



## Levy Senior Center Open House Class Descriptions

### Important registration information:

- No registration is needed for in-person participation
- Must register and provide a valid email address if participating virtually
- Registration for virtual participants can be done by calling 847-448-8250
- For virtual classes, a Zoom link will be emailed out before the class
- 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

### Tuesday

#### **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-Gym

<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Type</b>
Jan 2	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- Locust Room

<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Type</b>
Jan 2	Tu	10:30a-11a	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-Gym

<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Type</b>
Jan 2	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- Locust Room

<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Type</b>
Jan 2	Tu	11:15a-11:45a	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.

**Instructor:** Andrew Serlin

**Location:** Levy Center- Hackberry Room

<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Type</b>
Jan 2	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- Hackberry Room

<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Type</b>
Jan 2	Tu	1p-2p	In-Person/Virtual

### **Expressive Arts**

Join us for a journey of exploration our artistic expression. With a foundation of the creative process, the individual experience, inspiration from artists, and our environment, we will work with art using different materials. Inspiration ranging from still life, art by others to topics relating to existential or spiritual topics, allowing our inner artist to go on an adventure. Class focuses on our expression of the subject and concludes with sharing our work and thoughts in a supportive, reflective, and constructive environment. We work on larger paper, watercolors, dry and oil pastels, and crayons.

**Instructor:** Charlotta Koppanyi

**Location:** Levy Center- Craft Room A

<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Type</b>
Jan 2	Tu	1p-2:30p	In-Person

### **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- Bobby's Room

<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Type</b>
Jan 3	W	9:30a-10:30a	In-Person/Virtual

#### **Adult & Senior Ballett**

Improving your coordination, muscle tone, and flexibility through Modern Dance. Class contains warmups, isolations, progressive across the floor, improve from personal response to stimuli, and learn choreography. Clothing with freedom to move, no shoes or socks with grip soles.

**Instructor:** Nichola Goss

**Location:** Levy Center- Dance Studio

<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Type</b>
Jan 3	W	9:30a-10:15a	In-Person

### **Cardio, Strength & Stretch**

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.

**Instructor:** Marla Lampert

**Location:** Levy Center- Gym

<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Type</b>
Jan 3	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- Bobby's Room

<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Type</b>
Jan 3	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- Bobby's Room

<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
Jan 3	W	12p-1p	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- Bobby's Room

<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
Jan 4	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.

**Instructor:** Andrew Serlin

**Location:** Levy Center- Locust Room

<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
Jan 4	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- Gym

<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
Jan 4	Th	10:15a-10:45a	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- Locust Room

<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
Jan 4	Th	11a-11:30a	In-Person/Virtual

## **Removed**

This energetic dance class will stimulate your mind and body as you move to great music! It starts with a warm-up that infuses stretching, breath work and movement through choreographed sequences and progresses to a fun dance combination that will challenge your brain and get your heart pumping! Finally, the class ends with a cool-down leaving you feeling balanced in mind and body. This standing class will work on balance, coordination, brain function and flexibility.

**Instructor:** Heidi Mokrzycki

**Location:** Levy Center- Gym

<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
Jan 4	Th	12:30p-1:30p	In-Person/Virtual

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

**Instructor:** Evelyn Thompson

**Location:** Levy Senior Center-Bobby's Room

<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
Jan 5	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- Hackberry Room

**Location:** Levy Senior Center/Zoom

<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
Jan 5	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- Gym

<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
Jan 5	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.

**Instructor:** Barbara Meyer

**Location:** Levy Center- Locust Room

<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
Jan 5	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- Bobby's Room

<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
Jan 5	F	10a-11a	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.

**Instructor:** Barbara Meyer

**Location:** Levy Center- Gym

<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
Jan 5	F	10:30a-11:30a	In-Person/Virtual

### **SilverSneakers Yoga**

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**Instructor:** Barbara Meyer

**Location:** Levy Center- Gym

<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
Jan 5	F	11:45a-12:45p	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- Gym

<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
Jan 5	F	1:30p-2:30p	In-Person/Virtual