



Levy Senior Center Fitness Classes Winter 24

Important registration information:

- A valid email must be provided for all class registrations
- For virtual classes, a Zoom link will be sent out 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 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 held in person only. No class on 1/15.

Instructor: Evelyn Thompson

Location: Levy Center Courtyard

Fee: 11 weeks \$94LM/\$149NM

Class#	Dates	Days	Time	Type
544326A4	Jan 8-Mar 25	M	9a-9:45a	In-Person

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 on 1/15.

Instructor: Marla Lampert

Location: Levy Center/Zoom

Fee: 11 weeks (23 sessions) \$196LM/\$311NM

Class#	Dates	Days	Time	Type
544307A4	Jan 8-Mar 27	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. No class on 1/15.

Instructor: Maureen Fogerty

Location: Levy Center/Zoom

Fee: 11 weeks \$94LM/\$149NM

Class#	Dates	Days	Time	Type
544346A4	Jan 8-Mar 25	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. No class on 1/15.

Instructor: Maureen Fogerty

Location: Levy Center/Zoom

Fee: 11 weeks \$116LM/\$171NM

Class#	Dates	Days	Time	Type
544356B4	Jan 8-Mar 25	M	11:45p-1:15p	In-Person/Virtual

Golden Groove: Senior Range of Motion and Music Movement

Are you ready to rejuvenate your body, embrace a newfound sense of flexibility, and groove to the rhythm of an improved range of motion? Welcome to "Golden Groove," a class that brings the joy of movement and music to enhance your overall well-being. Age is just a number, and this class is your key to a more active and mobile life! 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 is offered in person only. No class on 1/15.

Instructor: David Aaron

Location: Levy Center

Fee: 11 weeks \$93LM/\$148NM

Class#	Dates	Days	Time	Type
544360A4	Jan 8-Mar 25	M	1:30p-2:30p	In-Person

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. No class on 1/15.

Instructor: Emily Guthrie

Location: Levy Center/Zoom

Age: 12 yrs and up

Fee: 11 weeks \$99LM/\$154NM

Class#	Dates	Days	Time	Type
543302A4	Jan 8-Mar 25	M	6p-7:15p	In-Person/Virtual

Tuesday

Continuing Yoga for Seniors

This class is designed for participants with 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: 11 weeks \$94LM/\$149NM

Class#	Dates	Days	Time	Type
544305A4	Jan 16-Mar 26	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 will be held in person & virtually.

Instructor: Betsy Murphy, RN

Location: Levy Center/Zoom

Fee: 11 weeks \$94LM/\$149NM

Class#	Dates	Days	Time	Type
544302A4	Jan 16-Mar 26	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 will be held in person & virtually.

Instructor: Marla Lampert

Location: Levy Center/Zoom

Fee: 12 weeks \$102LM/\$162NM

Class#	Dates	Days	Time	Type
544353A4	Jan 9-Mar 26	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, balance, 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

Location: Levy Center/Zoom

Fee: 10 weeks \$85LM/\$135NM

Class#	Dates	Days	Time	Type
544348A4	Jan 23-Mar 26	Tu	10:30a-11:15a	In-Person/Virtual

Gentle Chair Yoga

If you are interested in exploring yoga but are less ambulatory or need help 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. This class will be held in person and virtually.

Instructor: Betsy Murphy, RN

Location: Levy Center/Zoom

Fee: 11 weeks \$94LM/\$149NM

Class#	Dates	Days	Time	Type
544313A4	Jan 16-Mar 26	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 will be held in person & virtually.

Instructor: Suzanne Hock

Location: Levy Center/Zoom

Fee: 12 weeks \$102LM/\$162NM

Class#	Dates	Days	Time	Type
544333A4	Jan 9-Mar 26	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 use 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: 10 weeks \$85LM/\$135NM

Class#	Dates	Days	Time	Type
544349A4	Jan 23-Mar 26	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 will be held in person & virtually. No class on 2/6.

Instructor: Andrew Serlin

Location: Levy Center/Zoom

Fee: 11 weeks \$94LM/\$149NM

Class#	Dates	Days	Time	Type
544331A4	Jan 9-Mar 26	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. No class on 2/6.

Instructor: Andrew Serlin

Location: Levy Center/Zoom

Fee: 11 weeks \$94LM/\$149NM

Class#	Dates	Days	Time	Type
544331B4	Jan 9-Mar 26	Tu	1p-2p	In-Person/Virtual

Wednesday

SilverSneakers Yoga

SilverSneakers Yoga will move your whole body through a 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: 12 weeks \$102LM/\$162NM

Class#	Dates	Days	Time	Type
544322A4	Jan 10-Mar 27	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. 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: 12 weeks \$102LM/\$162NM

Class#	Dates	Days	Time	Type
544346B4	Jan 10-Mar 27	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: 12 weeks \$102LM/\$162NM

Class#	Dates	Days	Time	Type
544356A4	Jan 10-Mar 27	W	12p-1p	In-Person/Virtual

Beginning Yoga- Teen & Adult

This is a "sampler" class of 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: 12 weeks \$108R/\$168NR

Class#	Dates	Days	Time	Type
543301A4	Jan 10-Mar 27	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.

Instructor: Shauna Babcock

Location: Levy Center/Zoom

Fee: 12 weeks \$102LM/\$162NM

Class#	Dates	Days	Time	Type
544302B4	Jan 11-Mar 28	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 2/1.

Instructor: Andrew Serlin

Location: Levy Center/Zoom

Fee: 11 weeks \$94LM/\$149NM

Class#	Dates	Days	Time	Type
544331C4	Jan 11-Mar 28	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 practice various dance forms such as salsa, merengue, jazz, and line dancing. No experience is necessary. This class is offered in person and virtually.

Instructor: Sandy Nowarita

Location: Levy Center

Fee: 10 weeks \$85LM/\$135NM

Class#	Dates	Days	Time	Type
544650A4	Jan 25-Mar 28	Th	10:15a-11a	In-Person/Virtual

Pilates

Pilates is a system of exercises that is designed to help strengthen your core.

Having a strong core is essential to good posture, balance, strength, stability, and overall health.

Pilates will also improve your flexibility and help stimulate the mind/body connection.

This workout is done on a mat and is mostly floor work on your back and sides.

This class is offered in person and virtually.

Instructor: Sandy Nowarita

Location: Levy Center/Zoom

Fee: 10 weeks \$84LM/\$134NM

Class#	Dates	Days	Time	Type
544361A4	Jan 25-Mar 28	Th	11:15a-12p	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.

Instructor: Susan Mendelsohn

Location: Levy Center/Zoom

Fee: 12 weeks \$102LM/\$162NM

Class#	Dates	Days	Time	Type
544309A4	Jan 11-Mar 28	Th	10:15a-11:00a	In-Person/Virtual

Gentle Chair Yoga

If you are interested in exploring yoga but are less ambulatory or need help 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. This class will be held virtually only.

Instructor: Betsy Murphy, RN

Location: Zoom

Fee: 11 weeks \$94LM/\$149NM

Class#	Dates	Days	Time	Type
544313B4	Jan 18-Mar 28	Th	10:30a-11:30a	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.

Instructor: Susan Mendelsohn

Location: Levy Center/Zoom

Fee: 12 weeks \$102LM/\$162NM

Class#	Dates	Days	Time	Type
544310A4	Jan 11-Mar 28	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: 12 weeks \$102LM/\$162NM

Class#	Dates	Days	Time	Type
544304A4	Jan 11-Mar 28	Th	1p-2p	In-Person/Virtual

Vibrant Living

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.

Instructor: Jennifer Reddick

Location: Levy Center

Fee: 12 weeks \$126LM/\$186NM

Class#	Dates	Days	Time	Type
544117A4	Jan 11-Mar 28	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 will be held in person & virtually.

Instructor: Suzanne Hock

Location: Levy Center/Zoom

Fee: 12 weeks \$102LM/\$162NM

Class#	Dates	Days	Time	Type
544318A4	Jan 11-Mar 28	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

Instructor: Bill Braman

Location: Levy Center

Age: 40 yrs and up

Fee: Drop-in \$10

Class#	Days	Time
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 will be held in person & virtually.

Instructor: Evelyn Thompson

Location: Levy Senior Center/Zoom

Fee: 12 weeks \$102LM/\$162NM

Class#	Dates	Days	Time	Type
544306A4	Jan 12-Mar 29	F	8:45a-9:45a	In-Person/Virtual

Science of Stretching

Are you ready to unlock the secrets of flexibility and mobility while improving your overall well-being? Join our Science of Stretching class to discover the fascinating world of stretching and its profound impact on your body. This class is designed to empower you with the knowledge and techniques to transform your posture, alleviate pain, enhance circulation, regain flexibility, and boost your confidence in your body's capabilities. This class will be held in person & virtually.

Instructor: Maureen Fogerty

Location: Levy Senior Center/Zoom

Fee: 12 weeks \$102LM/\$162NM

Class#	Dates	Days	Time	Type
544357A4	Jan 12-Mar 29	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 will be held in person & virtually.

Instructor: Suzanne Hock

Location: Levy Center/Zoom

Fee: 12 weeks \$102LM/\$162NM

Class#	Dates	Days	Time	Type
544314A4	Jan 12-Mar 29	F	9a-10a	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. **Class on 3/8 will be held virtually only.**

Instructor: Barbara Meyer

Location: Levy Center/Zoom

Fee: 12 weeks \$102LM/\$162NM

Class#	Dates	Days	Time	Type
544345A4	Jan 12-Mar 29	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.

Instructor: Maureen Fogerty

Location: Levy Center/Zoom

Fee: 12 weeks \$102LM/\$162NM

Class#	Dates	Days	Time	Type
544346C4	Jan 12-Mar 29	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.

Instructor: Robin Sterling

Location: Levy Center/Zoom

Fee: 12 weeks \$102LM/\$162NM

Class#	Dates	Days	Time	Type
544308A4	Jan 12-Mar 29	F	10:30a-11:30a	In-Person/Virtual

Mind/Body- Cardio, Strength, & Stretch

Dance and martial arts Nia inspired movements 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. **Class on 3/8 will be held virtually only.**

Instructor: Barbara Meyer

Location: Levy Center/Zoom

Fee: 12 weeks \$102LM/\$162NM

Class#	Dates	Days	Time	Type
544354A4	Jan 12-Mar 29	F	10:30a-11:30a	In-Person/Virtual

Golden Groove: Senior Range of Motion and Music Movement

Are you ready to rejuvenate your body, embrace a newfound sense of flexibility, and groove to the rhythm of an improved range of motion? Welcome to "Golden Groove," a class that brings the joy of movement and music to enhance your overall well-being. Age is just a number, and this class is your key to a more active and mobile life! 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 is offered in person only.

Instructor: David Aaron

Location: Levy Center

Fee: 12 weeks \$102LM/\$162NM

Class#	Dates	Days	Time	Type
544360B4	Jan 12-Mar 29	F	1:30p-2:30p	In-Person

SilverSneakers Yoga

SilverSneakers Yoga will move your whole body through a 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. **Class on 3/8 will be held virtually only.**

Instructor: Barbara Meyer

Location: Levy Center/Zoom

Fee: 12 weeks \$102LM/\$162NM

Class#	Dates	Days	Time	Type
544322B4	Jan 12-Mar 29	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: 12 weeks \$102LM/\$162NM

Class#	Dates	Days	Time	Type
543317A4	Jan 13-Mar 30	Sa	9a-10a	In-Person/Virtual

Sunday

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 only.

Instructor: Cynthia Rosario

Location: Levy Center

Fee: 11 weeks \$94LM/\$149NM

Class#	Dates	Days	Time	Type
544394A4	Jan 7-Mar 17	Su	9a-10a	In-Person