



Levy Senior Center SilverSneakers 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 or by calling 847-448-8250
- 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, Renew Active, and Silver & Fit members. Registration is Required.

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. This class is offered in person and virtually.

Instructor: Maureen Fogerty

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
514346A4	Apr 1-May 20	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. This class is offered in person only.

Instructor: David Aaron-Harbin

Location: Levy Center

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

Class#	Dates	Days	Time	Type
514360A4	Apr 1-May 20	M	1:30p-2:30p	In-Person

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. This class is offered in person only.

Instructor: David Aaron-Harbin

Location: Levy Center

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

Class#	Dates	Days	Time	Type
514316A4	Apr 1-May 20	M	2:45p-3:45p	In-Person

Tuesday

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. This class is offered in person and virtually.

Instructor: Sandy Nowarita

Location: Levy Center

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

Class#	Dates	Days	Time	Type
514316B4	Apr 2-May 21	Tu	12p-12:45p	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. This class is offered in person and virtually.

Instructor: Shauna Babcock

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
514316C4	Apr 3-May 29	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. This class is offered in person and virtually.

Instructor: Maureen Fogerty

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
514346B4	Apr 3-May 29	W	10:45a-11:45a	In-Person/Virtual

Thursday

SilverSneakers BOOM MUSCLE

Are you ready to get stronger? BOOM MUSCLE is an action-packed, 30-45 minute class intended to help build muscular strength & endurance and cardiovascular endurance. The class combines Muscle Conditioning Blocks (MCBs) and bursts of cardio Action Intervals (AIs) for a fun, yet challenging workout opportunity. This class is offered in person and virtually.

Instructor: Sandy Nowarita

Location: Levy Center/Zoom

Fee: 8 sessions \$44LM/\$84NM

Class#	Dates	Days	Time	Type
514370A4	Apr 4-May 23	Th	12p-12:30pm	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. This class is offered in person and virtually. No class on 5/17.

Instructor: Maureen Fogerty

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
514346C4	Apr 5-May 31	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. 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

Class#	Dates	Days	Time	Type
514316D4	Apr 5-May 31	F	11:45a-12:30p	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. This class is offered in person only.

No class on 5/17.

Instructor: David Aaron-Harbin

Location: Levy Center

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

Class#	Dates	Days	Time	Type
514360B4	Apr 5-May 31	F	1:30p-2:30p	In-Person