



Levy Senior Center Fitness 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 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: 13 classes \$130LM/\$169NM

Class#	Dates	Days	Time	Type
524326A5	Jun 2-Aug 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.

Instructor: Marla Lampert

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
524308A5	Jun 2-Aug 25	M	10:30a-11:30a	In-Person/Virtual

Science of Stretching

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. Class begins with a balance segment and then down to the floor to open hips, back, shoulders, legs, and the whole body. Maureen is a certified Stretch instructor and can modify any position to make sure you are making progress. All levels welcome.

Instructor: Maureen Fogerty

Location: Levy Senior Center/Zoom

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

Class#	Dates	Days	Time	Type
524345A5	Jun 2-Aug 25	M	11:45a-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. Mats and locks are provided.

Instructor: Emily Williams Guthrie

Location: Levy Center/Zoom

Age: 12 yrs and up

Fee: A5 6 classes \$60R/\$78NR B5 3 classes \$30R/\$39NR

Class#	Dates	Days	Time	Type
523302A5	Jun 23-July 28	M	6p-7:15p	In-Person/Virtual
523302B5	Aug 11-Aug 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.

Instructor: Betsy Murphy, RN

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
524325A5	Jun 3-Aug 12	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: 11 classes \$110LM/\$143NM

Class#	Dates	Days	Time	Type
524303A5	Jun 3-Aug 12	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.

Class virtual only 8/19.

Instructor: Marla Lampert

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
524351A5	Jun 3-Aug 26	Tu	9:30a-10:15a	In-Person/Virtual

Strength & Balance Boost

Discover a fun and energizing way to strengthen your body and steady your balance! This dynamic class focuses on improving posture, alignment, core strength, breath, and muscle endurance. You'll use equipment like weights, bands, and straps to build strength, enhance bone density, and invigorate your day. Whether seated or standing, you'll enjoy a lighthearted environment that's perfect for all fitness levels. All levels are welcome. Shoes are required.

No class 7/1.

Instructor: Sandy Nowarita

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
524318A5	Jun 3-Aug 12	Tu	9:45a-10:30a	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: 11 classes \$110LM/\$143NM

Class#	Dates	Days	Time	Type
524339A5	Jun 3-Aug 12	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 6/10, 6/24, & 8/19.**

Instructor: Suzanne Hock

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
524352A5	Jun 3-Aug 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. **No class 7/1.**

Instructor: Sandy Nowarita

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
524330A5	Jun 3-Aug 12	Tu	10:45a-11:30a	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.

No class 8/19.

Instructor: Andrew Serlin

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
524304A5	Jun 3-Aug 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.

No class 8/19.

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
524304B5	Jun 3-Aug 26	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.

Instructor: Cynthia Rosario

Location: Levy Center

Fee: 11 classes \$132R/\$172NR

Class#	Dates	Days	Time	Type
524338A5	Jun 3-Aug 12	Tu	6:30p-7:30p	In-Person

Wednesday

Introduction to Mindfulness

In our fast paced and challenging lives, mindfully pausing to connect with our bodies, hearts and minds helps us to release stress and to navigate our experiences with greater ease. Explore the many benefits of mindfulness as you develop a weekly meditation practice. Learn how to respond to the ups and downs in your life in ways that lead to greater well being for yourself and those around you. Beginner and experienced meditators are all welcome! Patti Vick is a certified mindfulness and meditation teacher who has practiced Insight Meditation for the last 12 years. She lives in Evanston, IL where she is a parent and expressive arts teacher. She places an emphasis on self-compassion.

Instructor: Patti Vick

Location: Levy Center

Fee: A5 8 classes \$80LM/\$104NM B5 4 classes \$40LM/\$52NM

Class#	Dates	Days	Time	Type
524362A5	Jun 4-Jul 23	W	10a-11a	In-Person
524362B5	Aug 6-Aug 27	W	10a-11a	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: 13 classes \$130LM/\$169NM

Class#	Dates	Days	Time	Type
524308B5	Jun 4-Aug 27	W	10:30a-11:30a	In-Person/Virtual

Science of Stretching

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. Class begins with a balance segment and then down to the floor to open hips, back, shoulders, legs, and the whole body. Maureen is a certified Stretch instructor and can modify any position to make sure you are making progress. All levels welcome.

Instructor: Maureen Fogerty

Location: Levy Senior Center/Zoom

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

Class#	Dates	Days	Time	Type
524345B5	Jun 4-Aug 27	W	12p-1p	In-Person/Virtual

QiGong

QiGong is an ancient practice that helps the practitioner become skillful at managing energy. Reclaiming energy from tension and stress and increasing vitality by moving your body effortlessly. Synchronize your body, your mind and breath to retrain your body to move without tension. Take away exercises you can practice at home to continue improving your energy and vitality. The class ends with a short meditation to calm the mind and allow the body to restore to its original state of balance and harmony.

Instructor: Yesica Barrera

Age: 18 yrs and up

Location: Levy Senior Center

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

Class#	Dates	Days	Time	Type
524328A5	Jun 18-Aug 27	W	6p-7p	In-Person

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. **No class 6/19.**

Instructor: Shauna Babcock

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
524303B5	Jun 5-Aug 21	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.

No class 6/19.

Instructor: Andrew Serlin

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
524304C5	Jun 5-Aug 28	Th	10a-11a	In-Person/Virtual

Strength & Balance Boost

Discover a fun and energizing way to strengthen your body and steady your balance! This dynamic class focuses on improving posture, alignment, core strength, breath, and muscle endurance. You'll use equipment like weights, bands, and straps to build strength, enhance bone density, and invigorate your day. Whether seated or standing, you'll enjoy a lighthearted environment that's perfect for all fitness levels. All levels are welcome. Shoes are required.

No class 6/19 & 7/3.

Instructor: Sandy Nowarita

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
524318A5	Jun 5-Aug 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. **No class 6/19.**

Instructor: Susan Mendelsohn

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
524354A5	Jun 5-Aug 28	Th	11:05a-11:50a	In-Person/Virtual

Yogalates

Yogalates is a hybrid fitness practice that combines elements of yoga and Pilates. It merges flexibility, mindfulness and breathing techniques of yoga with the core strengthening, posture improving principles of Pilates. The goal is to enhance both mental and physical well-being by focusing on balance, flexibility, strength and alignment. This is a low-impact workout that can be modified for every fitness level. This class is done on a mat and chairs will be available for assistance in getting down and up from the floor. Some of the class can also be done seated in the chair for your comfort level. No experience necessary. All are welcome.

No class 6/19 & 7/3.

Instructor: Sandy Nowarita

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
524656A5	Jun 5-Aug 21	Th	11:15a-12p	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!

No class 6/19.

Instructor: Eileen Zeidman

Location: Levy Center

Fee: 12 classes \$144LM/\$188NM

Class#	Dates	Days	Time	Type
524662A5	Jun 5-Aug 28	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 6/12, 6/19, 6/26, 7/3, & 7/31.**

Instructor: Suzanne Hock

Location: Levy Center/Zoom

Fee: 8 classes \$80LM/\$104NM

Class#	Dates	Days	Time	Type
524315A5	Jun 5-Aug 28	Th	6:30p-7:30p	In-Person/Virtual

Basketball Over 40

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. Players are encouraged to compete aggressively but within an atmosphere of courtesy and camaraderie. We provide reversible jerseys, keep time, and score, and sponsor the post-game get-together afterward. To participate, players are encouraged to download the “Tru-Po Pickup Sports Player” mobile app on their iPhone or Android device from the App Store or Google Play. This is not required. Games will be every Thursday unless stated otherwise.

No play 6/19.

Instructor: Bill Braman

Location: Levy Center

Age: 40 yrs and up

Fee: Drop-in \$10

Class#	Days	Time
Drop-In	Th	6:30p-9p

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 7/4.**

Instructor: Evelyn Thompson

Location: Levy Senior Center/Zoom

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

Class#	Dates	Days	Time	Type
524307A5	Jun 6-Aug 29	F	8:45a-9:45a	In-Person/Virtual

Science of Stretching

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. Class begins with a balance segment and then down to the floor to open hips, back, shoulders, legs, and the whole body. Maureen is a certified Stretch instructor and can modify any position to make sure you are making progress. All levels welcome. **No class 7/4.**

Instructor: Maureen Fogerty

Location: Levy Senior Center/Zoom

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

Class#	Dates	Days	Time	Type
524345C5	Jun 6-Aug 29	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.

Virtual class only 7/25. No class 6/13, 6/27, 7/4, & 8/1.

Instructor: Suzanne Hock

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
524301A5	Jun 6-Aug 29	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 7/4.**

Instructor: Robin Sterling

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
524309A5	Jun 6-Aug 29	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. **Virtual class only 7/25. No class 7/4.**

Instructor: Barbara Meyer

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
524333A5	Jun 6-Aug 15	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 7/4.**

Instructor: Marla Lampert

Location: Levy Center/Zoom

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

Class#	Dates	Days	Time	Type
524351B5	Jun 6-Aug 29	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
523325A5	Jun 7-Aug 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. **No class 7/6 & 7/27.**

Instructor: Cynthia Rosario

Location: Levy Center

Fee: 11 classes \$132R/\$172NR

Class#	Dates	Days	Time	Type
524338B5	Jun 8-Aug 31	Su	9a-10a	In-Person

One-Time Class

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
524365A5	May 22	Th	2p-3p	In-Person
524365B5	Jun 12	Th	2p-3p	In-Person

Blissful Sound Meditation

Blissful Sound Meditation is a 90-minute acoustic journey designed to relax and renew. Using a wide range of world instruments—Ocean Gong, Native flutes, crystal bowls, handpan, chimes, and more—Preston creates a rich soundscape to calm the mind and uplift the spirit. With gentle guidance and immersive sound, participants often lie down, close their eyes, and "dream" into deep relaxation. Come unwind, explore your inner landscape, and return feeling refreshed in body, mind, and soul.

Instructor: Preston Klik

Location: Levy Center

Fee: \$45R/\$59NR

Class#	Date	Day	Time	Type
524360A5	Jun 4	W	6p-7:30p	In-Person