

Personal Training

PERSONAL TRAINING AT LEVY CENTER

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! You choose either 5 or 10 sessions, then choose 30-minute or 60-minute personal training sessions.

To receive the discount, you must pre-purchase a package (i.e., no discount if you buy sessions one at a time) and you must use the same trainer for all sessions. Sign up today at the Levy Center's office and you'll be on the road to a healthier tomorrow! Questions? Please call 847/448-8250.

Fee for 30-minute sessions: 1 session, \$26;
5-session package, \$116; 10-session package, \$226

Fee for one-hour sessions: 1 session, \$42;
5-session package, \$182; 10-session package, \$365.

Fee code:
R = Resident of ZIP code 60201 or 60202.
NR = Nonresident.

Fitness Rooms

FITNESS ROOM AT LEVY CENTER For ages 18 and older

Improve your stamina, balance and shape when you make a commitment to staying active! It's easy when you join our Fitness Room with its top-quality equipment and light, bright, cheerful atmosphere. 847/448-8250.

Fees for Levy Center members are \$200/year or \$17/month. Minimum age is 55.
Fees for nonmembers of Levy Senior Center are \$300/year or \$25/month for an Evanston resident and \$350/year or \$30/month for a nonresident.
Daily fee for adults of all ages: \$5.
Location: Levy Senior Center

Operating hours are subject to change on holidays; the dates the Levy Center will be closed will be posted one week in advance. For adults age 55+, Fitness Room hours are Monday through Friday, 7am to 9pm; Saturday, 8am to 5pm; and Sunday, 8am to 3pm.

For adults age 18 to 54, Fitness Room hours are limited to Monday through Friday, 7am-9am and 5-9pm; Saturday, 8am-5pm and Sunday, 8am-3pm.

FITNESS ROOM AT FLEETWOOD-JOURDAIN CENTER For ages 13 and older

Come by for a tour! Our Fitness Room is a bright, beautiful place to work out and it has what you need to get in shape or stay in shape: Tunturi exercycles, Precor Ergocycles, AeroStep Steppers and a Trotter treadmill. Membership options for adults are: one year at \$210, six months for \$100 or one month for \$35. We now offer a Family Partners Team package: if 4 members sign up together at \$65 each they will get a one-year membership to the FJCC Fitness Room! The fitness room will be closed Nov. 26-29; Dec. 24-27; Jan. 1-2, 16, 18. 847/448-8254.

Location: Fleetwood-Jourdain Center
Age Level: 13 years and older
Daily fee: \$10; see above for discounted adult fees

Dates	Days	Time
Ongoing	M-F	8am-8:30pm
	Sa	8am-5pm

TEEN FITNESS ROOM SPECIAL

Teens age 13-17 are invited to join the Fitness Room at Fleetwood-Jourdain Center at a special discounted price! Encourage your friends to join, too, so you can work out together. 847/448-8254.

Fee per person: 1 year, \$150; 6 months, \$75; \$1 month, \$20; drop-in, \$3 daily.

Walking



SENIORS: WALK IT OUT!

Seniors, come to Fleetwood-Jourdain and "Walk It Out" to your favorite music in our new Senior Walking Club held in the regulation size-gymnasium. If a daily fitness walk could be put in a pill, it would be one of the most popular prescriptions in the world. Walking has so many health benefits. It can reduce the risk of many diseases — from heart attack and stroke to hip fracture and glaucoma. No class Dec. 21, 23, 25; Jan 1. 847/448-8254.

Location: Fleetwood-Jourdain Center
Age Level: 55 and older

Fee: **Free** Length: Ongoing

Dates	Days	Time
Nov 30-Feb 13	M, W, F	11am-Noon

WALK WITH ME FITNESS PROGRAM

This program is designed for adults age 55 and older. It provides an opportunity for participants to engage in an active physical activity and fun recreational competition. Program participants will receive a one-year Fleetwood-Jourdain Community Center Fitness Room membership. The participant who walks the farthest distance will receive a reward at the end of the competition. No class Jan. 18. 847/448-8254.

Location: Fleetwood-Jourdain Center

Age Level: 55 and older

Fee: \$65 R/\$70 NR Length: 32 sessions

Class #	Dates	Days	Time
444302A0	Jan 4-Feb 26	M-W, F	9am-8:30pm

FREE INDOOR WALKING SESSIONS AT CHANDLER-NEWBERGER

If you are looking for some place comfortable to walk, come inside Chandler-Newberger's gym for your exercise! Seventeen times around the gym perimeter is a mile; you decide your distance and speed. Questions? Please call Annett or Kevin at 847/448-8252.

Location: Chandler-Newberger Center, 1028 Central St.
Days/Times: Tuesday and Thursday, 8-9am;
Monday, Wednesday and Friday, 2-3pm

Dates: Ongoing through May

Fee: **Free**

Scholarships are available to qualified Evanston residents for Evanston Recreation Division classes.



Yoga — All Ages

BEGINNING YOGA — TEEN & ADULT

There will be no pretzel stuff! You will learn relaxation and meditation techniques, strengthening and flexibility poses, as well as how to improve your balance in a non-judgmental atmosphere. Please wear loose clothing and try not to eat for two hours before sessions. Sessions are progressive: we start out very simple, going up a level of difficulty every week by building on the previous week's poses. 847/448-8250.

Instructor: Emily Williams-Guthrie
Location: Levy Senior Center
Age Level: 12 and older

Fee: \$46, Levy member; \$49 R/\$53 NR
Length: 6 sessions

Class #	Dates	Day	Time
543301A0	Jan 6-Feb 10	W	6:30-8pm

CONTINUING YOGA — TEEN & ADULT

You will relax in a non-competitive atmosphere while practicing activities leading to flexibility and strength. This class is for those who have prior experience with Emily and also sustain a higher level of effort. Please bring a large towel to each class. No class Jan. 18. 847/448-8250.

Instructor: Emily Williams-Guthrie
Location: Levy Senior Center
Age Level: 12 and older

Fee: \$39, Levy member; \$42 R/\$46 NR
Length: 5 sessions

Class #	Dates	Day	Time
543302A0	Jan 4-Feb 8	M	6-7:30pm

OPEN YOGA

Yoga will enhance your flexibility and assist you with control and mind/body connectedness. This class is open to all fitness levels. If you do not attend every week, please be sure to call 847/448-8250 on Sunday mornings to be sure the class is meeting that day. No class Jan. 3.

Instructor: Betsy Murphy
Location: Levy Center
Age Level: 18 and older

6-pass punch card: \$46, Levy member; \$49 R/\$53 NR
Dates: Ongoing
Day/Time: Sundays, 10-11:20am

BEGINNING YOGA FOR SENIORS

This class introduces you to activities that will both strengthen and relax your body, allowing it to become more flexible. Please wear non-binding clothing and bring a large towel to class. 847/448-8250.

Instructor: Betsy Murphy
Location: Levy Senior Center
Age Level: 55 and older
Fee: \$65, Levy member; \$69 nonmember
Length: 16 sessions

Class #	Dates	Days	Time
544302A0	Jan 5-Feb 25	Tu, Th	9:15-10:30am

PARENT & CHILD YOGA

Do you care for a young child on Tuesday mornings? Come to a yoga class designed just for the two of you! Come enjoy a class full of fun yoga poses that will increase flexibility and strength, while encouraging relaxation. This class can help build self-esteem and confidence, as well as strengthen the bond between caregiver and child. Fee is for one adult with one child; see below for the fee for each additional child. Please bring your own mat. No class Dec. 22, 29. Class dates and fees are subject to change. 847/448-8254.

Instructor: Gail Hutchison
Location: Fleetwood-Jourdain Center
Age Level: Adult with child age 3-6 years
Fee per couple: \$50 R/\$60 NR Each additional child is \$10 R/\$12 NR additional Length: 6 sessions

Class #	Dates	Day	Time
442306A9	Dec 1-Jan 19	Tu	10:30-11:15am

YOGA FOR EVERYONE

This is a mixed-level class for beginning and continuing students. This class combines posture, breath awareness, and relaxation techniques. Mats are provided. 847/448-8258.

Location: Robert Crown Community Center
Age Level: All ages
Fee: \$118 R/\$128 NR Length: 12 sessions

Class #	Dates	Days	Time
243300A0	Jan 4-Mar 22	M	6:30-8pm
243300B0	Jan 5-Mar 23	Tu	6:30-8pm



POWER YOGA

If you are looking for a workout program that's easy to learn, requires little or no equipment, soothes your soul while toning your body and improves mental fitness, try Power Yoga. Power Yoga brings balance to the body using breath of life combined with strength and flexibility poses to push through a new awareness. Power Yoga reduces stress and aids the body in complete detoxification while massaging all organs of the body. If you do not attend regularly, please call to find out if the class is meeting that day. For more information call 847/448-8254.

Location: Fleetwood-Jourdain Center
Age Level: 14 and older
Fee: \$64 R/\$80 NR Length: 11 sessions

Class #	Dates	Day	Time
443301A9	Dec 5-Feb 13	Sa	9-10am

See page 58 for our new Parachutes and Yoga class for preschoolers!



Fitness, Health and Wellness — All Ages

PILATES - LEVEL I

Learn basic Pilates moves with the assistance of stretch bands and balls. We'll bounce, balance, stretch and strengthen using the Pilates principles of concentration, control, precision and proper breathing. After just one hour, you'll feel longer, stronger, and more energized. Low impact. Wonderful for the spine. 847/448-8250.

Instructor: JoAnn Milivojevic

Location: Levy Senior Center

Age Level: 16 and older

Fee: \$46, Levy member; \$49 R/\$53 NR

Length: 8 sessions

Class #	Dates	Day	Time
543303A0	Jan 5-Feb 23	Tu	7:30-8:30pm

PILATES - LEVEL II

For those familiar with Pilates basics, this class will offer a more challenging and faster pace of mat practice. Emphasis is on proper form and non-momentum based movement. This class will help you develop a deeper awareness of your body and how to strengthen it consciously and efficiently. 847/448-8250.

Instructor: JoAnn Milivojevic

Location: Levy Senior Center

Age Level: 16 and older

Fee: \$46, Levy member; \$49 R/\$53 NR

Length: 8 sessions

Class #	Dates	Day	Time
543304A0	Jan 5-Feb 23	Tu	6:30-7:30pm

BELLY DANCE - PHASE I

Are you looking for a great ab workout that is also fun? Our belly dance class will tighten and tone your abs while expressing yourself in the exotic world of music. This class is open to women only. Please register early, as this class fills quickly. Please visit www.misstaj.com for more info. No registration will be allowed after week 2 of each session. 847/448-8250.

Instructor: TAJ

Location: Levy Senior Center

Age Level: 16 and older

Fee: \$54, Levy member; \$57 R/\$61 NR

Length: 6 sessions

Class #	Dates	Day	Time
543307A0	Feb 10-Mar 17	W	8-9pm

TAI CHI - BEGINNER OR INTERMEDIATE LEVEL

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. Previous class experience required for Intermediate class. 847/448-8250.

Instructor: Norm Zuefle

Location: Levy Senior Center

Age Level: 16 and older

Fee: \$59, Levy member; \$62 R/\$66 NR

Length: 16 sessions

Class #	Dates	Days	Time
543310A0	Jan 5-Feb 25	Tu, Th	8:15-9:15am

Beginner class

Class #	Dates	Days	Time
543313A0	Jan 5-Feb 25	Tu, Th	7-8:15am

TAI CHI FUNDAMENTALS

This class includes Tai Chi foundation practices, as well as techniques designed to energize the body, reduce and manage stress and improve balance, stability and flexibility. Its gentle movements can facilitate harmonious energy flow throughout the body to enhance physical and emotional well-being. No class Jan. 18. 847/448-8250.

Instructor: Francesca Segal

Location: Levy Senior Center

Age Level: 16 and older

Fee: \$47, Levy member; \$50 R/\$54 NR

Length: 7 sessions

Class #	Dates	Day	Time
543319A0	Jan 4-Feb 22	M	7:30-9pm

INTRO TO TAI CHI

Tai Chi Chuan is an ancient Chinese form of exercise known for its slow circular hand motions and its strong dance-like foot movements. The ability to concentrate and move in sequence is the key to success. Questions? Call 847/448-8258.

Location: Robert Crown Community Center

Age Level: 16 and older

Fee: \$90 R/\$98 NR Length: 12 sessions

Class #	Dates	Days	Time
243305A0	Jan 5-Mar 23	Tu	9-10am
243305B0	Jan 7-Mar 25	Th	10-11am
243305C0	Jan 7-Mar 25	Th	7-8pm

XZY CARDIO KICKBOXING

This is the ultimate cardio fitness for those individuals wanting to shed some pounds while "kicking themselves" in the right direction! This step by step class, set to today's pop and dance music, will keep you moving into a new level of fitness by using your body weight. XZY Cardio Kickboxers will work with punching pads and elastic bands, with no person-to-person combat. Get ready to be energized! 847/448-8258.

Instructor: Vance Roberson

Location: Robert Crown Community Center

Age Level: 16 and older

Fee: \$96 R/\$108 NR Length: 12 sessions

Drop-in fee: \$10 per session

Class #	Dates	Day	Time
243322A0	Jan 7-Mar 25	Th	7-8pm

TUMMY AND TUSH

If you have been trying to slim down those problem areas, then this is the class for you. This class concentrates only on your tummy and tush. Great exercise routines that strengthen and firm your abdominal (tummy) and gluteus muscles (tush). 847/448-8250.

Instructor: Denise Rosenfeld

Location: Levy Senior Center

Age Level: 16 and older

Fee: \$58, Levy member; \$61 R/\$65 NR

Length: 16 sessions

Class #	Dates	Days	Time
543315A0	Jan 5-Feb 25	Tu, Th	5:30-6:15pm

NIA

NIA is a mind-body technique for all fitness levels blending concepts from jazz, ballet, martial arts, yoga and other forms of movement into expressive, energetic, creative exercise. 847/448-8250.

Instructor: Myrna Weinman

Location: Levy Senior Center

Age Level: 16 and older

Fee: \$46, Levy member; \$49 R/\$53 NR

Length: 8 sessions

Class #	Dates	Day	Time
543320A0	Jan 6-Feb 24	W	6:30-7:30pm

*Fitness classes
continue on page 44*



Fitness, All Ages (continued)

BALLET FOR FUN & FITNESS

This class now is held at two locations; choose the age group, day & time to meet your needs!

Come and enjoy the expressive beauty of ballet without putting stress on joints and ligaments. Accompanied by classical music, you will strengthen your body and enhance balance, memory and coordination as you experience barre and centre work utilizing ballet positions. This class requires no prior ballet experience. Wear comfortable clothing. For more info., call the Levy Center at 847/448-8250 and Robert Crown Center at 847/448-8258.

Instructor for both classes: Pam Grout

Location: Levy Senior Center

Age Level: 16 and older

Fee: \$46, Levy member; \$49 R/\$53 NR

Length: 8 sessions

Class #	Dates	Day	Time
543341A0	Jan 5-Feb 23	Tu	6:15-7:15pm

Location: Robert Crown Community Center

Age Level: 30 and older

Fee: \$75 R/\$80 NR Length: 12 sessions

Class #	Dates	Day	Time
243341A0	Jan 6-Mar 24	W	7-8pm

ZUMBA

Zumba is a fusion of Latin and International music - dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principals of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy-to-follow dance steps. 847/448-8250.

Instructor: Denise Rosenfeld

Location: Levy Senior Center

Age Level: 16 and older

Fee: \$54, Levy member; \$57 R/\$61 NR

Length: 8 sessions

Class #	Dates	Day	Time
543340A0	Jan 7-Feb 25	Th	7:30-8:30pm

Fee code:
R = Resident of ZIP code 60201 or 60202.
NR = Nonresident.
In addition, many classes held at the Levy Senior Center offer a discount to Levy members.

BRAZILIAN SAMBA

This is another unique offering in our exotic world of movement! The samba is sizzling with rhythmic pulsation that's as spicy, colorful and resilient as the people and their culture. Brazilian Samba is alive and thriving in North America. Lightning strikes with this high energy world dance technique that sculpts and tones the body as you move. Class is open to women only. 847/448-8250.

Instructor: TAJ

Location: Levy Senior Center

Age Level: 16 and older

Fee: \$54, Levy member; \$57 R/\$61 NR

Length: 6 sessions

Class #	Dates	Day	Time
543342A0	Feb 10-Mar 17	W	7-8pm

LOW IMPACT AEROBICS

30 minutes for good-time, low-impact aerobics, 30 minutes for strength exercises and stretching. A complete workout that is over before you know it! 847/448-8250.

Instructor: Denise Rosenfeld

Location: Levy Senior Center

Age Level: 16 and older

Fee: \$58, Levy member; \$61 R/\$65 NR

Length: 16 sessions

Class #	Dates	Days	Time
543316A0	Jan 5-Feb 25	Tu, Th	6:30-7:30pm

NO MORE DIETS

Join this eight-week women's health workshop and learn how to live a healthy life, lose weight and feel good by designing your own health and wellness program. We'll give you the tools and information to not only lose weight, but keep it off.

Studies show that women who come up with their own health and wellness plans have long-term success. Nutrition education and exercise classes, including yoga, kick boxing, rope jumping, walking and dance will be offered. At the end of the January, you'll have a plan that you designed - one you can "live" with. For more information contact Gail Hutchison at 847/448-8254.

Location: Fleetwood-Jourdain Center

Age Level: 18 and older

Fee: \$75 R/\$85 NR Length: 8 sessions

Class #	Dates	Days	Time
443105A0	Jan 4-27	M, W	6:45-7:45pm

Fitness, Health

CORE AND MORE

This is a 45-minute floor class designed to strengthen the core muscles surrounding the spine. Learn how to work the abdominals, obliques and lower back muscles for a leaner, stronger, more flexible you. Participants must be comfortable on the floor. No class Jan. 18. 847/448-8250.

Instructor: Suzy Crawford

Location: Levy Senior Center

Age Level: 55 and older

Fee: \$40, Levy member; \$44, nonmember

Length: 7 sessions

Class #	Dates	Day	Time
544303A0	Jan 4-Feb 22	M	11:30am-12:15pm

QI GONG FOR SENIORS

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. 847/448-8250.

Instructor: Francesca Segal

Location: Levy Senior Center

Age Level: 55 and older

Fee: \$66, Levy member; \$70, nonmember

Length: 16 sessions

Class #	Dates	Days	Time
544304A0	Jan 5-Feb 26	Tu, F	10:30am-Noon

TAI CHI FOR SENIORS

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 will be allowed after week two of each session. 847/448-8250.

Instructor: Evelyn Thompson

Location: Levy Senior Center

Age Level: 55 and older

Fee: \$57, Levy member; \$61, nonmember

Length: 8 sessions

Class #	Dates	Day	Time
544306A0	Jan 8-Feb 26	F	9-10:30am

See page 41 for our "Walk With Me" Fitness Program for ages 55 and better!

Scholarships are available to qualified Evanston residents for Evanston Recreation Division classes.

& Wellness (Age 55+)

FELDENKRAIS

Are you having more difficulty getting up from the floor, climbing stairs or walking? OR are you just generally finding yourself uncomfortable in daily life? Awareness Through Movement classes can help you recapture the ease of movement you once had. Older adults at any physical ability level may benefit. 847/448-8250.

Instructor: Robin Sterling

Location: Levy Senior Center

Age Level: 55 and older

Fee: \$46, Levy member; \$50, nonmember

Length: 8 sessions

Class #	Dates	Day	Time
544308A0	Jan 8-Feb 26	F	10:30-11:30am

A.F.E.P (FORMERLY PACE)

The Arthritis Foundation Exercise Program is designed specifically for people with arthritis and uses gentle activities to help increase joint flexibility and range of motion. It also helps maintain muscle strength and increase overall stamina. However, the exercises you learn in this program should not replace therapeutic exercises prescribed by your therapist. 847/448-8250.

Instructor: Ty Cooper

Location: Levy Senior Center

Age Level: 55 and older

Fee: \$59, Levy member; \$63, nonmember

Length: 16 sessions

Class #	Dates	Days	Time
544309A0	Jan 5-Feb 25	Tu, Th	9:30-10:15am
544309B0	Jan 5-Feb 25	Tu, Th	10:15-11am

A.F. TAI CHI

This class is taught by an Arthritis Foundation Certified Instructor. Tai Chi consists of fluid, gentle movements that are relaxed and slow in tempo. It provides exercise to increase mobility, is easier to learn and has special healing and relaxing properties. 847/448-8250.

Instructor: Ty Cooper

Location: Levy Senior Center

Age Level: 55 and older

Fee: \$46, Levy member; \$50, nonmember

Length: 8 sessions

Class #	Dates	Day	Time
544331A0	Jan 8-Feb 26	F	2-2:45pm

The Beginning Yoga for Seniors class is listed on page 42.

AB, STRETCH & FLEX

Core workout with full body stretch. Learn how to practice stress-reducing techniques. Older adults at any physical ability level may benefit. 847/448-8250.

Instructor: Ty Cooper

Location: Levy Senior Center

Age Level: 55 and older

Fee: \$59, Levy member; \$63, nonmember

Length: 16 sessions

Class #	Dates	Days	Time
544310A0	Jan 5-Feb 25	Tu, Th	11-11:45am

FIT & STRONG!

Are you an older adult with arthritis? Do you have stiffness or pain in your lower back, hips, knees, ankles or feet? If so, join Fit and Strong! Fit and Strong! is an award-winning, evidence-based physical activity/behavior change program developed by the University of Illinois at Chicago Center for Research on Health Aging (CRHA). It's proven to benefit arthritis symptoms and promote an active lifestyle. CRHA is partnering with the Levy Senior Center to offer Fit and Strong! Contact Karen Hawk, Levy Center Program Manager, for more information or to sign up for Fit and Strong! Class is limited to 20 participants. No class Jan. 18, 22; Feb. 26. 847/448-8250.

Instructor: Francesca Segal

Location: Levy Senior Center

Age Level: 55 and older

Fee: \$80, Levy member; \$90 nonmember

Length: 24 sessions

Class #	Dates	Days	Time
544332A0	Jan 4-Mar 5	M, W, F	1-2:30pm

BIKER BUDDIES

FITNESS PROGRAM

This program is designed for adults 55 years and older. It will provide an opportunity for participants to engage in an active physical activity and a fun recreational competition. All program participants will receive a one-year Fleetwood-Jourdain Community Center Fitness Room membership. The participant who bikes the farthest distance on a stationary bike during this 8-week competition will receive a reward. 847/448-8254.

Location: Fleetwood-Jourdain Center

Age Level: 55 and older

Fee: \$65 R/NR Length: 40 sessions

Class #	Dates	Days	Time
444313A0	Jan 4-Feb 26	M-F	9am-8:30pm



CARDIO, STRENGTH & STRETCH

This class begins with 30 minutes of cardio work, continues with 20 minutes of strength work and finishes with 10 minutes of stretching. No class Jan. 18. 847/448-8250.

Instructor: Marla Lampert

Location: Levy Senior Center

Age Level: 55 and older

Fee: \$55, Levy member; \$59, nonmember

Length: 15 sessions

Class #	Dates	Days	Time
544307A0	Jan 4-Feb 24	M, W	10:30-11:30am