drop-In	Th	6:30p-8:30p

## **Friday**

### **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.

**Instructor:** Evelyn Thompson

**Location:** Levy Senior Center/Virtual

**Fee:** 10 weeks \$80LM/\$104NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
544306A3	Jan 13-Mar 17	F	9a-10a	In-Person/Virtual

### **SilverSneakers Stability**

Stability 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. This class is offered in-person and virtually.

**Instructor:** Maureen Fogerty

**Location:** Levy Center

**Fee:** 10 weeks \$80LM/\$104NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
544346A3	Jan 13-Mar 17	F	9:30a-10:30a	In-Person

### **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 are welcome. No experience necessary. Light weights are used in class. This class will be held in-person & virtually. No class 1/27 & 3/17.

**Instructor:** Suzanne Hock

**Location:** Levy Center/Zoom

**Fee:** 10 weeks \$80LM/\$104NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
544314A3	Jan 13-Mar 31	F	10a-11a	In-Person/Virtual

### **Feldenkrais**

Using purposeful movement sequences, The Feldenkrais Method offers a gentle, comfortable way to explore your movement patterns and retrain your body to move more effortlessly. The Awareness Through Movement lessons are designed to help you improve your balance and move with greater freedom, flexibility and efficiency so that you can create better quality of movement in everything you enjoy doing. This class will be held in-person & virtually.

**Instructor:** Robin Sterling

**Location:** Levy Center/Zoom

**Fee:** 10 weeks \$80LM/\$104NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
544308A3	Jan 13-Mar 17	F	10:30a-11:30a	In-Person/Virtual

**Mind/Body: Cardio, Strength, & 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 in-person & virtually.

**Instructor:** Barbara Meyer**Location:** Levy Center/Zoom**Fee:** 10 weeks \$80LM/\$104NM

Class#	Dates	Days	Time	Type
544354A3	Jan 13-Mar 17	F	10:30a-11:30a	In-Person/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 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 in-person & virtually.

**Instructor:** Barbara Meyer**Location:** Levy Center/Zoom**Fee:** 10 weeks \$80LM/\$104NM

Class#	Dates	Days	Time	Type
544322B3	Jan 13-Mar 17	F	11:45a-12:45p	In-Person/Virtual

**Saturday****Yoga to Heal**

Integrate the healing power of Yoga into your strategy to get well and stay healthy. Use breath, guided meditation, mudras and movement to improve your peace of mind while recovering strength and energy. This class will be held in-person & virtually.

**Instructor:** Shauna Babcock**Location:** Levy Center/Zoom**Fee:** 10 weeks \$80LM/\$104NM

Class#	Dates	Days	Time	Type
543317A3	Jan 14-Mar 18	Sa	9a-10a	In-Person/Virtual

## Sunday

### **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 in-person only.

**Instructor:** Maureen Fogerty

**Location:** Levy Center/Zoom

**Fee:** 10 weeks \$80LM/\$104NM

Class#	Dates	Days	Time	Type
544322C3	Jan 15-Mar 19	Su	9:30a-10:30a	In-Person

### **Important registration information:**

- A valid email must be provided for all class registrations
- For virtual classes a Zoom link will be sent out 24 hours prior to the 1st class
- Classes will only run if the minimum number of participants are met, please register early
- Registration can be done only by [clicking here](#) or by calling 847-448-8250
- If you are having any issues or have questions, please contact the Levy Center at [levycenter@cityofevanston.org](mailto:levycenter@cityofevanston.org) or by calling 847-448-8250