



Levy Senior Center SilverSneakers® 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
- There is no charge for select Medicare plans. Please contact 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.

Instructor: Maureen Fogerty

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
514346A5	Mar 3-May 19	M	10:30a-11:30a	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.

Instructor: Maureen Fogerty

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
514316A5	Mar 3-May 19	M	11:45a-12:45a	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.

Instructor: David Aaron-Harbin

Location: Levy Center

Fee: 12 classes \$110LM/\$143NM

Class#	Dates	Days	Time	Type
514360A5	Mar 3-May 19	M	1p-2p	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.

Instructor: Sandy Nowarita

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
514316B5	Mar 4-May 13	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

Instructor: Shauna Babcock

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
514316C5	Mar 5-May 21	W	9:30a-10:30a	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.

Instructor: Suzanne Hock

Location: Levy Center

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

Class#	Dates	Days	Time	Type
514365A5	Mar 5-May 21	W	10:30a-11:15a	In-Person

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.

Instructor: Maureen Fogerty

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
514346B5	Mar 5-May 21	W	10:45a-11:45a	In-Person/Virtual

SilverSneakers Classic

Whole body conditioning for body, mind, and spirit! Class offers high energy, low impact movement for cardiovascular endurance, resistance exercise for muscular strength along mindful movement for mobility and balance. We use handheld weights, small balls (8-9" playground balls), and resistance bands (like Theraband). Experience the JOY of moving in community! Class will be accessible to all levels, seated and standing options will be offered.

Instructor: Barbara Meyer

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
514369A5	Mar 5-May 21	W	2:30p-3:30p	In-Person/Virtual

Thursday

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.

Instructor: Susan Mendelsohn

Location: Levy Center/Zoom

Fee: 10 classes \$100LM/\$130NM

Class#	Dates	Days	Time	Type
514329A5	Mar 6-May 15	Th	10:15a-11a	In-Person/Virtual

SilverSneakers BOOM Mind

The best of pilates, barre, and stretch combined in a mind/body mat workout. Build core strength and muscle endurance while increasing flexibility and range of motion. All levels welcome.

Instructor: Sandy Nowarita

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
514362A5	Mar 6-May 15	Th	10:15a-10:45a	In-Person/Virtual

SilverSneakers BOOM Muscle

Muscle incorporates athletic-based exercises that improve upper body conditioning. You'll move through several "blocks," which are groups of exercises that focus on different muscle groups. The focus of this class is on toning muscles and building overall strength.

Instructor: Sandy Nowarita

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
514370A5	Mar 6-May 15	Th	11a-11:30a	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.

Instructor: Sandy Nowarita

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
514316D5	Mar 6-May 15	Th	11:45a-12:30p	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. **No class 5/9.**

Instructor: Maureen Fogerty

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
514346C5	Mar 7-May 23	F	10a-11a	In-Person/Virtual

SilverSneakers Yoga

Explore yoga poses, along with other mindful movement inspirations, to improve mobility, flexibility, and balance. Class includes simple breathing techniques and mindful awareness to promote relaxation and peace, and reduce stress. Class will be accessible to all levels. Most of class will be taught from a chair, with a short standing section using the chair for support when needed. **No class 5/9.**

Instructor: Barbara Meyer

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
514316E5	Mar 7-May 23	F	11:45a-12:30p	In-Person/Virtual

Golden Groove: Senior Range of Motion and Music Movement

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Instructor: David Aaron-Harbin

Location: Levy Center

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

Class#	Dates	Days	Time	Type
514360B5	Mar 7-May 23	F	1p-2p	In-Person

Saturday

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.

Instructor: David Aaron-Harbin

Location: Levy Center

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

Class#	Dates	Days	Time	Type
514360C5	Mar 8-May 24	Sat	10:30a-11:30a	In-Person