

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

## Active Aging Summer 2024

Course Number	Course Description	Day	Time	Dates	Room	Cost
2216	Younger with Yoga – <b>Hailey</b> – Crystal	TuTh	9:00-9:50 am	6/18-7/18	BLACC	\$40
2217	Younger with Yoga – <b>Twin Falls</b> – Amy	MW	12:00-12:50 pm	5/20-7/31	304	\$65
2218	Younger with Yoga – <b>Burley</b> – Rayette <b>Zoom</b>	TuTh	10:00-10:50 am	5/21-8/1	<b>Zoom</b>	\$65
2219	Zumba Gold – <b>Twin Falls</b> – <b>Twin Falls</b> – Teresa	MW	10:00-10:50 am	5/20-7/31	236	\$65
2220	Zumba Gold – <b>Twin Falls</b> – Teresa <b>Zoom</b>	MW	10:00-10:50 am	5/20-7/31	<b>Zoom</b>	\$65
2234	Outdoor Series: Hiking – <b>Twin Falls</b> – Robin & Jerri	M	10:00-10:50 am	5/6-6/3	Main Gym	\$20
2235	Outdoor Series: Hiking – <b>Rupert</b> – Julie & Karla	Th	1:00-1:50 pm	5/2-6/6	RUPCI	\$30
2222	Pilates for Seniors – <b>Twin Falls</b> – Robin <b>Zoom option</b>	TuTh	8:00-8:50 am	5/21-8/1	304	\$65
2223	Water Fitness* – <b>Burley</b> – LuAnn	MW	9:00-9:50 am	6/10-8/7	Burley Pool	\$60
2224	Water Fitness* – <b>Twin Falls</b> – Stacy	MWF	8:00-8:50 am	6/10-8/16	Twin Falls Pool	\$55
2379	Weight Training for Seniors – <b>Twin Falls</b> – Sandi	TuTh	10:00-10:50 am	5/21-8/1	236	\$65
2484	Tai Chi – <b>Twin Falls</b> – Jaime	MW	8:00-8:50 am	5/20-7/31	236	\$65
2549	Mindful Motion – <b>Filer</b> - Leslie	Tu	11:00-11:50 am	5/28-7/30	FILIS	\$35
Over 60 & Getting Fit						
2231	Over 60 & Getting Fit – <b>Twin Falls</b> – Teresa	MWF	9:00-9:50 am	5/20-8/2	236	Free
2232	Over 60 & Getting Fit – <b>Zoom</b> – Teresa	TuThS	8:00-8:50 am	5/21-8/3	<b>Zoom</b>	Free
2230	Over 60 & Getting Fit – <b>Jerome</b> – Amy	MWF	9:00-9:50 am	5/13-6/28	JERCC	Free
2233	Over 60 & Getting Fit – <b>Zoom</b> – Rayette	MW	10:00-10:50 am	5/20-7/31	<b>Zoom</b>	Free
2227	Over 60 & Getting Fit – <b>Gooding</b> – Gentry	MW	9:00-9:50 am	5/20-7/31	GOREC	Free
2228	Over 60 & Getting Fit – <b>Hagerman</b> – Tiffany	MW	8:30-9:20 am	5/20-7/31	HAGHS	Free
2229	Over 60 & Getting Fit – <b>Wendell</b> – Rachel	MW	9:00-9:50 am	5/13-8/7	WENSC	Free
2226	Over 60 & Getting Fit – <b>Filer</b> – Leslie	TuTh	9:30-10:20 am	5/28-8/1	FILES	Free
2225	Over 60 & Getting Fit – <b>Buhl</b> – Jeanne	MF	9:00-9:50 am	5/20-7/26	7 <sup>th</sup> St. Gym	Free
	– Lizzie	WF	9:00-9:50 am	5/20-7/26	7 <sup>th</sup> St. Gym	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

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