



Levy Senior Center Fitness 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

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

Class#	Dates	Days	Time	Type
524326A4	Jun 3-Aug 19	M	9a-9:45a	In-Person

Cardio, Strength & Stretch

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.

Instructor: Marla Lampert

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
524308A4	Jun 3-Aug 19	M	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: 12 sessions \$108LM/\$141NM

Class#	Dates	Days	Time	Type
524337A4	Jun 3-Aug 19	M	11:45p-12:45p	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: 4 sessions \$40LM/\$52NM

Fee: 6 sessions \$60R/\$78NR

Class#	Dates	Days	Time	Type
523302A4	Jun 10-July 15	M	6p-7:15p	In-Person/Virtual
523302B4	Jul 29-Aug 19	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: 12 sessions \$108LM/\$141NM

Class#	Dates	Days	Time	Type
524325A4	Jun 4-Aug 20	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 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: 12 sessions \$108LM/\$141NM

Class#	Dates	Days	Time	Type
524303A4	Jun 4-Aug 20	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: 12 sessions \$108LM/\$141NM

Class#	Dates	Days	Time	Type
524351A4	Jun 4-Aug 20	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. No class on 7/2 & 8/6.

Instructor: Sandy Nowarita

Location: Levy Center/Zoom

Fee: 10 sessions \$90LM/\$120NM

Class#	Dates	Days	Time	Type
524318A4	Jun 4-Aug 20	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: 12 sessions \$108LM/\$141NM

Class#	Dates	Days	Time	Type
524339A4	Jun 4-Aug 20	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. No class on 6/11, 6/18 & 7/16.

Instructor: Suzanne Hock

Location: Levy Center/Zoom

Fee: 9 sessions \$81LM/\$106NM

Class#	Dates	Days	Time	Type
524352A4	Jun 4-Aug 20	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. No class on 7/2 & 8/6.

Instructor: Sandy Nowarita

Location: Levy Center/Zoom

Fee: 10 sessions \$90LM/\$120NM

Class#	Dates	Days	Time	Type
524330A4	Jun 4-Aug 20	Tu	11a-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: 3 sessions \$27LM/\$36NM

Class#	Dates	Days	Time	Type
524304A4	Aug 6-Aug 20	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: 3 sessions \$27LM/\$36NM

Class#	Dates	Days	Time	Type
524304B4	Aug 6-Aug 20	Tu	1p-2p	In-Person/Virtual

Wednesday

Cardio, Strength & Stretch

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 6/19 (Juneteenth).

Instructor: Marla Lampert

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
524308B4	Jun 5-Aug 21	W	10:30a-11:30a	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 6/19 (Juneteenth).

Instructor: Maureen Fogerty

Location: Levy Senior Center/Zoom

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

Class#	Dates	Days	Time	Type
524345A4	Jun 5-Aug 21	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. No class on 6/19 (Juneteenth).

Instructor: Francesca Segal

Location: Zoom

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

Class#	Dates	Days	Time	Type
524347A4	Jun 5-Aug 21	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. No class on 6/19 (Juneteenth).

Instructor: Emily Williams-Guthrie

Location: Levy Center/Zoom

Age: 12 yrs and up

Fee: 4 sessions \$40R/\$52NR

Fee: 5 sessions \$50R/\$65NR

Class#	Dates	Days	Time	Type
523330A4	Jun 12-Jul 17	W	6:30p-7:45p	In-Person/Virtual
523330B4	Jul 31-Aug 21	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. No class on 7/4 (4th of July).

Instructor: Shauna Babcock

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
524303B4	Jun 6-Aug 22	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: 3 sessions \$27LM/\$36NM

Class#	Dates	Days	Time	Type
524304C4	Aug 8-Aug 22	Th	10a-11a	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 7/4 (4th of July).

Instructor: Susan Mendelsohn

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
524344A4	Jun 6-Aug 22	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. No class on 7/4 (4th of July).

Instructor: Betsy Murphy, RN

Location: Zoom

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

Class#	Dates	Days	Time	Type
524339B4	Jun 6-Aug 22	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. No class on 7/4 (4th of July) & 8/8.

Instructor: Sandy Nowarita

Location: Levy Center/Zoom

Fee: 10 sessions \$90LM/\$120NM

Class#	Dates	Days	Time	Type
524330B4	Jun 6-Aug 22	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 7/4 (4th of July).

Instructor: Susan Mendelsohn

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
524354A4	Jun 6-Aug 22	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. No class on 7/4 (4th of July).

Instructor: Francesca Segal

Location: Zoom

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

Class#	Dates	Days	Time	Type
524306A4	Jun 6-Aug 22	Th	1p-2p	Virtual

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. No class on 6/13, 7/4 (4th of July), 7/18, & 8/8.

Instructor: Suzanne Hock

Location: Levy Center/Zoom

Fee: 8 sessions \$72LM/\$94NM

Class#	Dates	Days	Time	Type
524315A4	Jun 6-Aug 22	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

Class#	Days	Time
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.

Instructor: Evelyn Thompson

Location: Levy Senior Center/Zoom

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

Class#	Dates	Days	Time	Type
524307A4	Jun 7-Aug 23	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.

Instructor: Maureen Fogerty

Location: Levy Senior Center/Zoom

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

Class#	Dates	Days	Time	Type
524345A4	Jun 7-Aug 23	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 7/19 & 8/9.

Instructor: Suzanne Hock

Location: Levy Center/Zoom

Fee: 8 sessions \$72LM/\$94NM

Class#	Dates	Days	Time	Type
524301A4	Jun 21-Aug 23	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: 12 sessions \$108LM/\$141NM

Class#	Dates	Days	Time	Type
524346A4	Jun 7-Aug 23	F	9a-10a	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.

Instructor: Robin Sterling

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
524309A4	Jun 7-Aug 23	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.

Instructor: Barbara Meyer

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
524333A4	Jun 7-Aug 9	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: 12 sessions \$108LM/\$141NM

Class#	Dates	Days	Time	Type
523325A4	Jun 8-Aug 24	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 6/23, 7/7, 7/28, 8/11.

Instructor: Cynthia Rosario

Location: Levy Center

Fee: 8 sessions \$72LM/\$94NM

Class#	Dates	Days	Time	Type
524338A4	Jun 2-Aug 18	Su	9a-10a	In-Person