

College of Southern Idaho, Twin Falls & Magic Valley

Active Aging - Fall 2024

Course Number	Course Description	Day	Time	Dates	Room	Cost
2289	Balanced Body – Twin Falls – Mary Lou	Tu	6:30-7:20 pm	8/20-12/10	304	\$35
2290	Basic Inside Flow – Twin Falls – Amy T.	Tu	5:30-6:20 pm	8/20-12/10	304	\$35
2378	Chair Yoga – Twin Falls – Suelin	MW	11:00-11:50 am	8/19-12/11	304	\$65
2770	Dance Fit Gold – Twin Falls – Jeanne	MW	10:00-10:50 am	8/19-12/11	236	\$65
2293	Pilates for Seniors- Twin Falls - Robin Zoom Option	TuTh	8:00-8:50 am	8/20-12/19	304/ Zoom	\$65
2294	Tai Chi – Twin Falls – Jaime G.	MW	8:00-8:50 am	8/5-12/18	231A	\$85
2295	Water Fitness* – Twin Falls – Stacy	MWF	8:00-8:50 am	8/19-12/13	Twin Falls Pool	\$95
2756	Weight Training for Seniors – Twin Falls – Sandi	MW	8:00-8:50 am	8/19-12/11	236	\$65
2297	Weight Training for Seniors – Twin Falls – Sandi	TuTh	10:00-10:50 am	8/20-12/12	236/231B	\$65
2302	Younger with Yoga – Burley – Rayette	TuTh	10:00-10:50 am	8/20-12/19	A22	\$65
2309	Younger with Yoga – Hailey – Crystal	TuTh	9:00-9:50 am	9/10-11/14	BLACC	\$50
2301	Younger with Yoga – Twin Falls – Suelin	MW	10:00-10:50 am	8/19-12/11	304	\$65
2303	Younger with Yoga – Twin Falls – Amy T.	MW	12:00-12:50 pm	8/19-12/11	304	\$65
2304	Younger with Yoga – Twin Falls – Amy T.	MW	5:30-6:20 pm	8/19-12/11	304	\$65
2305	Younger with Yoga – Zoom – Rayette	TuTh	10:00-10:50 am	8/20-12/19	Zoom	\$65
2299	Zumba Gold – Zoom – Teresa	TuTh	9:00-9:50 am	8/27-12/19	Zoom	\$65

**Additional Pool Pass Required*

To register please visit Gym office 217 or go to <https://csi.augusoft.net> to register online at Lifelong Wellness.

Lifelong Wellness Director: Jaime Tigue jtigue@csi.edu or (208) 732-6479
 Administrative Assistant: Kim Scholes khscholes@csi.edu or (208) 732-6855

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Over 60/Forever Fit - Fall 2024

Course Number	Course Description	Day	Time	Dates	Room	Cost
2239	Over 60 / Forever Fit – Buhl – Lizzie	MWF	9:00-9:50 am	8/19-12/13	7 th St. Gym	Free
2241	Over 60 / Forever Fit – Burley – LuAnn	MWTh	8:30-9:20 am	8/19-12/12	BORC	Free
2240	Over 60 / Forever Fit – Burley – Lisa	MWTh	11:00-11:50 am	9/4-12/12	MINCC	Free
2242	Over 60 / Forever Fit – Filer – Leslie	MWTh	8:45-9:30am	8/21-12/12	FILES	Free
2243	Over 60 / Forever Fit – Gooding – Gentry	MTuTh	9:00-9:50 am	8/19-12/12	GOREC	Free
2244	Over 60 / Forever Fit – Hagerman – Tiffany	MTuTh	9:30-10:20 am	8/19-12/19	HAGHS	Free
2236	Over 60 / Forever Fit – Hailey – Crystal	MF	9:00-9:50 am	9/9-12/20	BLACC	Free
	– Cheryl	W	9:00-9:50 am	9/9-12/20	BLACC	Free
2248	Over 60 / Forever Fit – Jerome – Amy	MWF	9:00-9:50 am	9/4-12/13	JERCC	Free
2286	Over 60 / Forever Fit – Rupert – Julie	MWF	8:00-8:50 am	8/19-12/13	RUPCI	Free
2285	Over 60 / Forever Fit – Rupert – Karla	MWF	9:00-9:50 am	8/19-12/13	RUPCI	Free
2246	Over 60 / Forever Fit – Shoshone – Carolyn	MWTh	9:00-9:50 am	8/19-12/19	“Old” Gym	Free
2247	Over 60 / Forever Fit – Twin Falls – Jeanne	MWF	9:00-9:50 am	8/19-12/13	Main Gym	Free
2245	Over 60 / Forever Fit – Wendell – Rachel	MWF	9:00-9:50 am	8/26-12/20	WENSC	Free
2288	Over 60 / Forever Fit – Zoom – Rayette	MW	10:00-10:50 am	8/19-12/18	Zoom	Free

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