



Levy Center

Fall Fitness Classes

The Levy Center is hoping to keep as many people healthy and active during this time. The upcoming fall session of classes will begin the week of October 26th through December 19th. There is a mixture of Virtual, In-person and outside classes available. Please make sure to register for the correct class number as some classes will be held In-person and virtually together

We will be offering 2 Virtual only Silversneakers Yoga classes this fall. If you are a Silversneakers member, Silver & Fit member or covered through United Healthcare, there will be no fee to those who qualify. However, we do need everyone to register who wishes to take the class.

Below is some more information for registering and building safety measures:

- A valid email must be provided for all class registrations
- For Virtual classes a Zoom link will be sent to you via email at least 24 hours prior to the 1st class
- Classes will only run if the minimum participants are met, please register early
- For all in-person classes, masks will be required and when entering the building participants will be subjected to temperature and symptom checks
- Registration can be done online by [clicking here](#) or by calling 847-448-8250
- If you are having any issues or have questions, please contact Bob Russo at russo@cityofevanston.org or by calling 847-448-8283

Mondays

Strength/Stretch Class (Virtual Only)

This class offers a perfect combination of challenge and release for all your major muscle groups with no equipment necessary. Start with 30 minutes of low impact strength training. Use your bodyweight for resistance with classic exercises that strengthen and tone the whole body, but are gentle on joints. Followed by 30 minutes of a long mix of dynamic and static stretching that increases flexibility and decrease stiffness and soreness. Your whole body will feel lengthened and relaxed after this focused stretching session.

Instructor: Amanda Hart

Location: Zoom Virtual Classes

Fee: \$48 LM/ \$63

Class#	Dates	Days	Time	Type
534341B0	Oct 26- Dec 14	M	9-10am	Virtual

Tai Chi Fundamentals (Virtual Only)

Learn a basic Tai Chi form as well as a number of techniques designed to energize the body, reduce and manage stress and improve balance and flexibility. Regular practice of this system of gentle movements can facilitate harmonious energy flow throughout the body enhancing your physical and emotional well-being.

Instructor: Francesca Segal

Fee: \$48LM/ \$63NM

Class#	Dates	Days	Time	Type
533355D0	Oct 26- Dec 14	M	9-10am	Virtual

Cardio, Strength and Stretch (Virtual Only) (This class is a 2 day a week class on Mondays & Wednesdays)

This class combines a cardio workout with strength training and stretching. Participants will do low impact aerobics and use hand weights, resistance tubing and balls to build strength and anaerobic endurance if available.

Instructor: Marla Lampert

Fee: \$80/\$95

Class#	Dates	Days	Time	Type
534308D0	Oct 26- Dec 16	M, W	10:30-11:30am	Virtual

Mondays Cont.

Continuing Yoga – Teen/Adult (In-person & Virtual)

This class is recommended for those who have prior experience and are able to sustain a higher level of effort. Relax in a non-competitive atmosphere while practicing activities leading to flexibility, strength and balance and meditation techniques. No Class Sept 7

Instructor: Emily Williams-Guthrie

Fee: Fall: \$53 LM/ \$68 NM

Fall/Winter: \$60 LM/ \$75 NM

Class#	Dates	Day	Time	Type
533341B0	Oct 26- Dec 14	M	6-7:30pm	In-Person
533341D0	Oct 26- Dec 14	M	6-7:30pm	Virtual

Tuesdays

Tai Chi & Chi Gong- Intermediate (In-person Only) (This class is a 2 day a week class on Tuesdays & Thursdays)

This relaxing, gentle, flowing exercise coordinates movement, breath and mind. Tai Chi & Chi Gong benefits people of all physical abilities. You'll increase your flexibility, coordination, balance and circulation. Previous class experience required for Intermediate level. No class on Nov 26

Instructor: Norm Zuefle

Location: Levy Center

Fall/Winter: \$83 LM/ \$98 NM

Class#	Dates	Days	Time	Type
533349B0	Oct 27- Dec 17	Tu, Th	7-8am	In-Person

Beginning Yoga for Seniors (Virtual Only)

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 necessary, just an open mind to explore new experiences. Please wear non-binding clothing; shoes are not needed for class.

Instructor: Betsy Murphy, RN

Fee: \$48LM/\$63NM

Class#	Dates	Days	Time	Type
534326D0	Oct 27- Dec 15	Tu	9-10am	Virtual

Tuesdays Cont.

Pilates/Sculpt (Virtual Only)

Pilates work centers on strengthening the core. This class will improve flexibility, 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

Fee: \$48LM/ \$63 NM

Class#	Dates	Days	Time	Type
534312A0	Oct 27- Dec 15	Tu	9:30-10:15am	Virtual

Arthritis Foundation/Ageless Grace (Virtual Only)

This program is active exercise class for all abilities designed for people with arthritis, people recovering from surgery, and people wanting to increase their strength, balance and stamina while having fun. We use gentle, easy to learn movements based on the science of neuroplasticity to help prevent cognitive decline and to increase joint flexibility and range of motion. This class is done in a chair with some optional standing and walking.

Instructor: Susan Mendelsohn

Fee: \$48 LM/ \$63 NM

Class#	Dates	Days	Time	Type
534332B0	Oct 27- Dec 15	Tu	10-10:45am	Virtual

Gentle Chair Yoga for Seniors (Virtual Only) (This class is a 2 day a week class on Tuesdays & Thursdays)

If you are interested in exploring yoga, but are less ambulatory or not able to transfer easily, join this class! No experience necessary, all are welcome. We will explore the mind body practices of yoga seated in a chair or using the chair for support in standing poses. Learn yoga movement, breathing and relaxation practices to increase flexibility of mind and body. Please wear comfortable clothing. No Class on Nov 26

Instructor: Betsy Murphy, RN

Fee: \$80 LM/ \$95 NM

Class#	Dates	Days	Time	Type
534305D0	Oct 27- Dec 17	Tu, Th	10:30-11:30am	Virtual

Tuesdays Cont.

Core for Better Balance & Strength (Virtual Only)

This class integrates gentle, yet challenging, movements to increase flexibility, strength and balance. All of the exercises use mind/body techniques to increase memory and brain function and can be modified for beginning through intermediate students. The routines can be performed standing or sitting in a chair, so adults at any fitness level will feel comfortable participating.

Instructor: Susan Mendelsohn

Fee: \$48 LM/ \$63 NM

Class#	Dates	Days	Time	Type
534333D0	Oct 27- Dec 15	Tu	11-11:45am	Virtual

Wednesdays

Silversneakers Yoga (Virtual Only)

Silversneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Some Medicare recipients qualify to take this class at no charge. Please call Bob Russo at 847-448-8283 to find out if you qualify. There is no charge for Silversneakers members. Registration is Required.

Instructor: Amanda Hart

Fee: \$48LM/\$63NM

Class#	Dates	Day	Time	Type
534343H0	Oct 28- Dec 16	W	9:30-10:30am	Virtual

Cardio, Strength and Stretch (Virtual Only) (This class is a 2 day a week class on Mondays & Wednesdays)

This class combines a cardio workout with strength training and stretching. Participants will do low impact aerobics and use hand weights, resistance tubing and balls to build strength and anaerobic endurance if available.

Instructor: Marla Lampert

Fee: \$80/\$95

Class#	Dates	Days	Time	Type
534308D0	Oct 26- Dec 16	M, W	10:30-11:30am	Virtual

Wednesdays cont.

Tai Chi for Arthritis & Fall Prevention (Virtual Only)

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: Carolyn Martinez, Arthritis Foundation certified Instructor

Fee: \$48 LM/ \$63 NM

Beginner Level

Class#	Dates	Days	Time	Type
534301B0	Oct 28- Dec 16	W	1:15-2:15pm	Virtual

Intermediate Level

Class#	Dates	Days	Time	Type
534325B0	Oct 28- Dec 16	W	2:30-3:30pm	Virtual

Thursdays

Beginning Yoga for Seniors (In-person & Virtual)

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 necessary, just an open mind to explore new experiences. Please wear non-binding clothing; shoes are not needed for class. **No Class Nov 26**

Instructor: Shauna Babcock

Fee: \$48LM/\$63NM

Class#	Dates	Days	Time	Type
534326B0	Oct 29- Dec 17	Thu	9:15-10:15am	In-person/Virtual

Gentle Chair Yoga for Seniors (Virtual Only) (This class is a 2 day a week class on Tuesdays & Thursdays)

If you are interested in exploring yoga, but are less ambulatory or not able to transfer easily, join this class! No experience necessary, all are welcome. We will explore the mind body practices of yoga seated in a chair or using the chair for support in standing poses. Learn yoga movement, breathing and relaxation practices to increase flexibility of mind and body. Please wear comfortable clothing. **No Class on Nov 26**

Instructor: Betsy Murphy, RN

Fee: \$80 LM/ \$95 NM

Class#	Dates	Days	Time	Type
534305D0	Oct 27- Dec 17	Tu, Th	10:30-11:30am	Virtual

Thursdays cont.

Zumba Gold (Virtual Only)

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 welcome. **No Class Nov 26**

Instructor: Suzanne Hock

Fee: \$48 LM/ \$63 NM

Class#	Dates	Day	Time	Type
534338B0	Oct 29- Dec 17	Th	11:30am-12:30pm	Virtual

Qi Gong for Seniors (Virtual Only)

Create a healthier connection between your spirit, mind and body! This class teaches you a relaxing and gentle exercise that increases your flexibility, coordination, balance and circulation. People of all physical abilities will benefit. **No Class Nov 26**

Instructor: Francesca Segal

Fee: \$48LM/ \$63NM

Class#	Dates	Days	Time	Type
534328D0	Oct 29- Dec 17	Th	1-2pm	Virtual

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 exercise in disguise. All adults welcome. No experience necessary. No Class on Nov 26

Instructor: Suzanne Hock

Fee: \$48LM/\$63NM

Class#	Dates	Day	Time	Type
534310D0	Oct 29- Dec 17	Th	6:30-7:30pm	Virtual

Fridays

Tai Chi Chi Gong (Virtual Only)

Tai Chi is a relaxing, gentle, flowing exercise coordinating movement, breath and mind. Tai Chi benefits people of all physical abilities. You'll increase your flexibility, coordination, balance and circulation. No registration allowed after week 2. **No Class Nov 27**

Instructor: Evelyn Thompson

Fee: \$48LM/ \$63NM

Class#	Dates	Day	Time	Type
534329D0	Oct 30- Dec 18	F	9-10am	Virtual

Zumba Gold Toning (Virtual Only)

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 welcome. No experience necessary. Light weights are used in class.

Instructor: Suzanne Hock (F)

Fee: \$48 LM/ \$63 NM

Class#	Dates	Day	Time	Type
534337B0	Oct 30- Dec 18	F	10-11am	Virtual

Feldenkrais (Virtual Only)

Using a combination of guided attention and pleasant, purposeful movement, this method of Feldenkrais guides you through the essential dynamic relationships in a particular pattern of movement and action. Unlike traditional exercise, where movements can become mechanical, *Awareness Through Movement* teaches you the secrets to reducing unnecessary muscular effort and improve your awareness of your whole self in action.

Instructor: Robin Sterling

Fee: \$48LM/ \$63NM

Class#	Dates	Day	Time	Type
534331D0	Oct 30- Dec 18	F	10:30-11:30am	Virtual

Fridays Cont.

Cardio, Strength and Stretch- Mind/Body (Virtual Ony)

Dance and martial arts Nia inspired movement for mobility and endurance, followed by seated/standing strength exercises (with hand weights), balance and a final mindful stretch. Moderate level with options for adapting movement for higher or lower intensity. Movement can be performed from a chair.

Instructor: Barbara Meyer

Fee: \$48/\$63

Class#	Dates	Days	Time	Type
534308B0	Oct 30- Dec 18	F	10:30-11:30am	Virtual

Silversneakers Yoga (Virtual Only)

Silversneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Some Medicare recipients qualify to take this class at no charge. Please call Bob Russo at 847-448-8283 to find out if you qualify. There is no charge for Silversneakers members. Registration is Required.

Instructor: Barbara Meyer

Fee: \$48LM/\$63NM

Class#	Dates	Day	Time	Type
534343G0	Oct 30- Dec 18	F	11:45am-12:45pm	Virtual

Saturdays

Yoga to Heal: Thriving Through and Beyond Cancer (Virtual & In-Person)

Integrate the healing power of yoga into your strategy to get well and stay cancer-free. Use breath, guided imagery and movement to increase your health, improve range of movement, strength and energy. Reduce treatment symptoms and pain and minimize distracting or unproductive thoughts. The class is designed to support those at any phase of treatment or beyond who are able to function in a group setting.

Instructor: Shauna Babcock ERYT-200

Fee: Fall: \$60 LM/ \$75 NM

Class#	Dates	Day	Time	Type
533315B0	Oct 31- Dec 19	Sat	9-10am	In-Person
533315D0	Oct 31- Dec 19	Sat	9-10am	In-Person

Pilates/Yoga Fusion (Virtual Only)

This class blends the best of both disciplines to provide participants with a strong core, flexibility and overall strength.

Instructor: Amanda Hart

Fee: \$48 LM/ \$63 NM

Class#	Dates	Day	Time	Type
533314C0	Sept 5- Oct 24	Sat	10:30-11:30am	Virtual
533314D0	Oct 31- Dec 19	Sat	10:30-11:30am	Virtual

Personal Training at Levy Center

Ages 18+

Take the road to a healthier tomorrow and find a personal trainer at the Levy Center who is right for you! You don't have to be a Levy Center member or a Fitness Room member to purchase a personal training package; the only requirement is that you're age 18 or older! Choose between 5 or 10 sessions in either 30 or 60 minutes lengths.

To receive the discount, you must pre-purchase a package (i.e., no discount if you buy sessions one at a time) and must use the same trainer for all sessions. Personal training passes expire 6 months from the date of issue. Sign up today at the Levy Center's office and you'll be on the road to a healthier tomorrow! **847-448-8250**.

Fee for 30-minute sessions:

1 session, \$30; 5-session package, \$135;

10-session package, \$270

Fee for 60-minute sessions:

1 session, \$43; 5-session package, \$194;

10-session package, \$387