

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

### Active Aging Fall 2024

Course Number	Course Description	Day	Time	Dates	Room	Cost
2309	Younger with Yoga – <b>Hailey</b> – Crystal	TuTh	9:00-9:50 am	9/10-11/14	BLACC	\$50
2301	Younger with Yoga – <b>Twin Falls</b> – Suelin	MW	10:00-10:50 am	8/19-12/11	304	\$65
2303	Younger with Yoga – <b>Twin Falls</b> – Amy T.	MW	12:00-12:50 pm	8/19-12/11	304	\$65
2304	Younger with Yoga – <b>Twin Falls</b> – Amy T.	MW	5:30-6:20 pm	8/19-12/11	304	\$65
2302	Younger with Yoga – <b>Burley</b> – Rayette	TuTh	10:00-10:50 am	8/20-12/19	A22	\$65
2305	Younger with Yoga – <b>Burley</b> – Rayette <b>Zoom</b>	TuTh	10:00-10:50 am	8/20-12/19	<b>Zoom</b>	\$65
2300	Younger with Yoga – <b>Hagerman</b> – Tiffany	M	8:30-9:20 am	8/19-12/16	HAGHS	\$35
2297	Weight Training for Seniors – <b>Twin Falls</b> – Sandi	TuTh	10:00-10:50 am	8/20-12/12	236/233/231B	\$65
2298	Zumba Gold – <b>Twin Falls</b> – Teresa	MW	10:00-10:50 am	8/19-12/11	236	\$65
2299	Zumba Gold – <b>Twin Falls</b> – Teresa <b>Zoom</b>	TuTh	9:00-9:50 am	8/20-12/12	<b>Zoom</b>	\$65
2289	Balanced Body – <b>Twin Falls</b> – Amy T.	M	6:30-7:20 pm	8/19-12/9	304	\$35
2291	Fit & Fun – <b>Twin Falls</b> – Jeanne	TuTh	9:00-9:50 am	8/20-12/12	236	\$65
2293	Pilates for Seniors- <b>Twin Fall</b> - Robin <b>Zoom Option</b>	TuTh	8:00-8:50 am	8/20-12/19	304/ <b>Zoom</b>	\$65
2295	Water Fitness* – <b>Twin Falls</b> – Stacy	MWF	8:00-8:50 am	8/19-12/13	Twin Falls Pool	\$95
2294	Tai Chi – <b>Twin Falls</b> – Jaime G.	MW	8:00-8:50 am	8/19-12/18	236	\$65
2290	Basic Inside Flow – <b>Twin Falls</b> – Amy T.	W	6:30-7:20 pm	8/21-12/11	304	\$35
2292	Mindful Motion – <b>Filer</b> – Leslie	W	4:00-4:50 pm	8/21-12/11	FILIS	\$55
2378	Chair Yoga – <b>Twin Falls</b> – Suelin	MW	9:00-9:00 am	8/19-12/11	304	\$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.

Active Aging Director: Jaime Tigue [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

### Over 60 & Getting Fit Fall 2024

Course Number	Course Description	Day	Time	Dates	Room	Cost
2236	Over 60 & Getting Fit – <b>Hailey</b> – 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
2247	Over 60 & Getting Fit – <b>Twin Falls</b> – Teresa	MWF	9:00-9:50 am	8/19-12/13	Main Gym	Free
2287	Over 60 & Getting Fit – <b>Zoom</b> – Teresa	TuThS	8:00-8:50 am	8/20-12/14	<b>Zoom</b>	Free
2248	Over 60 & Getting Fit – <b>Jerome</b> – Amy	MWF	9:00-9:50 am	9/4-12/13	JERCC	Free
2285	Over 60 & Getting Fit – <b>Rupert</b> – Karla	MWF	9:00-9:50 am	8/19-12/13	RUPCI	Free
2288	Over 60 & Getting Fit – <b>Zoom</b> – Rayette	MW	10:00-10:50 am	8/19-12/18	<b>Zoom</b>	Free
2286	Over 60 & Getting Fit – <b>Rupert</b> – Julie	MWF	8:00-8:50 am	8/19-12/13	RUPCI	Free
2241	Over 60 & Getting Fit – <b>Burley</b> – LuAnn	MWTh	8:30-9:20 am	8/19-12/12	BORC	Free
2240	Over 60 & Getting Fit – <b>Burley</b> – Amanda	MWTh	11:00-11:50 am	8/19-12/12	MINCC	Free
2243	Over 60 & Getting Fit – <b>Gooding</b> – Gentry	MTuTh	9:00-9:50 am	8/19-12/12	GOREC	Free
2244	Over 60 & Getting Fit – <b>Hagerman</b> – Tiffany	MTuTh	9:30-10:20 am	8/19-12/19	HAGHS	Free
2245	Over 60 & Getting Fit – <b>Wendell</b> – Rachel	MWF	9:00-9:50 am	8/19-12/20	WENSC	Free
2246	Over 60 & Getting Fit – <b>Shoshone</b> – Carolyn	MWTh	9:00-9:50 am	8/19-12/19	“Old” Gym	Free
2242	Over 60 & Getting Fit – <b>Filer</b> – Leslie	MWTh	8:45-9:30am	8/19-12/12	FILES	Free
2239	Over 60 & Getting Fit – <b>Buhl</b> – Jeanne	MW	9:00-9:50 am	8/19-12/13	7 <sup>th</sup> St. Gym	Free
	– Lizzie	F	9:00-9:50 am	8/19-12/13	7 <sup>th</sup> St. Gym	Free

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