



Levy Senior Center Fitness Classes Fall 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
534363A4	Sept 9-Nov 25	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
534308A4	Sept 9-Nov 25	M	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.

Instructor: Maureen Fogerty

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
534368A4	Sept 9-Nov 25	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. 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
533341A4	Sept 9-Oct 14	M	6p-7:15p	In-Person/Virtual
533341B4	Nov 4-Nov 25	M	6p-7:15p	In-Person/Virtual

Tuesday

Continuing Yoga for Seniors

This class is designed for participants with previous yoga experience and knowledge of poses and breathing practices. Please wear non-binding clothing; shoes are not needed for class. This class will be held in person & virtually. This class will be held in person & virtually.

Instructor: Betsy Murphy, RN

Location: Levy Center/Zoom

Fee: 13 sessions \$117LM/\$153NM

Class#	Dates	Days	Time	Type
534303A4	Sept 3-Nov 26	Tu	8:15a-9:15a	In-Person/Virtual

Beginning Yoga for Seniors

Discover the benefits of yoga postures, breathing practices and meditation– you'll improve the flexibility of your body and mind! Participants must be able to 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: 13 sessions \$117LM/\$153NM

Class#	Dates	Days	Time	Type
534326A4	Sept 3-Nov 26	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: 13 sessions \$117LM/\$153NM

Class#	Dates	Days	Time	Type
534312A4	Sept 3-Nov 26	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 turn on your energy, boost your metabolism, improve bone density, and increase your strength, all 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: 11 sessions \$99LM/\$129NM

Class#	Dates	Days	Time	Type
533360A4	Sept 10-Nov 19	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: 13 sessions \$117LM/\$153NM

Class#	Dates	Days	Time	Type
534305A4	Sept 3-Nov 26	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 9/24 & 11/5.

Instructor: Suzanne Hock

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
534338A4	Sept 3-Nov 26	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: 11 sessions \$99LM/\$129NM

Class#	Dates	Days	Time	Type
534355A4	Sept 10-Nov 19	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: 13 sessions \$117LM/\$153NM

Class#	Dates	Days	Time	Type
534301A4	Sept 3-Nov 26	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: 13 sessions \$117LM/\$153NM

Class#	Dates	Days	Time	Type
534301B4	Sept 3-Nov 26	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.

Instructor: Marla Lampert

Location: Levy Center/Zoom

Fee: 13 sessions \$117LM/\$153NM

Class#	Dates	Days	Time	Type
534308B4	Sept 4-Sept 27	W	10:30a-11:30a	In-Person/Virtual

Seated Zumba Gold Toning

This class is designed for participants who want/need to remain seated for an exercise class but want all the fun and excitement of a Zumba Gold Toning class with the same happy music but choreography that is adapted for chair exercise. Light weights are used to promote muscle toning and bone strength in a class that will feel like a party. No experience is necessary and all adults are welcome. -- class limit 15. This class is held in person only. No class on 9/25.

Instructor: Suzanne Hock

Location: Levy Center

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

Class#	Dates	Days	Time	Type
534357A4	Sept 4-Nov 20	W	11:45a-12:45a	In-Person

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: 13 sessions \$117LM/\$153NM

Class#	Dates	Days	Time	Type
534368B4	Sept 4-Nov 27	W	12p-1p	In-Person/Virtual

QiGong

This is a 50-minute QiGong practice and ends with a short meditation. QiGong involves movements synchronized with the breath as a way to relax the body, create flow, and balance your energy. By the end of class, participants will feel a sense of relaxation and calmness in which the body can restore and connect to its natural state of health and harmony. This class will be held in person.

Instructor: Yesica Barrera

Age: 18 yrs and up

Location: Levy Senior Center

Fee: 13 sessions \$117R/\$153NR

Class#	Dates	Days	Time	Type
534328A4	Sept 4-Nov 27	W	5:30p-6:30p	In-Person

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. 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: 4 sessions \$40LM/\$52NM

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

Class#	Dates	Days	Time	Type
533330A4	Sept 11-Oct 16	W	6:30p-7:45p	In-Person/Virtual
533330B4	Nov 6-Nov 27	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: 12 sessions \$108LM/\$141NM

Class#	Dates	Days	Time	Type
534326B4	Sept 5-Nov 21	Th	9a-10a	In-Person/Virtual

Nia Technique

Nia is a contemporary mind/body practice designed to condition the body for strength, flexibility, endurance, and balance. Class offers a variety of movement qualities drawn from Martial Arts, Dance, and Healing Arts. Participants move to raise body awareness and to feel greater ease and comfort. Adaptable to most levels, students are encouraged to follow their body's guidance and can perform movements from seated or standing positions. This class is offered virtually and in person.

Instructor: Barbara Meyer

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
534367A4	Sept 5 -Nov 21	Th	9:30a-10:15a	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: 12 sessions \$108LM/\$141NM

Class#	Dates	Days	Time	Type
534301C4	Sept 5-Nov 21	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.

Instructor: Susan Mendelsohn

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
534332A4	Sept 5 -Nov 21	Th	10:15a-11a	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.

Instructor: Susan Mendelsohn

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
534354A4	Sept 5 -Nov 21	Th	11:05a-11:50a	In-Person/Virtual

Vibrant Living

Vibrant Living is a group program for women that supports healthful living while fostering human connection. Each class features a health-related topic and provides opportunities for participants to share and learn from others. You will gain inspiration and motivation to achieve your goals while benefiting from the camaraderie of like-minded participants. Discussions are dynamic, heartfelt, and a whole lot of fun. Join us no matter where you are on your wellness journey. (If you've participated in Vibrant Living before, join us again for an entirely new list of topics!) This class is offered in-person only -- class limit 15. No class on 10/17.

Instructor: Jennifer Reddick

Location: Levy Center

Fee: 11 weeks \$116LM/\$151NM

Class#	Dates	Days	Time	Type
533364A4	Sept 5-Nov 21	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. No class on 9/26.

Instructor: Suzanne Hock

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
534310A4	Sept 5-Nov 21	Th	6:30p-7:30p	In-Person/Virtual

Yoga for a Strong Core

Enhance your stability, balance, and overall strength with Yoga for a Strong Core. This dynamic class focuses on building core strength through a series of targeted yoga poses and movements. Perfect for all fitness levels, our experienced instructor will guide you through sequences that engage your abdominal muscles, back, and pelvic floor, helping you develop a solid and powerful core. Whether you're a seasoned yogi or new to the practice, you'll find this class both challenging and rewarding. Embrace the benefits of a strong core, including improved posture, better balance, and reduced risk of injury. This class is offered in person only.

Instructor: Amanda AuBuchon

Age: 13 yrs and up

Location: Levy Center

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

Class#	Dates	Days	Time	Type
533552A4	Sept 5-Nov 21	Th	6:30p-7:30p	In-Person

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. No play on 11/21 & 11/28.

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
534329A4	Sept 6-Nov 22	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
534368C4	Sept 6-Nov 22	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 9/27 & 11/1.

Instructor: Suzanne Hock

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
534337A4	Sept 6-Nov 22	F	9a-10a	In-Person/Virtual

Feldenkrais

Using purposeful movement sequences based on principles of physics and biomechanics, the Feldenkrais Awareness Through Movement® lessons offer a gentle, comfortable way to explore your movement patterns and retrain your body to move more effortlessly. They are designed to help you improve your balance, increase your range of motion, and refine your sensory perception to integrate all the parts of your body to move with greater freedom and efficiency. 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
534331A4	Sept 6-Nov 22	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: 12 sessions \$108LM/\$141NM

Class#	Dates	Days	Time	Type
534351A4	Sept 6-Nov 22	F	10:30a-11:30a	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
534312B4	Sept 6-Nov 22	F	11:45a-12:30p	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
533315A4	Sept 7-Nov 23	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 strategically target every muscle and joint in your body! 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 10/13.

Instructor: Cynthia Rosario

Location: Levy Center

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

Class#	Dates	Days	Time	Type
533362A4	Sept 8-Nov 24	Su	9a-10a	In-Person