

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 EVANSTON

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

3:00-4:00 MEET THE STAFF

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

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

LEVY CENTER OPEN HOUSE SATURDAY, JANUARY 6 SCHEDULE

12:00-3:00

OPEN PICKLEBALL

SENIOR CENTER
OF EVANSTON

300 DODGE