



## Levy Senior Center SilverSneakers® Classes Summer 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](mailto: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:** 13 classes \$130LM/\$169NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
524349A5	Jun 2-Aug 25	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.

**Instructor:** David Aaron-Harbin

**Location:** Levy Center

**Fee:** 13 classes \$130LM/\$169NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
524353A5	Jun 2-Aug 25	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. **No class 7/1.**

**Instructor:** Sandy Nowarita

**Location:** Levy Center/Zoom

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

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
524341A5	Jun 3-Aug 12	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

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
524341B5	Jun 4-Aug 20	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. **No class 6/11, 6/25, & 7/30.**

**Instructor:** Suzanne Hock

**Location:** Levy Center

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

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
524364A5	Jun 4-Aug 27	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:** 13 classes \$130LM/\$169NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
524349B5	Jun 4-Aug 27	W	10:45a-11:45a	In-Person/Virtual

## Thursday

### **SilverSneakers Classic**

Whole body conditioning for body, mind, and spirit! Class offers high energy, low impact movement for cardiovascular endurance, and 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. **No class 6/19 & 7/10.**

**Instructor:** Barbara Meyer

**Location:** Levy Center/Zoom

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

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
524363A5	Jun 5-Aug 28	Th	9a-9:45a	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.

**No class 6/19.**

**Instructor:** Susan Mendelsohn

**Location:** Levy Center/Zoom

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

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
524344A5	Jun 5-Aug 28	Th	10:15a-11a	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 7/4.**

**Instructor:** Maureen Fogerty

**Location:** Levy Center/Zoom

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

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
524349C5	Jun 6-Aug 29	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. **Virtual class only 7/25. No class 7/4.**

**Instructor:** Barbara Meyer

**Location:** Levy Center/Zoom

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

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
524341C5	Jun 6-Aug 15	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.

**No class 7/4.**

**Instructor:** David Aaron-Harbin

**Location:** Levy Center

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

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
524353B5	Jun 6-Aug 29	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:** 13 classes \$130LM/\$169NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
524353C5	Jun 7-Aug 30	Sat	10:30a-11:30a	In-Person