



## Levy Senior Center Fitness Classes Fall 23

### 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 before the 1st class
- Classes will only run if the minimum number of participants is 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

### 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 offered in person only.

**Instructor:** Evelyn Thompson

**Location:** Levy Center

**Fee:** 8 weeks \$64LM/\$104NM 6 weeks \$48LM/\$78/NM

Class#	Dates	Days	Time	Type
534363A3	Sept 11-Oct 30	M	9a-9:45a	In-Person
534363B3	Nov 6-Dec 11	M	9a-9:45a	In-Person

#### Cardio, Strength & Stretch

This class combines a cardio workout with strength training and stretching. Participants will do low-impact aerobics, using the following equipment when available – hand weights, resistance tubing, and balls to build strength and endurance. This class is offered in person & virtually.

**Instructor:** Marla Lampert

**Location:** Levy Center/Zoom

**Fee:** 8 weeks (16 sessions) \$128LM/\$168NM 7 weeks (13 sessions) \$112LM/\$147NM

Class#	Dates	Days	Time	Type
534308A3	Sept 6-Oct 30	M/W	10:30a-11:30a	In-Person/Virtual
534308B3	Nov 1-Dec 13	M/W	10:30a-11:30a	In-Person/Virtual

### SilverSneakers Stability

The stability class is designed to help you become stronger and improve your 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 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. This class is offered in person and virtually.

**Instructor:** Maureen Fogerty

**Location:** Levy Center/Zoom

**Fee:** 8 weeks \$64LM/\$104NM 6 weeks \$48LM/\$78/NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
534345A3	Sept 11-Oct 30	M	10:30a-11:30a	In-Person/Virtual
534345B3	Nov 6-Dec 11	M	10:30a-11:30a	In-Person/Virtual

### Yin Yoga

Science of Yoga: Using foundational yang and yin poses, this class will improve your balance, and 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. There will be approx. 5 minutes devoted to standing balance (weights optional) then on to the floor for the duration of class. This class is offered in person and virtually.

**Instructor:** Maureen Fogerty

**Location:** Levy Center/Zoom

**Fee:** 8 weeks \$80LM/\$120NM 6 weeks \$60LM/\$90/NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
534321C3	Sept 11-Oct 30	M	11:45a-1:15p	In-Person/Virtual
534321D3	Nov 6-Dec 11	M	11:45a-1:15p	In-Person/Virtual

### Continuing Yoga- Teen/Adult

This class is recommended for those who have prior experience and can sustain a higher level of effort. Relax in a non-competitive atmosphere while practicing activities leading to flexibility, strength, balance, and meditation techniques. Please bring your mat and a towel or blanket. Blocks will be provided. This class is offered in person and virtually.

**Instructor:** Emily Williams-Guthrie

**Location:** Levy Center/Zoom

**Age:** 12 yrs and up

**Fee:** 6 weeks \$60R/\$90NR

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
533341A3	Sept 11-Oct 16	M	6p-7:15p	In-Person/Virtual
533341B3	Nov 6-Dec 11	M	6p-7:15p	In-Person/Virtual

## Tuesday

### **Continuing Yoga for Seniors**

This class is designed for participants with previous yoga experience who are comfortable with yoga flow movements. Please wear non-binding clothing; shoes are not needed for class. This class is offered in person and virtually.

**Instructor:** Betsy Murphy, RN

**Location:** Levy Center/Zoom

**Fee:** 8 weeks \$64LM/\$104NM 7 weeks \$56LM/\$91NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
534303A3	Sept 5-Oct 24	Tu	8:15a-9:15a	In-Person/Virtual
534303B3	Oct 31-Dec 12	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 is necessary, just an open mind to explore new experiences. Please wear non-binding clothing; shoes are not needed for class. This class is offered in person and virtually.

**Instructor:** Betsy Murphy, RN

**Location:** Levy Center/Zoom

**Fee:** 8 weeks \$64LM/\$104NM 7 weeks \$56LM/\$91NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
534326A3	Sept 5-Oct 24	Tu	9:30a-10:30a	In-Person/Virtual
534326B3	Oct 31-Dec 12	Tu	9:30a-10:30a	In-Person/Virtual

### **Pilates/Sculpt**

Pilates work centers on strengthening the core. This class will improve flexibility, and 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 is offered in person and virtually.

**Instructor:** Marla Lampert

**Location:** Levy Center/Zoom

**Fee:** 8 weeks \$64LM/\$104NM 7 weeks \$56LM/\$91NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
534312A3	Sept 5-Oct 24	Tu	9:30a-10:15a	In-Person/Virtual
534312A3	Oct 31-Dec 12	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 bit of 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, balance, core, breath, and muscle strength. Weights, bands, straps, and other equipment may be used. All levels are welcome. Shoes are required. This class is offered in person and virtually.

**Instructor:** Sandy Nowarita

**Location:** Levy Center/Zoom

**Fee:** 7 weeks \$56LM/\$91NM

Class#	Dates	Days	Time	Type
533360A3	Sept 12-Oct 24	Tu	10:30a-11:15a	In-Person/Virtual
533360B3	Oct 31-Dec 12	Tu	10:30a-11:15a	In-Person/Virtual

## Gentle Chair Yoga

If you are interested in exploring yoga but are less ambulatory or not able to transfer easily, join this class! No experience is necessary, all are welcome. We will explore the mind-body practices of yoga seated in a chair or using the chair to support standing poses. Learn yoga movements, breathing, and relaxation practices to increase the flexibility of the mind and body. Please wear comfortable clothing. **Tuesday classes will be held in-person and virtually and Thursday classes will be held virtually only.** No class on 11/23.

**Instructor:** Betsy Murphy, RN

**Location:** Levy Center/Zoom

**Fee:** 8 weeks (16 sessions) \$128LM/\$168NM 7 weeks (14 sessions) \$112LM/\$147NM

Class#	Dates	Days	Time	Type
534305A3	Sept 5-Oct 26	Tu	10:45a-11:45a	In-Person/Virtual
534305B3	Oct 31-Dec 12	Tu	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 is offered in person and virtually. No class on 9/26 & 11/21

**Instructor:** Suzanne Hock

**Location:** Levy Center/Zoom

**Fee:** 8 weeks \$64LM/\$104NM 5 weeks \$40LM/\$65NM

Class#	Dates	Days	Time	Type
534338A3	Sept 5-Oct 31	Tu	10:45a-11:45a	In-Person/Virtual
534338B3	Nov 7-Dec 12	Tu	10:45a-11:45a	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 are necessary.

This class will be offered in person and virtually.

**Instructor:** Sandy Nowarita

**Location:** Levy Center/Zoom

**Fee:** 7 weeks \$56LM/\$91NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
533361A3	Sept 12-Oct 24	Tu	11:30a-12:15p	In-Person/Virtual
533361B3	Oct 31-Dec 12	Tu	11:30a-12:15p	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 overstressing the joints. This class is offered in person and virtually.

**Instructor:** Andrew Serlin

**Location:** Levy Center/Zoom

**Fee:** 8 weeks \$64LM/\$104NM 7 weeks \$56LM/\$91NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
534301A3	Sept 5-Oct 24	Tu	12p-1p	In-Person/Virtual
534301B3	Oct 31-Dec 12	Tu	12p-1p	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 overstressing the joints. This class is offered in person and virtually.

**Instructor:** Andrew Serlin

**Location:** Levy Center/Zoom

**Fee:** 8 weeks \$64LM/\$104NM 7 weeks \$56LM/\$91NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
534301C3	Sept 5-Oct 24	Tu	1p-2p	In-Person/Virtual
534301D3	Oct 31-Dec 12	Tu	1p-2p	In-Person/Virtual

**Essentrics: Release, Rebalance, and Restore**

Essentrics uses gentle but effective movements inspired by the long lines of ballet, the fluidity of tai chi, and the healing benefits of physiotherapy. We'll use a combination of standing, floor, and chair exercises, along with motivating music, to strategically target every muscle and joint in your body! After a few weeks, you'll notice improved posture, mobility, balance, strength, and flexibility. You'll feel a renewed sense of energy flowing through your body. All fitness levels are welcome! This program is perfect for those easing into exercise after a sedentary period, or anyone dealing with injuries, chronic pain, or mobility limitations. It also benefits regular exercisers who are looking to complement their fitness routine with more stretching. Essentrics is done barefoot. Please bring a yoga mat, towel, and water bottle. This class is offered in person and virtually. No class on 10/17.

**Instructor:** Cynthia Rosario

**Location:** Levy Center/Zoom

**Fee:** 7 weeks \$56LM/\$91NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
533362A3	Sept 5-Oct 24	Tu	6:30p-7:30p	In-Person/Virtual
533362B3	Oct 31-Dec 12	Tu	6:30p-7:30p	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 is offered in person and virtually.

**Instructor:** Shauna Babcock

**Location:** Levy Center/Zoom

**Fee:** 8 weeks \$64LM/\$104NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
534343A3	Sept 6-Oct 25	W	9:30a-10:30a	In-Person/Virtual
534343B3	Nov 1-Dec 13	W	9:30a-10:30a	In-Person/Virtual

### SilverSneakers Stability

The stability class is designed to help you become stronger and improve your 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. Weights are optional. Leg and arm muscles are worked. 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. This class is offered in person and virtually.

**Instructor:** Maureen Fogerty

**Location:** Levy Center/Zoom

**Fee:** 8 weeks \$64LM/\$104NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
534345C3	Sept 6-Oct 25	W	10:45a-11:45a	In-Person/Virtual
534345D3	Nov 1-Dec 13	W	10:45a-11:45a	In-Person/Virtual

### Beginning Yin Yoga

Science of Yoga: Using foundational yang and yin poses, this class will improve your balance, and 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. There will be approx. 5 minutes devoted to standing balance (weights optional) then on to the floor for the duration of class. This class is offered in person and virtually.

**Instructor:** Maureen Fogerty

**Location:** Levy Center/Zoom

**Fee:** 8 weeks \$64LM/\$104NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
534321A3	Sept 6-Oct 25	W	12p-1p	In-Person/Virtual
534321B3	Nov 1-Dec 13	W	12p-1p	In-Person/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. Please bring your mat and a towel or blanket. Blocks will be provided. This class is offered in person and virtually.

**Instructor:** Emily Williams-Guthrie

**Location:** Levy Center/Zoom

**Age:** 12 yrs and up

**Fee:** 6 weeks \$60R/\$90NR

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
533330A3	Sept 6-Oct 11	W	6:30p-7:45p	In-Person/Virtual
533330B3	Nov 8-Dec 13	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 is necessary, just an open mind to explore new experiences. Please wear non-binding clothing; shoes are not needed for class. This class is offered in person and virtually. No class on 11/23.

**Instructor:** Shauna Babcock

**Location:** Levy Center/Zoom

**Fee:** 8 weeks \$64LM/\$104NM 6 weeks \$48LM/\$78NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
534326C3	Sept 7-Oct 26	Th	9a-10a	In-Person/Virtual
534326D3	Nov 2-Dec 14	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 overstressing the joints. This class is offered in person and virtually. No class on 11/23.

**Instructor:** Andrew Serlin

**Location:** Levy Center/Zoom

**Fee:** 8 weeks \$64LM/\$104NM 6 weeks \$48LM/\$78NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
534301E3	Sept 7-Oct 26	Th	10a-11a	In-Person/Virtual
534301F3	Nov 2-Dec 14	Th	10a-11a	In-Person/Virtual

### **Let's Dance!**

Come and join the fun as we use dance movements and sequences to challenge our brains, gain coordination, work on balance, and improve our overall health. We will be practicing various dance forms such as salsa, merengue, jazz, and line dancing. No experience is necessary. This class is offered in person only. Class limit 12. No class on 11/23.

**Instructor:** Sandy Nowarita

**Location:** Levy Center

**Fee:** 7 weeks \$56LM/\$91NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
533363A3	Sept 7-Oct 19	Th	10:15a-11a	In-Person/Virtual
533363B3	Oct 26-Dec 14	Th	10:15a-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 level. Classes will be recorded and available on demand throughout the week. This class is offered in person and virtually. No class on 11/23.

**Instructor:** Susan Mendelsohn

**Location:** Levy Center/Zoom

**Fee:** 8 weeks \$64LM/\$104NM 6 weeks \$48LM/\$78NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
534332A3	Sept 7-Oct 26	Th	10:15a-11a	In-Person/Virtual
534332B3	Nov 2-Dec 14	Th	10:15a-11a	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. Classes will be recorded and available on demand throughout the week. This class is offered in person and virtually. No class on 11/23.

**Instructor:** Susan Mendelsohn

**Location:** Levy Center/Zoom

**Fee:** 8 weeks \$64LM/\$104NM 6 weeks \$48LM/\$78NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
534354A3	Sept 7-Oct 26	Th	11:05a-11:50a	In-Person/Virtual
534354B3	Nov 2-Dec 14	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 offered virtually only. No class on 11/23.

**Instructor:** Francesca Segal

**Location:** Zoom

**Fee:** 8 weeks \$64LM/\$104NM 6 weeks \$48LM/\$78NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
534328A3	Sept 7-Oct 26	Th	1p-2p	Virtual
534328B3	Nov 2-Dec 14	Th	1p-2p	Virtual

### **Vibrant Living A3 CANCELLED DUE TO LOW ENROLLMENT**

Vibrant Living is a group wellness program for women led by Certified Health Coach Jennifer Reddick. Each session will include group conversations and a specific health topic such as emotional eating, food cravings, sleeping soundly, or healthy cooking hacks. Discussions will be dynamic and inspiring! Learn new health tips, establish sustainable habits, celebrate wins, and share frustrations. Join us no matter where you are on your journey. You will gain motivation and support to help achieve your goals while benefiting from the camaraderie of like-minded participants. This class is offered in person only. Class limit 20. No class on 11/23.

**Instructor:** Jennifer Reddick

**Location:** Levy Center

**Fee:** 8 weeks \$80LM/\$120NM 6 weeks \$60LM/\$90NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
533364A3	Sept 7-Oct 26	Th	1:30p-2:20p	In-Person
533364B3	Nov 2-Dec 14	Th	1:30p-2:20p	In-Person

### **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 is necessary. This class is offered in person and virtually. No class on 9/28 & 11/23.

**Instructor:** Suzanne Hock

**Location:** Levy Center/Zoom

**Fee:** 7 weeks \$56LM/\$91NM 6 weeks \$48LM/\$78NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
534310A3	Sept 7-Oct 26	Th	6:30p-7:30p	In-Person/Virtual
534310B3	Nov 2-Dec 14	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 by stressing 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. In addition, we provide the reversible jerseys, keep time and score, and sponsor the post-game get-together (if interested!) afterward. Game on! This class will be every Thursday unless stated otherwise. No play on 11/23 & 11/30.

**Instructor:** Bill Braman

**Location:** Levy Center

**Age:** 40 yrs and up

**Fee:** Drop-in \$10

<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 that coordinates movement, breath, and mind. Tai Chi benefits people of all physical abilities. You'll increase your flexibility, coordination, balance, and circulation. No registration is allowed after week 2. This class is offered in person and virtually. No class on 11/24.

**Instructor:** Evelyn Thompson

**Location:** Levy Senior Center/Virtual

**Fee:** 8 weeks \$64LM/\$104NM 6 weeks \$48LM/\$78NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
534329A3	Sept 8-Oct 27	F	8:45a-9:45a	In-Person/Virtual
534329B3	Nov 3-Dec 15	F	8:45a-9:45a	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 are welcome. No experience is necessary. Light weights are used in class. This class is offered in person and virtually—no class on 9/29 & 11/24.

**Instructor:** Suzanne Hock

**Location:** Levy Center/Zoom

**Fee:** 7 weeks \$56LM/\$91NM 6 weeks \$48LM/\$78NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
534337A3	Sept 8-Oct 27	F	9a-10a	In-Person/Virtual
534337B3	Nov 3-Dec 15	F	9a-10a	In-Person/Virtual

### **Integrated Body- Strengthen & Lengthen**

Natural, functional whole-body movement for developing strength, flexibility, and mobility. The 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 is offered in person and virtually. No class on 11/24.

**Instructor:** Barbara Meyer

**Location:** Levy Center/Zoom

**Fee:** 8 weeks \$64LM/\$104NM 6 weeks \$48LM/\$78NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
534336A3	Sept 8-Oct 27	F	9:30a-10:15a	In-Person/Virtual
534336A3	Nov 3-Dec 15	F	9:30a-10:15a	In-Person/Virtual

### SilverSneakers Stability

The stability class is designed to help you become stronger and improve your 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. Weights are optional. Leg and arm muscles are worked. 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. No class on 11/24.

**Instructor:** Maureen Fogerty

**Location:** Levy Center/Zoom

**Fee:** 8 weeks \$64LM/\$104NM 6 weeks \$48LM/\$78NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
534345E3	Sept 8-Oct 27	F	10a-11a	In-Person/Virtual
534345F3	Nov 3-Dec 15	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 to create a better quality of movement in everything you enjoy doing. This class is offered in person and virtually.

No class on 11/24.

**Instructor:** Robin Sterling

**Location:** Levy Center/Zoom

**Fee:** 8 weeks \$64LM/\$104NM 6 weeks \$48LM/\$78NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
534331A3	Sept 8-Oct 27	F	10:30a-11:30a	In-Person/Virtual
534331B3	Nov 3-Dec 15	F	10:30a-11:30a	In-Person/Virtual

### Mind/Body- Cardio, Strength, & Stretch

Dance and martial arts Nia inspired a 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. Activity can be performed from a chair. This class is offered in person and virtually. No class on 11/24.

**Instructor:** Barbara Meyer

**Location:** Levy Center/Zoom

**Fee:** 8 weeks \$64LM/\$104NM 6 weeks \$48LM/\$78NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
534351A3	Sept 8-Oct 27	F	10:30a-11:30a	In-Person/Virtual
534351B3	Nov 3-Dec 15	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 is offered in person and virtually. No class on 11/24.

**Instructor:** Barbara Meyer

**Location:** Levy Center/Zoom

**Fee:** 8 weeks \$64LM/\$104NM 6 weeks \$48LM/\$78NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
534343C3	Sept 8-Oct 27	F	11:45a-12:45p	In-Person/Virtual
534343D3	Nov 3-Dec 15	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 is offered in person and virtually.

**Instructor:** Shauna Babcock

**Location:** Levy Center/Zoom

**Fee:** 8 weeks \$64LM/\$104NM 7 weeks \$56LM/\$91NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
533315A3	Sept 9-Oct 28	Sa	9a-10a	In-Person/Virtual
533315B3	Nov 4-Dec 16	Sa	9a-10a	In-Person/Virtual

## Sunday

### Tai Chi Fundamentals **CANCELLED DUE TO LOW ENROLLMENT**

Learn a basic Tai Chi form as well as several 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 is offered in person only.

**Instructor:** Francesca Segal

**Location:** Levy Center

**Fee:** 8 weeks \$64LM/\$104NM 6 weeks \$48LM/\$78NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
533355A3	Sept 10-Oct 29	Su	1p-2:30p	In-Person
533355B3	Nov 5-Dec 10	Su	1p-2:30p	In-Person