



# Fitness, Health and Wellness — All Ages

## YOGA

### OPEN YOGA

Yoga enhances your flexibility and helps 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.

Instructor: Betsy Murphy

Location: Levy Center

Age Level: 18 and older

6-pass punch card: \$46, Levy member; \$49 R/\$53 NR

Dates: Ongoing starting Sept. 13

Day/Time: Sundays, 10-11:20am

### YOGA FOR EVERYONE

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

Location: Robert Crown Community Center

Age Level: 17 and older

Fee: \$118 R/\$128 NR Length: 12 sessions

Class #	Dates	Days	Time
233302A9	Sept 14-Nov 30	M	6:30-8pm
233302B9	Sept 15-Dec 1	Tu	6:30-8pm

### YOGA

Yoga integrates the body, the mind, and the spirit through exercise, breathing, and meditation. For these three to be integrated, emotion, action, and intelligence must be in balance. In yoga, students gain breathing control. By focusing on their breathing, they prepare their minds for the next step: meditation. 847/448-8254.

Location: Fleetwood-Jourdain Center

Age Level: 14 and older Length: 11 sessions

Fee: \$8 per session

Class #	Dates	Day	Time
432301A9	Sept 12-Nov 21	Sa	9-10am

### New!

### POWER YOGA

If you are looking for a workout program that's easy to learn, requires little or no equipment and soothes your soul while it tones your body and improves your mental fitness, try Power Yoga.

Power Yoga brings balance to the body using "breathe 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 messaging all organs of the body. If you do not attend regularly, please call to find out if the class is meeting that day. 847/448-8254.

Instructor: Gail Hutchison

Location: Fleetwood-Jourdain Center

Age Level: 14 and older

Fee: \$50 R/\$55 NR Length: 6 sessions

Drop-in fee: \$8 R/\$10 NR

Class #	Dates	Day	Time
433304A9	Sept 12-Oct 17	Sa	9-10am

### 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 during the 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. No class Nov. 25. 847/448-8250.

Instructor: Emily Williams-Guthrie

Location: Levy Senior Center

Age Level: 12 and older

Fee, 6-week Sept. class: \$46, Levy member; \$49 R/\$53 NR. Fee: 5-week Nov. class: \$39, Levy member; \$42, R/\$46 NR

Class #	Dates	Day	Time
533340A9	Sept 16-Oct 21	W	6:30-8pm
533340B9	Nov 11-Dec 16	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. 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
533341A9	Sept 14-Oct 19	M	6-7:30pm
533341B9	Nov 9-Dec 14	M	6-7:30pm

See page 59 for our new Preschool Yoga class!

### 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 Sept 7. 847/448-8250.

Instructor: Francesca Segal

Location: Levy Senior Center

Age Level: 16 and older

\$52, Levy member; \$55 R/\$57 NR Length: 8 sessions

Class #	Dates	Day	Time
523315B9	Aug 24-Oct 19	M	7:30-9pm
533355A9	Oct 26-Dec 14	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. No class Nov. 24, 26. 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
233325A9	Sept 8-Dec 1	Tu	9-10am
233325B9	Sept 10-Dec 3	Th	10-11am
233325C9	Sept 10-Dec 3	Th	7-8pm

### TAI CHI - LEVELS I AND II

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 the Level II (intermediate) class. No class Nov. 26. 847/448-8250.

Instructor: Norm Zuefle

Location: Levy Senior Center

Age Level: 16 and older

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

Length: 15 or 16 sessions

Class #	Dates	Days	Time
Level I			
533348A9	Sept 1-Oct 22	Tu, Th	8:15-9:15am
533348B9	Oct 27-Dec 17	Tu, Th	8:15-9:15am
Level II (intermediate)			
533349A9	Sept 1-Oct 22	Tu, Th	7-8:15am
533349B9	Oct 27-Dec 17	Tu, Th	7-8:15am



## BELLY DANCE

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](http://www.misstaj.com) for more info. No registration will be allowed after the second week of each session. No class Oct. 14. 847/448-8250.

Instructor: Miss TAJ

Location: Levy Senior Center

Age Level: 16 and older

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

Fee, Nov. class: \$27, Levy member; \$30 R/\$34 NR

Length: 6 sessions (Sept.) and 3 sessions (Nov.)

Class #	Dates	Day	Time
533346A9	Sept 16-Oct 28	W	8:10-9:10pm
533346B9	Nov 4-18	W	8:10-9:10pm

## BRAZILIAN SAMBA

Another unique offering in our exotic world of movement. Sizzling with rhythmic pulsation 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. No class Oct. 14. 847/448-8250.

Instructor: Miss TAJ

Location: Levy Senior Center

Age Level: 16 and older

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

Fee, Nov. class: \$27, Levy member; \$30 R/\$34 NR

Length: 6 sessions (Sept.) and 3 sessions (Nov.)

Class #	Dates	Day	Time
533308A9	Sept 16-Oct 28	W	7:05-8:05pm
533308B9	Nov 4-18	W	7:05-8:05pm

## EXOTIC EXERCISE

Out from underground and freed from taboo, this art form is saved from extinction by the everyday sensuality of the modern woman. This class is an incredibly powerful full body workout that satisfies your curiosity and sets your sensuous soul ablaze. Women of all statures are welcome to safely unleash their inner superhero in another expression of feminine divine. Class is open to women only. 847/448-8250.

Instructor: Miss TAJ

Location: Levy Senior Center

Age Level: 16 and older

Fee: \$27, Levy member; \$30 R/\$34 NR

Length: 3 sessions

Class #	Dates	Day	Time
533307A9	Nov 4-18	W	6-7pm

## BALLET FOR FUN & FITNESS

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. 847/448-8250.

Instructor: 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
523312B9	Aug 25-Oct 13	Tu	6:15-7:15pm
533304A9	Oct 20-Dec 8	Tu	6:15-7:15pm

## 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 and wonderful for the spine! 847/448-8250.

Instructor: JoAnn Milivojevich

Location: Levy Senior Center

Age Level: 16 and older

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

Length: 8 sessions

Class #	Dates	Day	Time
533342A9	Oct 13-Dec 1	Tu	7:30-8:30pm

## ZUMBA

ZUMBA is a fusion of Latin and International music and 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. No class Nov. 26. 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
533305A9	Oct 15-Dec 10	Th	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 Milivojevich

Location: Levy Senior Center

Age Level: 16 and older

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

Length: 8 sessions

Class #	Dates	Day	Time
533343A9	Oct 13-Dec 1	Tu	6:30-7:30pm

## TUMMY & 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). No class Nov. 26. 847/448-8250.

Instructor: Denise Rosenfeld

Location: Levy Senior Center

Age Level: 16 and older

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

Length: 17 sessions

Class #	Dates	Days	Time
533351A9	Oct 13-Dec 10	Tu, Th	5:30-6:15pm

*Fitness classes  
continue on page 46*



# Fitness, All Ages (continued)

*New!*

## XYZ CARDIO KICKBOXING

Get ready to be energized! This is the ultimate cardio fitness class if you want to shed some pounds while kicking yourself in the right direction! This step-by-step class is set to today's pop and dance music. You'll use your body weight to help you improve your fitness level every session. XYZ Cardio Kickboxers will work with punching pads and elastic bands; there will be **no person-to-person contact**. No class Nov. 26. 847/448-8258.

Instructor: Vance Roberson

Location: Robert Crown Community Center

Age Level: 16 and older

Fee: \$96 R/\$108 NR Length: 10 sessions

Class #	Dates	Day	Time
233322A9	Sept 10-Dec 3	Th	7-8pm

## LOW IMPACT AEROBICS

Invest 30 minutes for good-time, low-impact aerobics and 30 minutes for strength exercises and stretching. This complete workout will be over before you know it! No class Nov. 26. 847/448-8250.

Instructor: Denise Rosenfeld

Location: Levy Senior Center

Age Level: 16 and older

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

Length: 17 sessions

Class #	Dates	Days	Time
533352A9	Oct 13-Dec 10	Tu, Th	6:30-7:30pm

## 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. No class Nov. 25. 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
533356A9	Oct 14-Dec 9	W	6:30-7:30pm

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

# Fitness, Health & Wellness (Age 55+)

*New!*

## BIKER BUDDIES

### FITNESS PROGRAM

This program has been designed just for adults age 55 and older. You're invited to engage in active physical activity while you participate in a fun competition. Program participants will receive a one-year Fleetwood-Jourdain Community Center Fitness Room membership. Then, you'll come to the Center to use one of the exercise bicycles and record your distance "traveled." The participant who bikes the farthest distance will receive a reward at the end of the competition. Even if you don't come in first place, you'll still be a winner because you will have increased your fitness level! Be sure to keep biking (or walking) at FJCC after the competition ends. It's a great place to stay active when it's cold and slippery outside. 847/448-8256.

Location: Fleetwood-Jourdain Center

Age Level: Men and women 55 years and older

Fee: \$65 R/\$75 NR Length: 8 weeks

Class #	Dates	Days	Time
434301A9	Sept 8-Oct 19	M-F Sa	9am-8:30pm 9am-3pm

See page 48 for our new "Walk With Me" Fitness Program!

*New!*

## FIT & STRONG!

Are you 55 years old or older with arthritis? Do you have stiffness or pain in your lower back, hips, knees, ankles or feet? Are you not participating in exercise regularly, or have you **never** exercised? Are you looking for a new type of exercise class to help manage pain and get in better shape?

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 and Aging (CRHA). CRHA is partnering with the Levy Senior Center to offer Fit and Strong! This program is proven to benefit those with arthritis symptoms and promotes an active lifestyle.

No classes Sept. 18; Oct. 9, 23; Nov. 6. For more info., call Karen Hawk, Levy Center Program Manager at 847/448-8250.

Instructor: Francesca Segal

Location: Levy Senior Center

Age Level: 55 and older

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

Class #	Dates	Days	Time
534304A9	Sept 9-Nov 11	M, W, F	1-2:30pm

## CORE & 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 Sept. 7. 847/448-8250.

Instructor: Suzy Crawford

Location: Levy Senior Center

Age Level: 55 and older

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

Length: 8 sessions

Class #	Dates	Day	Time
524305B9	Aug 24-Oct 19	M	11:30am-12:15pm
534302A9	Oct 26-Dec 14	M	11:30am-12:15pm

## ARTHRITIS FOUNDATION

### 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. No class Nov. 27. 847/448-8250.

Instructor: Ty Cooper

Location: Levy Senior Center

Age Level: 55 and older

Fee, 8-week Sept. class: \$46, Levy member; \$50, nonmember. Fee, 7-week Oct. class: \$41, Levy member; \$45, nonmember

Class #	Dates	Day	Time
534301A9	Sept 4-Oct 23	F	2-2:45pm
534301B9	Oct 30-Dec 18	F	2-2:45pm

## ARTHRITIS FOUNDATION

### EXERCISE PROGRAM

This program is designed specifically for people with arthritis; it 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. No class Nov. 26. 847/448-8250.

Instructor: Ty Cooper

Location: Levy Senior Center

Age Level: 55 and older

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

Length: 17 sessions

Class #	Dates	Days	Time
534332A9	Oct 13-Dec 10	Tu, Th	9:30-10:15am
534332B9	Oct 13-Dec 10	Tu, Th	10:15-11am



### 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. No class Nov. 26. 847/448-8250.

Instructor: Betsy Murphy

Location: Levy Senior Center

Age Level: 55 and older

Fee, 16-session Sept. class: \$65, Levy member; \$69, nonmember. Fee, 13-session Nov. class: \$47, Levy member; \$51, nonmember

Class #	Dates	Days	Time
534326A9	Sept 8-Oct 29	Tu, Th	9:15-10:30am
534326B9	Nov 3-Dec 17	Tu, Th	9:15-10:30am

*New!*

### SENIOR YOGA

You can stay fit while you sit down! This class has been designed just for seniors. It will help strengthen muscles, improve cardiovascular endurance, enhance mobility, increase flexibility and strength and lead to relaxation. Afterwards, stay for a free or reduced fee lunch; nutritious meals and a deli bar are provided by the Community Nutrition Network. 847/448-8254.

Location: Fleetwood-Jourdain Center

Age Level: 55 and older (age 60 for lunch program)

Fee: \$5 per yoga class Length: 8 sessions

Class #	Dates	Day	Time
434304A9	Ongoing	Th	11:30am-12:15pm

### QI GONG

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. 27. 847/448-8250.

Instructor: Francesca Segal

Location: Levy Senior Center

Age Level: 55 and older

Fee: \$66, Levy member; \$71, nonmember

Length: 17 sessions

Class #	Dates	Days	Time
534328A9	Oct 13-Dec 11	Tu, F	10:30am-Noon

### TAI CHI

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. No class Nov. 27. 847/448-8250.

Instructor: Evelyn Thompson

Location: Levy Senior Center

Age Level: 55 and older

Fee, 8-week Sept. class: \$57, Levy member; \$61, nonmember. Fee, 7-week Oct. class: \$51, Levy member; \$55, nonmember

Class #	Dates	Day	Time
534329A9	Sept 4-Oct 23	F	9-10:30am
534329B9	Oct 30-Dec 18	F	9-10:30am

### 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. 847/448-8250.

Instructor: Marla Lampert

Location: Levy Senior Center

Age Level: 55 and older

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

Length: 16 sessions

Class #	Dates	Days	Time
534330A9	Oct 19-Dec 9	M, W	10:30-11:30am

### 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. People of all ages and abilities may benefit. No class Nov. 27. 847/448-8250.

Instructor: Robin Sterling

Location: Levy Senior Center

Age Level: 55 and older

Fee, 8-week Sept. class: \$46, Levy member; \$50

nonmember. Fee, 7-week Oct. class: \$41 Levy member; \$45 nonmember

Class #	Dates	Day	Time
534331A9	Sept 4-Oct 23	F	10:30-11:30am
534331B9	Oct 30-Dec 18	F	10:30-11:30am

### AB, STRETCH & FLEX

Core workout with full body stretch. Learn how to practice stress-reducing techniques. People of all ages and physical abilities may benefit. No class Nov. 26. 847/448-8250.

Instructor: Ty Cooper

Location: Levy Senior Center

Age Level: 55 and older

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

Length: 17 sessions

Class #	Dates	Days	Time
534333A9	Oct 13-Dec 10	Tu, Th	11-11:45am

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.