

College of Southern Idaho, Twin Falls Campus & Magic Valley

Active Aging Summer 2025

| Course Number | Course Description | Day | Time | Dates | Room | Cost |
|---------------|---|------|----------------|-----------|-----------------|------|
| 3849 | Dance Fit Gold – Twin Falls – Jeanne | MW | 10:00-10:50 am | 5/19-7/30 | 236 | \$65 |
| 3734 | Pilates for Seniors – Twin Falls – Robin | TuTh | 8:00-8:50 am | 5/27-8/7 | 304 | \$65 |
| 3735 | Pilates for Seniors – Twin Falls – Robin | TuTh | 9:00-9:50 am | 5/27-8/7 | 304 | \$65 |
| 3774 | Pilates for Seniors – Zoom – Robin | TuTh | 8:00-8:50 am | 5/27-8/7 | Zoom | \$65 |
| 3732 | Tai Chi – Twin Falls – Jaime | S | 8:00-9:30 am | 5/31-8/9 | 231A | \$65 |
| 3736 | Younger with Yoga – Zoom – Rayette | TuTh | 10:00-10:50 am | 5/27-6/26 | Zoom | \$35 |
| 3740 | Younger with Yoga – Twin Falls – Tiffany | MW | 10:00-10:50 am | 5/28-8/6 | 304 | \$65 |
| 3737 | Water Fitness* – Twin Falls – Stacy | MWF | 8:00-8:50 am | 5/19-8/15 | Twin Falls Pool | \$95 |
| 3913 | Weight Training for Seniors – Twin Falls – Sandi | MW | 8:00-8:50 am | 5/28-8/6 | 236 | \$65 |
| 3738 | Weight Training for Seniors – Twin Falls – Sandi | TuTh | 8:00-8:50 am | 5/27-8/7 | 236 | \$65 |
| 3739 | Weight Training for Seniors – Twin Falls – Sandi | TuTh | 9:00-9:50 am | 5/27-8/7 | 236 | \$65 |
| 3733 | Zumba Gold – Zoom – Teresa | TuTh | 9:00-9:50 am | 5/27-8/7 | Zoom | \$65 |

Forever Fit Summer 2025

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| 3783 | Forever Fit – Buhl – Lizzie | MWF | 9:00-9:50 am | 5/28-8/1 | 7 th St. Gym | Free |
| 3784 | Forever Fit – Filer – Leslie | TuTh | 9:00-9:50 am | 5/27-7/31 | Filer Elementary | Free |
| 3786 | Forever Fit – Hagerman – Tiffany | M | 8:30-9:20 am | 5/28-8/6 | Hagerman HS | Free |
| | – Betsy | W | 8:30-9:20 am | 5/28-8/6 | Hagerman HS | Free |
| 3787 | Forever Fit – Jerome – Amy | MWF | 9:00-9:50 am | 5/28-6/27 | Jerome Rec Ctr | Free |
| 3731 | Forever Fit – Twin Falls – Jeanne | MWF | 9:00-9:50 am | 5/19-8/1 | CSI Rec Ctr 236 | Free |
| 3788 | Forever Fit – Wendell – Rachel | MW | 9:00-9:50 am | 5/28-8/6 | Wendell Senior Ctr | Free |
| 3789 | Forever Fit – Zoom – Rayette | MW | 10:00-10:50 am | 5/28-6/25 | Zoom | Free |

**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