



## Levy Senior Center Fitness Classes Spring 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: Tai Chi Chi Gong**

Join us in nature in our wonderful Levy Center Courtyard. We nurture ourselves by practicing slow movements to gain balance and flexibility. We practice becoming calm. If the weather is not conducive to being outside, we will practice indoors. Experience the integration of mind, body, and breath. This class is held in person only.

**Instructor:** Evelyn Thompson

**Location:** Levy Center Courtyard

**Fee:** 8 sessions \$68LM/\$108NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
514363A4	Apr 1-May 20	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 5/27.

**Instructor:** Marla Lampert

**Location:** Levy Center/Zoom

**Fee:** 9 sessions (17 sessions) \$145LM/\$230NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
514326A4	Apr 1-May 29	M/W	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.

**Instructor:** Maureen Fogerty

**Location:** Levy Center/Zoom

**Fee:** 8 sessions \$84LM/\$124NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
514333A4	Apr 1-May 20	M	11:45p-1:15p	In-Person/Virtual

## 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 poses 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.

**Instructor:** Emily Guthrie

**Location:** Levy Center/Zoom

**Age:** 12 yrs and up

**Fee:** 8 sessions \$72R/\$112NR

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
513311A4	Apr 1-May 20	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:** 8 sessions \$68LM/\$108NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
514313A4	Apr 9-May 28	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:** 8 sessions \$68LM/\$108NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
514322A4	Apr 9-May 28	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:** 9 sessions \$77LM/\$122NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
514353A4	Apr 2-May 28	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:** 8 sessions \$68LM/\$108NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
514348A4	Apr 2-May 21	Tu	10a-10:45a	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:** 8 sessions \$68LM/\$108NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
514339A4	Apr 9-May 28	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:** 9 sessions \$77LM/\$122NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
514304A4	Apr 2-May 28	Tu	10:45a-11:45a	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:** 8 sessions \$68LM/\$108NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
514320A4	Apr 2-May 21	Tu	11am-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/Zoom

**Fee:** 9 sessions \$77LM/\$122NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
514323A4	Apr 2-May 28	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/Zoom

**Fee:** 9 sessions \$77LM/\$122NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
514323B4	Apr 2-May 28	Tu	1p-2p	In-Person/Virtual

## Wednesday

### **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:** 9 sessions \$77LM/\$122NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
514333B4	Apr 3-May 29	W	12p-1p	In-Person/Virtual

### **Taiji Ruler/Energy Ball**

This class is a very powerful seated training for everyone, but especially for those with weak legs, the elderly, wheelchair-bound, etc. It is effective for cleansing and detoxifying the body's tissues and for treating diseased conditions. The exercises also improve posture, circulation, metabolism, and neuromuscular function. This class will be held virtually only.

**Instructor:** Francesca Segal

**Location:** Zoom

**Fee:** 9 sessions \$77LM/\$122NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
514386A4	Apr 3-May 29	W	1p-2p	Virtual

### **Beginning Yoga- Teen & Adult**

This is a "sampler" class of over 60 yoga poses. In a non-competitive atmosphere, you will experience relaxation, meditation techniques, strengthening, and flexibility poses. 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:** 9 sessions \$81R/\$126NR

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
513301A4	Apr 3-May 29	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:** 9 sessions \$77LM/\$122NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
514322B4	Apr 4-May 30	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/Zoom

**Fee:** 9 sessions \$77LM/\$122NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
514323C4	Apr 4-May 30	Th	10a-11a	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:** 8 sessions \$68LM/\$108NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
514348B4	Apr 4-May 23	Th	10a-10:45a	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. No class on 4/25 & 5/2.

**Instructor:** Susan Mendelsohn

**Location:** Levy Center/Zoom

**Fee:** 7 sessions \$60LM/\$95NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
514329A4	Apr 4-May 30	Th	10:15a-11a	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:** 8 sessions \$68LM/\$108NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
514339B4	Apr 11-May 30	Th	10:30a-11:30a	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:** 8 sessions \$68LM/\$108NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
514320B4	Apr 4-May 23	Th	11a-11:45a	In-Person/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. No class on 4/25 & 5/2.

**Instructor:** Susan Mendelsohn

**Location:** Levy Center/Zoom

**Fee:** 7 sessions \$60LM/\$95NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
514344A4	Apr 4-May 30	Th	11:05a-11:50a	In-Person/Virtual

### Qi Gong for Seniors

This is an ancient system of energy-enhancing techniques for maintaining health and preventing disease. This set of practices combines strengthening, toning, and stretching while relieving stress and tension and balancing mind and emotions. This class will be held virtually only.

**Instructor:** Francesca Segal

**Location:** Zoom

**Fee:** 9 sessions \$77LM/\$122NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
514325A4	Apr 4-May 30	Th	1p-2p	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. No class on 4/11.

**Instructor:** Jennifer Reddick

**Location:** Levy Center

**Fee:** 8 sessions \$84LM/\$124NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
513364A4	Apr 4-May 30	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:** 9 sessions \$77LM/\$122NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
514314A4	Apr 4-May 30	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 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**

#### **Fundamental Tai Chi Chi Gong**

Learn and experience the fundamentals of Chi Gong. The application of this knowledge will help you to become more flexible, more stable, and calm and improve your sense of balance--in body, mind, and breath. Most importantly we practice calmness. In class, you will utilize the Tai Chi principles in your exercises (stationary and walking) and strengthen your skill at becoming quiet and settled. All are welcome. This class will be held in person & virtually. No class on 5/17.

**Instructor:** Evelyn Thompson

**Location:** Levy Senior Center/Zoom

**Fee:** 8 sessions \$68LM/\$108NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
514327A4	Apr 5-May 31	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. No class on 5/17.

**Instructor:** Maureen Fogerty

**Location:** Levy Senior Center/Zoom

**Fee:** 8 sessions \$68LM/\$108NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
514385A4	Apr 5-May 31	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. No class on 5/17.

**Instructor:** Suzanne Hock

**Location:** Levy Center/Zoom

**Fee:** 8 sessions \$68LM/\$108NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
514303A4	Apr 5-May 31	F	9a-10a	In-Person/Virtual

### **Baguazhang**

GET FIT WITH BAGUAZHANG! Also known as circle walking, Baguazhang originated in China and is widely known for its healing properties. The movements in circle walking are twisting and coiling and build health, vitality, and longevity. Let's have fun twisting and coiling together!

This class will be held virtually only.

**Instructor:** Francesca Segal

**Location:** Zoom

**Fee:** 9 sessions \$77LM/\$122NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
514368A4	Apr 5-May 31	F	9a-10a	Virtual

### **Integrated Body- Strengthen & Lengthen**

Reconnect with your body's function and design and find more grace and ease in the body you have today! In this class, we focus on natural, functional whole-body movement to enhance strength, flexibility, mobility, and balance. Movements drawn from Yoga, Pilates, dance, and somatics are strongly influenced by natural movement practices such as MovNat. We do a variety of movements from standing, seated, and on the floor. Movements are adaptable for multiple levels of ability. Through practice, you'll become more comfortable getting down and up and spending time on the floor. For strength and conditioning, we use body weight and equipment including resistance bands (like Therabands) and small balls (8-9" playground balls). This class will be held in person and virtually. No class on 5/3 & 5/17.

**Instructor:** Barbara Meyer

**Location:** Levy Center/Zoom

**Fee:** 7 sessions \$60LM/\$95NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
514336A4	Apr 5-May 31	F	9:15a-10a	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. No class on 5/17.

**Instructor:** Robin Sterling

**Location:** Levy Center/Zoom

**Fee:** 8 sessions \$68LM/\$108NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
514328A4	Apr 5-May 31	F	10:30a-11:30a	In-Person/Virtual

## Mind/Body- Cardio, Strength, & Stretch

This class uses mindful, energizing movement inspired by dance and martial arts for whole-body conditioning. Enjoy moving to great music and enhance your coordination, expression, endurance, agility, strength, mobility, balance, and flexibility. Most of the class is performed standing. Resistance and balance work is offered with the support of a chair. We use handheld weights, small balls (8-9" playground balls), and resistance bands (like Theraband). Class ends with a mindful stretch. All levels are welcome. Participants are encouraged to adapt movements to their body's needs. This class will be held in person & virtually. No class on 5/3 & 5/17.

**Instructor:** Barbara Meyer

**Location:** Levy Center/Zoom

**Fee:** 7 sessions \$60LM/\$95NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
514351A4	Apr 5-May 31	F	10:30a-11:30a	In-Person/Virtual

## 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:** 9 sessions \$77LM/\$122NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
513315A4	Apr 6-Jun 1	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 sessions, 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. No class on 5/12.

**Instructor:** Cynthia Rosario

**Location:** Levy Center

**Fee:** 7 sessions \$60LM/\$95NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
514337A4	Apr 7-May 26	Su	9a-10a	In-Person