



Levy Senior Center SilverSneakers® Classes Summer 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
- There is no charge for SilverSneakers, Renew Active, and Silver & Fit members. Please call your insurance provider to find out if you qualify. Registration is required.

Monday

SilverSneakers Stability

Get stronger and improve your balance through exercises that strengthen the ankle, knee, and hip joints, all in a fun and social setting. This class is designed specifically to help prevent falls. This class is offered in person and virtually. This class is offered in person and virtually.

Instructor: Maureen Fogerty

Location: Levy Center/Zoom

Fee: 12 sessions \$108LM/\$141NM

Class#	Dates	Days	Time	Type
524349A4	Jun 3-Aug 19	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: 12 sessions \$108LM/\$141NM

Class#	Dates	Days	Time	Type
524353A4	Jun 3-Aug 19	M	1:30p-2:30p	In-Person

SilverSneakers Yoga

Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity. This class is offered in person only.

Instructor: David Aaron-Harbin

Location: Levy Center

Fee: 12 sessions \$108LM/\$141NM

Class#	Dates	Days	Time	Type
524341A4	Jun 3-Aug 19	M	2:45p-3:45p	In-Person

Tuesday

SilverSneakers Yoga

Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity. This class is offered in person and virtually. No class on 7/2 & 8/6.

Instructor: Sandy Nowarita

Location: Levy Center

Fee: 10 sessions \$90LM/\$117NM

Class#	Dates	Days	Time	Type
524341B4	Jun 4-Aug 20	Tu	12p-12:45p	In-Person/Virtual

Wednesday

SilverSneakers Yoga

Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity. This class is offered in person and virtually. No class on 6/19 (Juneteenth).

Instructor: Shauna Babcock

Location: Levy Center/Zoom

Fee: 11 sessions \$99LM/\$129NM

Class#	Dates	Days	Time	Type
524341C4	Jun 5-Aug 21	W	9:30a-10:30a	In-Person/Virtual

SilverSneakers Stability

Get stronger and improve your balance through exercises that strengthen the ankle, knee, and hip joints, all in a fun and social setting. This class is designed specifically to help prevent falls. This class is offered in person and virtually. This class is offered in person and virtually. No class on 6/19 (Juneteenth).

Instructor: Maureen Fogerty

Location: Levy Center/Zoom

Fee: 11 sessions \$99LM/\$129NM

Class#	Dates	Days	Time	Type
524349B4	Jun 5-Aug 21	W	10:45a-11:45a	In-Person/Virtual

Thursday

SilverSneakers BOOM Muscle

This class incorporates athletic exercises that boost your overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skills. This class is offered in person and virtually. No class on 7/4 (4th of July) & 8/8.

Instructor: Sandy Nowarita

Location: Levy Center/Zoom

Fee: 10 sessions \$70LM/\$91NM

Class#	Dates	Days	Time	Type
524370A4	Jun 6-Aug 22	Th	12p-12:30pm	In-Person/Virtual

Friday

SilverSneakers Stability

Get stronger and improve your balance through exercises that strengthen the ankle, knee, and hip joints, all in a fun and social setting. This class is designed specifically to help prevent falls. This class is offered in person and virtually. This class is offered in person and virtually. No class 6/14 (Super Senior Day)

Instructor: Maureen Fogerty

Location: Levy Center/Zoom

Fee: 11 sessions \$99LM/\$129NM

Class#	Dates	Days	Time	Type
524349C4	Jun 7-Aug 23	F	10a-11a	In-Person/Virtual

SilverSneakers Yoga

Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity. This class will be held in person & virtually.

Instructor: Barbara Meyer

Location: Levy Center/Zoom

Fee: 10 sessions \$90LM/\$117NM

Class#	Dates	Days	Time	Type
524341D4	Jun 7-Aug 9	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 6/14 (Super Senior Day)

Instructor: David Aaron-Harbin

Location: Levy Center

Fee: 12 sessions \$108LM/\$141NM

Class#	Dates	Days	Time	Type
524353B4	Jun 7-Aug 23	F	1p-2p	In-Person