



Levy Senior Center SilverSneakers 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

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

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

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

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

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

Friday

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

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

Class#	Dates	Days	Time	Type
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

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