



Levy Senior Center Fitness Classes Spring 25

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

Tai Chi Weather Warriors

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.

Instructor: Evelyn Thompson

Location: Levy Center Courtyard

Fee: 12 classes \$120LM/\$156NM

Class#	Dates	Days	Time	Type
514363A5	Mar 3-May 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.

Instructor: Marla Lampert

Location: Levy Center/Zoom

Fee: 12 classes \$120LM/\$156NM

Class#	Dates	Days	Time	Type
514326A5	Mar 3-May 19	M	10:30a-11:30a	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. **No class 5/29.**

Instructor: Emily Williams Guthrie

Location: Levy Center/Zoom

Age: 12 yrs and up

Fee: A5 6 classes \$66R/\$86NR B5 classes \$55R/\$72NR

Class#	Dates	Days	Time	Type
513311A5	Mar 10-Apr 14	M	6p-7:15p	In-Person/Virtual
513311B5	May 5-Jun 9	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.

Instructor: Betsy Murphy, RN

Location: Levy Center/Zoom

Fee: 12 classes \$120LM/\$143NM

Class#	Dates	Days	Time	Type
514313A5	Mar 4-May 20	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.

Instructor: Betsy Murphy, RN

Location: Levy Center/Zoom

Fee: 12 classes \$120LM/\$156NM

Class#	Dates	Days	Time	Type
514322A5	Mar 4-May 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.

Instructor: Marla Lampert

Location: Levy Center/Zoom

Fee: 12 classes \$120LM/\$156NM

Class#	Dates	Days	Time	Type
514353A5	Mar 4-May 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 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.

Instructor: Sandy Nowarita

Location: Levy Center/Zoom

Fee: 11 classes \$110LM/\$143NM

Class#	Dates	Days	Time	Type
514320A5	Mar 4-May 13	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.

Instructor: Betsy Murphy, RN

Location: Levy Center/Zoom

Fee: 12 classes \$120LM/\$156NM

Class#	Dates	Days	Time	Type
514339A5	Mar 4-May 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. **No class 3/18.**

Instructor: Suzanne Hock

Location: Levy Center/Zoom

Fee: 11 classes \$120LM/\$156NM

Class#	Dates	Days	Time	Type
514304A4	Mar 3-May 27	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.

Instructor: Sandy Nowarita

Location: Levy Center/Zoom

Fee: 11 classes \$110LM/\$143NM

Class#	Dates	Days	Time	Type
514320A5	Mar 4-May 13	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.

Instructor: Andrew Serlin

Location: Levy Center/Zoom

Fee: 12 classes \$120LM/\$156NM

Class#	Dates	Days	Time	Type
514323A5	Mar 4-May 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.

Location: Levy Center/Zoom

Fee: 12 classes \$114LM/\$149NM

Class#	Dates	Days	Time	Type
514323B5	Mar 4-May 20	Tu	1p-2p	In-Person/Virtual

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. **No class 3/25.**

Instructor: Cynthia Rosario

Location: Levy Center

Fee: 11 sessions \$110LM/\$143NM

Class#	Dates	Days	Time	Type
514337B5	Mar 4-May 20	Tu	9a-10a	In-Person

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: 12 classes \$120LM/\$156NM

Class#	Dates	Days	Time	Type
514326B5	Mar 5-May 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.

Instructor: Maureen Fogerty

Location: Levy Senior Center/Zoom

Fee: 12 classes \$120LM/\$156NM

Class#	Dates	Days	Time	Type
514385A5	Mar 5-May 21	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.

No class on 3/26.

Instructor: Yesica Barrera

Age: 18 yrs and up

Location: Levy Senior Center

Fee: 11 classes \$110R/\$143NR

Class#	Dates	Days	Time	Type
514325A5	Mar 5-May 21	W	6p-7p	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.

Instructor: Emily Williams Guthrie

Location: Levy Center/Zoom

Age: 12 yrs and up

Fee: 6 classes \$32R/\$42NR

Class#	Dates	Days	Time	Type
513301A5	Mar 12-Apr 16	W	6:30p-7:45p	In-Person/Virtual
513301B5	May 7-Jun 11	W	6:30p-7:45p	In-Person/Virtual

Thursday

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.

Instructor: Barbara Meyer

Location: Levy Center/Zoom

Fee: 12 classes \$120LM/\$156NM

Class#	Dates	Days	Time	Type
513329A5	Mar 6-May 22	Th	9a-9:45a	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.

Instructor: Shauna Babcock

Location: Levy Center/Zoom

Fee: 12 classes \$120LM/\$156NM

Class#	Dates	Days	Time	Type
514322B5	Mar 6-May 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 oversteering the joints.

Instructor: Andrew Serlin

Location: Levy Center/Zoom

Fee: 12 classes \$120LM/\$156NM

Class#	Dates	Days	Time	Type
514323C5	Mar 6-May 22	Th	10a-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: 10 classes \$100LM/\$130NM

Class#	Dates	Days	Time	Type
514344A5	Mar 6-May 7	Th	11:05a-11:50a	In-Person/Virtual

Groove: Dance for Everyone and Every Body!

Groove is a unique and fun-filled full-body workout designed to be inclusive and accessible to people of all ages and fitness levels, set to different genres of music. No dance experience is necessary, just a desire to have fun, try something new, relieve stress, and feel good about moving your body. If you can move, you can Groove, and you can't get it wrong in this class!

Instructor: Eileen Zeidman

Location: Levy Center

Fee: 6 classes \$72LM/\$94NM

Class#	Dates	Days	Time	Type
514662A5	Mar 6-Apr 10	Th	2p-3p	In-Person
514662B5	Apr 17-May 22	Th	2p-3p	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. **No class 3/20.**

Instructor: Suzanne Hock

Location: Levy Center/Zoom

Fee: 12 classes \$120LM/\$156NM

Class#	Dates	Days	Time	Type
514314A5	Mar 6-May 29	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.

Instructor: Amanda AuBuchon

Age: 13 yrs and up

Location: Levy Center

Fee: 12 classes \$120R/\$156NR

Class#	Dates	Days	Time	Type
514561A5	Mar 6-May 22	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.

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. **No class 5/9.**

Instructor: Evelyn Thompson

Location: Levy Senior Center/Zoom

Fee: 11 classes \$110LM/\$143NM

Class#	Dates	Days	Time	Type
514327A5	Mar 7-May 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. **No class 5/9.**

Instructor: Maureen Fogerty

Location: Levy Senior Center/Zoom

Fee: 11 classes \$110LM/\$143NM

Class#	Dates	Days	Time	Type
514385B5	Mar 7-May 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.

No class 3/21, 4/18, 5/9, & 5/23

Instructor: Suzanne Hock

Location: Levy Center/Zoom

Fee: 9 classes \$90LM/\$117NM

Class#	Dates	Days	Time	Type
514303A5	Mar 7-May 30	F	9a-10a	In-Person/Virtual

Feldenkrais® Awareness Through Movement

Using purposeful movement sequences based on principles of physics and biomechanics, these 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 so you can integrate all the parts of your body to move with greater freedom and efficiency. This class primarily involves floor-based exercises. **No class 4/25 & 5/9.**

Instructor: Robin Sterling

Location: Levy Center/Zoom

Fee: 11 classes \$110LM/\$143NM

Class#	Dates	Days	Time	Type
514328A5	Mar 7-May 30	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. **No class 5/9.**

Instructor: Barbara Meyer

Location: Levy Center/Zoom

Fee: 11 classes \$110LM/\$144NM

Class#	Dates	Days	Time	Type
514351A5	Mar 7-May 23	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. **No class 5/9.**

Instructor: Marla Lampert

Location: Levy Center/Zoom

Fee: 11 classes \$110LM/\$143NM

Class#	Dates	Days	Time	Type
514353B5	Mar 7-May 23	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.

Instructor: Shauna Babcock

Location: Levy Center/Zoom

Fee: 12 sessions \$120LM/\$156NM

Class#	Dates	Days	Time	Type
513315A5	Mar 8-May 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 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. **No class 3/23 & 4/20.**

Instructor: Cynthia Rosario

Location: Levy Center

Fee: 9 sessions \$90LM/\$117NM

Class#	Dates	Days	Time	Type
514337A5	Mar 2-May 11	Su	9a-10a	In-Person

One-Time Classes

Cardio Drumming

Join us for a Cardio Drumming class, a fun, high-energy workout that blends drumming with cardio exercises. Suitable for all fitness levels, it enhances coordination, boosts cardiovascular health, and reduces stress. No experience is necessary, and all equipment is provided. Discover the joy of drumming for fitness and connect with a like-minded community. Registration is required. Space is limited.

Instructor: Mary Commodore

Location: Levy Center

Fee: \$22LM/\$30NM

Class#	Date	Day	Time	Type
514364A5	Mar 27	Th	2p-3p	In-Person