

LEVY CENTER OPEN HOUSE

TUESDAY, JANUARY 2 SCHEDULE

9:30-10:15

PILATES/SCULPT

10:30-11:00

POWER-UP

10:45-11:45

ZUMBA GOLD

11:15-11:45

STRETCH & RESTORE YOGA

12:00-1:00

TAI CHI- BEGINNERS

12:00-2:00

OPEN BASKETBALL

1:00-2:00

TAI CHI- INTERMEDIATE

1:00-2:00

BINGO

1:00-2:30

EXPRESSIVE ARTS

SENIOR CENTER
OF EVAN

300 DODGE

Main entry offers clear views to the entire center through

LEVY CENTER OPEN HOUSE

WEDNESDAY, JANUARY 3 SCHEDULE

9:30-10:15

ADULT & SENIOR BALLET

9:30-10:30

SILVERSNEAKERS YOGA

10:30-11:30

CARDIO, STRENGTH, &
STRETCH

10:45-11:45

SILVERSNEAKERS STABILITY

12:00-1:00

BEGINNING YIN YOGA

1:00-2:00

LINE DANCE PRACTICE

1:00-2:00

BINGO

1:30-2:30

ACCESS EVANSTON
PRESENTATION

3:00-4:00

MEET THE STAFF

ENIOR CENTER
OF EVAN

300 DODGE

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LEVY CENTER OPEN HOUSE

THURSDAY, JANUARY 4 SCHEDULE

9:00-10:00

BEGINNING YOGA

10:00-11:00

TAI CHI- ADVANCED

10:15-10:45

LET'S DANCE

11:00-11:30

PILATES

12:00-1:00

BEGINNING YIN YOGA

12:00-2:00

OPEN BASKETBALL

12:30-1:30

BEMOVED DANCE CLASS

1:00-2:00

BINGO

2:30-3:30

SKILLZ PHYSICAL THERAPY
WORKSHOP

4:00-6:00

MOVIE NIGHT

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LEVY CENTER OPEN HOUSE

FRIDAY, JANUARY 5 SCHEDULE

8:45-9:45

SCIENCE OF STRETCHING

8:45-9:45

TAI CHI CHI GONG

9:00-10:00

ZUMBA GOLD TONING

9:15-10:15

INTEGRATED BODY

10:00-11:00

SILVERSNEAKERS STABILITY

10:30-11:30

CARDIO, STRENGTH, &
STRETCH

11:45-12:45

SILVERSNEAKERS YOGA

1:00-2:00

BINGO

1:30-2:30

GOLDEN GROOVE- SENIOR
RANGE OF MOTION AND MUSIC

6:00-7:00

MOVE AND GROOVE LINE
DANCE

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LEVY CENTER OPEN HOUSE

SATURDAY, JANUARY 6 SCHEDULE

9:00-10:00

YOGA TO HEAL

12:00-3:00

OPEN PICKLEBALL

SENIOR CENTER
OF EVANSTON

300 DODGE

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