



## 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](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 held in person only—no class on 1/15.

**Instructor:** Evelyn Thompson

**Location:** Levy Center Courtyard

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

| <b>Class#</b> | <b>Dates</b> | <b>Days</b> | <b>Time</b> | <b>Type</b> |
|---------------|--------------|-------------|-------------|-------------|
| 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 using 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

| <b>Class#</b> | <b>Dates</b> | <b>Days</b> | <b>Time</b>   | <b>Type</b>       |
|---------------|--------------|-------------|---------------|-------------------|
| 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

| <b>Class#</b> | <b>Dates</b> | <b>Days</b> | <b>Time</b>   | <b>Type</b>       |
|---------------|--------------|-------------|---------------|-------------------|
| 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 standing poses, but this is not required. There will be approx. Five minutes are devoted to standing balance (weights optional), then on to the floor for class duration. 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

| <b>Class#</b> | <b>Dates</b> | <b>Days</b> | <b>Time</b>  | <b>Type</b>       |
|---------------|--------------|-------------|--------------|-------------------|
| 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; 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

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

### **Continuing Yoga- Teen/Adult**

This class is recommended for those with prior experience who 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

| <b>Class#</b> | <b>Dates</b> | <b>Days</b> | <b>Time</b> | <b>Type</b>       |
|---------------|--------------|-------------|-------------|-------------------|
| 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

| <b>Class#</b> | <b>Dates</b>  | <b>Days</b> | <b>Time</b> | <b>Type</b>       |
|---------------|---------------|-------------|-------------|-------------------|
| 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

| <b>Class#</b> | <b>Dates</b>  | <b>Days</b> | <b>Time</b>  | <b>Type</b>       |
|---------------|---------------|-------------|--------------|-------------------|
| 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

| <b>Class#</b> | <b>Dates</b> | <b>Days</b> | <b>Time</b>  | <b>Type</b>       |
|---------------|--------------|-------------|--------------|-------------------|
| 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 and a little humor to boost your day's energy! Like “powering up” a computer, you can improve your abilities and increase your strength while learning and having fun. This class can be performed 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

| <b>Class#</b> | <b>Dates</b>  | <b>Days</b> | <b>Time</b>   | <b>Type</b>       |
|---------------|---------------|-------------|---------------|-------------------|
| 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

| <b>Class#</b> | <b>Dates</b>  | <b>Days</b> | <b>Time</b>   | <b>Type</b>       |
|---------------|---------------|-------------|---------------|-------------------|
| 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

| <b>Class#</b> | <b>Dates</b> | <b>Days</b> | <b>Time</b>   | <b>Type</b>       |
|---------------|--------------|-------------|---------------|-------------------|
| 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, 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

| <b>Class#</b> | <b>Dates</b>  | <b>Days</b> | <b>Time</b>   | <b>Type</b>       |
|---------------|---------------|-------------|---------------|-------------------|
| 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

| <b>Class#</b> | <b>Dates</b> | <b>Days</b> | <b>Time</b> | <b>Type</b>       |
|---------------|--------------|-------------|-------------|-------------------|
| 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

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

## **Wednesday**

### **SilverSneakers Yoga**

SilverSneakers Yoga will move your body through seated and standing yoga poses. Chair support is offered to safely perform various 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

| <b>Class#</b> | <b>Dates</b>  | <b>Days</b> | <b>Time</b>  | <b>Type</b>       |
|---------------|---------------|-------------|--------------|-------------------|
| 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

| <b>Class#</b> | <b>Dates</b>  | <b>Days</b> | <b>Time</b>   | <b>Type</b>       |
|---------------|---------------|-------------|---------------|-------------------|
| 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 standing poses, but this is not required. There will be approx. Five minutes are devoted to standing balance (weights optional), then on to the floor for the class duration. This class is offered in person and virtually.

**Instructor:** Maureen Fogerty

**Location:** Levy Center/Zoom

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

| <b>Class#</b> | <b>Dates</b>  | <b>Days</b> | <b>Time</b> | <b>Type</b>       |
|---------------|---------------|-------------|-------------|-------------------|
| 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, meditation techniques, 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

| <b>Class#</b> | <b>Dates</b>  | <b>Days</b> | <b>Time</b> | <b>Type</b>       |
|---------------|---------------|-------------|-------------|-------------------|
| 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

| <b>Class#</b> | <b>Dates</b>  | <b>Days</b> | <b>Time</b> | <b>Type</b>       |
|---------------|---------------|-------------|-------------|-------------------|
| 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

| <b>Class#</b> | <b>Dates</b>  | <b>Days</b> | <b>Time</b> | <b>Type</b>       |
|---------------|---------------|-------------|-------------|-------------------|
| 544331C4      | Jan 11-Mar 28 | Th          | 10a-11a     | In-Person/Virtual |

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

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

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

## **Pilates**

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

A solid core is essential to good posture, balance, strength, stability, and overall health. Pilates will also improve 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 \$85LM/\$135NM

| <b>Class#</b> | <b>Dates</b>  | <b>Days</b> | <b>Time</b> | <b>Type</b>       |
|---------------|---------------|-------------|-------------|-------------------|
| 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

| <b>Class#</b> | <b>Dates</b>  | <b>Days</b> | <b>Time</b>   | <b>Type</b>       |
|---------------|---------------|-------------|---------------|-------------------|
| 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

| <b>Class#</b> | <b>Dates</b>  | <b>Days</b> | <b>Time</b>   | <b>Type</b> |
|---------------|---------------|-------------|---------------|-------------|
| 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 a relaxing and gentle exercise that increases 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 15.

**Instructor:** Jennifer Reddick

**Location:** Levy Center

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

| Class#   | Dates         | Days | Time        | Type      |
|----------|---------------|------|-------------|-----------|
| 544117A4 | Jan 11-Mar 28 | Th   | 1:30p-2:30p | 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 our 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

| <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 will be held in person & virtually.

**Instructor:** Evelyn Thompson

**Location:** Levy Senior Center/Zoom

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

| <b>Class#</b> | <b>Dates</b>  | <b>Days</b> | <b>Time</b> | <b>Type</b>       |
|---------------|---------------|-------------|-------------|-------------------|
| 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. Students must be able to get up and down off the floor. This class will be held in person & virtually.

**Instructor:** Maureen Fogerty

**Location:** Levy Senior Center/Zoom

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

| <b>Class#</b> | <b>Dates</b>  | <b>Days</b> | <b>Time</b> | <b>Type</b>       |
|---------------|---------------|-------------|-------------|-------------------|
| 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

| <b>Class#</b> | <b>Dates</b>  | <b>Days</b> | <b>Time</b> | <b>Type</b>       |
|---------------|---------------|-------------|-------------|-------------------|
| 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

| <b>Class#</b> | <b>Dates</b>  | <b>Days</b> | <b>Time</b>  | <b>Type</b>       |
|---------------|---------------|-------------|--------------|-------------------|
| 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

| <b>Class#</b> | <b>Dates</b>  | <b>Days</b> | <b>Time</b> | <b>Type</b>       |
|---------------|---------------|-------------|-------------|-------------------|
| 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

| <b>Class#</b> | <b>Dates</b>  | <b>Days</b> | <b>Time</b>   | <b>Type</b>       |
|---------------|---------------|-------------|---------------|-------------------|
| 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

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

### **SilverSneakers Yoga**

SilverSneakers Yoga will move your body through seated and standing yoga poses. Chair support is offered to safely perform various 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

| <b>Class#</b> | <b>Dates</b>  | <b>Days</b> | <b>Time</b>   | <b>Type</b>       |
|---------------|---------------|-------------|---------------|-------------------|
| 544322B4      | Jan 12-Mar 29 | 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; 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

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

## **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

| <b>Class#</b> | <b>Dates</b>  | <b>Days</b> | <b>Time</b> | <b>Type</b>       |
|---------------|---------------|-------------|-------------|-------------------|
| 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 and motivating music to target every muscle and joint in your body strategically! 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 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

| <b>Class#</b> | <b>Dates</b> | <b>Days</b> | <b>Time</b> | <b>Type</b> |
|---------------|--------------|-------------|-------------|-------------|
| 544394A4      | Jan 7-Mar 17 | Su          | 9a-10a      | In-Person   |