

## College of Southern Idaho, Twin Falls & Magic Valley

### Active Aging – Fall 2026

Course Number	Course Description	Day	Time	Dates	Room	Cost
4921	Balanced Body – <b>Twin Falls</b> – Mary Lou	Tu	5:30-6:20 pm	8/18-12/15	304	\$40
4923	Dance Fit Gold – <b>Twin Falls</b> – Jeanne	MW	10:10-11:00 am	8/17-12/16	231A	\$75
4924	Inside Flow Basics – <b>Twin Falls</b> – Amy T.	M	6:30-7:20 pm	8/17-12/14	304	\$40
4925	Pilates for Senior – <b>Twin Falls</b> - Robin	TuTh	8:00-8:50 am	8/18-12/17	304	\$75
4926	Pilates for Senior – <b>Twin Falls</b> - Robin	TuTh	9:00-9:50 am	8/18-12/17	304	\$75
4927	Pilates for Seniors - <b>Zoom</b> - Robin	TuTh	8:00-8:50 am	8/18-12/17	<b>Zoom</b>	\$75
4928	Tai Chi – <b>Burley</b> – Jaime G.	MW	10:00-10:50 am	8/17-12/16	MCCTR - A22	\$75
4929	Tai Chi – <b>Twin Falls</b> – Jaime G.	MW	8:00-8:50 am	8/17-12/16	231A	\$75
4930	Water Fitness* – <b>Twin Falls</b> – Stacy	MWF	8:00-8:50 am	8/17-12/18	Twin Falls Pool	\$105
4931	Weight Training for Seniors – <b>Twin Falls</b> – Miranda	MW	9:00-9:50 am	8/17-12/16	236	\$75
5043	Weight Training for Seniors – <b>Twin Falls</b> – Julie	MW	11:10 am-12:00 pm	8/17-12/16	231A	\$75
4932	Weight Training for Seniors – <b>Twin Falls</b> – Sandi	TuTh	8:00-8:50 am	8/18-12/17	236	\$75
4933	Weight Training for Seniors – <b>Twin Falls</b> – Sandi	TuTh	9:00-9:50 am	8/18-12/17	236	\$75
4934	Younger with Yoga – <b>Burley</b> – Rayette	TuTh	10:00-10:50 am	8/18-12/17	A22	\$75
4935	Younger with Yoga – <b>Twin Falls</b> – Amy T.	MW	5:30-6:20 pm	8/17-12/16	304	\$75
4936	Younger with Yoga – <b>Twin Falls</b> – Tiffany	MW	10:00-10:50 am	8/17-12/16	304	\$75
4937	Younger with Yoga – <b>Twin Falls</b> – Amy T.	TuTh	9.00-9:50 am	8/18-12/17	231A	\$75
4938	Younger with Yoga – <b>Twin Falls</b> – Amy T.	TuTh	10:00-10:50 am	8/18-12/17	231A	\$75
4939	Younger with Yoga – <b>Twin Falls</b> – Suelin	TuTh	12:00-12:50 pm	8/18-12/17	304	\$75
4940	Younger with Yoga – <b>Zoom</b> – Rayette	TuTh	10:00-10:50 am	8/18-12/17	<b>Zoom</b>	\$75
4941	Zumba Gold – <b>Zoom</b> – Teresa	TuTh	9:00-9:50 am	8/18-12/17	<b>Zoom</b>	\$75

*\*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 Tigie [jtigue@csi.edu](mailto:jtigue@csi.edu) or (208) 732-6479  
 Administrative Assistant: Kim Scholes [khscholes@csi.edu](mailto:khscholes@csi.edu) or (208) 732-6855

## College of Southern Idaho, Twin Falls & Magic Valley

### Forever Fit – Fall 2026

Course Number	Course Description	Day	Time	Dates	Room	Cost
4943	Forever Fit – <b>Buhl</b> – Lizzie	MWF	9:00-9:50 am	8/17-12/18	7 <sup>th</sup> St. Gym	\$20
4944	Forever Fit – <b>Burley</b> – LuAnn	MWTh	8:30-9:20 am	9/9-12/10	Oregon Train Rec Ctr	\$20
4945	Forever Fit – <b>Burley</b> – Lisa	MWTh	11:00-11:50 am	9/9-12/10	Mini-Cassia Ctr	\$20
4946	Forever Fit – <b>Filer</b> – Leslie	MWTh	9:00-9:50am	8/17-12/17	Filer Elementary	\$20
4947	Forever Fit – <b>Gooding</b> – Gentry	MTuTh	9:00-9:50 am	8/31-12/17	Gooding Rec Ctr	\$20
4948	Forever Fit – <b>Hagerman</b> – Tiffany	MTu	9:10-10:00 am	8/17-12/17	Hagerman HS	\$20
	– Nancy/Mickey	Th	9:00-9:50 am	8/17-12/17	Hagerman HS	\$20
4949	Forever Fit – <b>Hailey</b> – Robyn	M	9:00-9:50 am	9/14-12/18	Blaine County Rec Ctr	\$20
	– Crystal	WF	9:00-9:50 am	9/14-12/18	Blaine County Rec Ctr	\$20
4950	Forever Fit – <b>Jerome</b> – Amy	MWF	9:00-9:50 am	9/2-12/18	Jerome Rec Ctr	\$20
4951	Forever Fit – <b>Rupert</b> – Julie	MWF	8:00-8:50 am	8/24-12/18	Rupert Civic Gym	\$20
4956	Forever Fit – <b>Rupert</b> – Karla	MWF	9:00-9:50 am	8/24-12/18	Rupert Civic Gym	\$20
4952	Forever Fit – <b>Shoshone</b> – Carolyn	MWTh	9:00-9:50 am	8/17-12/17	“Old” Gym	\$20
4953	Forever Fit – <b>Twin Falls</b> – Jeanne	MWF	9:00-9:50 am	8/17-12/18	CSI Main Gym	\$20
4954	Forever Fit – <b>Wendell</b> – Kari	MWF	9:00-9:50 am	8/24-12/18	Wendell Senior Ctr	\$20
4955	Forever Fit – <b>Zoom</b> – Rayette	MW	10:00-10:50 am	8/17-12/16	<b>Zoom</b>	\$20

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