

College of Southern Idaho, Twin Falls & Magic Valley

Active Aging – Spring 2026

Course Number	Course Description	Day	Time	Dates	Room	Cost
4342	Balanced Body – Twin Falls – Mary Lou	Tu	5:30-6:20 pm	1/6-5/5	304	\$40
4343	Cardio Tone Fusion – Twin Falls – Julie	TuTh	5:30-6:20 pm	1/6-5/7	236	\$75
4344	Dance Fit Gold – Twin Falls – Jeanne	MW	10:10-11:00 am	1/5-5/6	231A	\$75
4345	Inside Flow Basics – Twin Falls – Amy T.	M	6:30-7:20 pm	1/5-5/4	304	\$40
4399	Pilates for Senior – Twin Falls - Robin	TuTh	8:00-8:50 am	1/6-5/7	304	\$75
4400	Pilates for Senior – Twin Falls - Robin	TuTh	9:00-9:50 am	1/6-5/7	304	\$75
4401	Pilates for Seniors - Zoom - Robin	TuTh	8:00-8:50 am	1/6-5/7	Zoom	\$75
4402	Tai Chi – Twin Falls – Jaime G.	MW	8:00-8:50 am	1/5-5/6	231A	\$75
4403	Tai Chi – Burley – Jaime G.	TuTh	8:00-8:50 am	1/6-5/7	A22	\$75
4404	Water Fitness* – Twin Falls – Stacy	MWF	8:00-8:50 am	1/5-5/8	Twin Falls Pool	\$105
4405	Weight Training for Seniors – Twin Falls – Sandi	TuTh	8:00-8:50 am	1/6-5/7	236	\$75
4406	Weight Training for Seniors – Twin Falls – Sandi	TuTh	9:00-9:50 am	1/6-5/7	236	\$75
4407	Weight Training for Seniors – Twin Falls – Miranda	MW	9:00-9:50 am	1/5-5/6	236	\$75
4408	Younger with Yoga – Burley – Rayette	TuTh	10:00-10:50 am	1/6-5/7	A22	\$75
4409	Younger with Yoga – Twin Falls – Tiffany	MW	10:00-10:50 am	1/5-5/6	304	\$75
4410	Younger with Yoga – Twin Falls – Amy T.	MW	5:30-6:20 pm	1/5-5/6	304	\$75
4411	Younger with Yoga – Twin Falls – Amy T.	TuTh	9:00-9:50 am	1/6-5/7	231A	\$75
4412	Younger with Yoga – Twin Falls – Amy T.	TuTh	10:00-10:50 am	1/6-5/7	304	\$75
4413	Younger with Yoga – Twin Falls – Suelin	TuTh	12:00-12:50 pm	1/6-5/7	304	\$75
4414	Younger with Yoga – Zoom – Rayette	TuTh	10:00-10:50 am	1/6-5/7	Zoom	\$75
4415	Zumba Gold – Zoom – Teresa	TuTh	9:00-9:50 am	1/6-5/7	Zoom	\$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 Tigue jtigue@csi.edu or (208) 732-6479
 Administrative Assistant: Kim Scholes khscholes@csi.edu or (208) 732-6855

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Forever Fit – Spring 2026

Course Number	Course Description	Day	Time	Dates	Room	Cost
4416	Forever Fit – Buhl – Lizzie	MWF	9:00-9:50 am	1/5-5/8	7 th St. Gym	Free
4417	Forever Fit – Burley – LuAnn	MWTh	8:30-9:20 am	1/5-5/7	Oregon Train Rec Ctr	Free
4418	Forever Fit – Burley – Roanne	MWTh	11:00-11:50 am	1/5-5/7	Mini-Cassia Ctr	Free
4419	Forever Fit – Filer – Leslie	MWTh	8:45-9:30am	1/5-5/7	Filer Elementary	Free
4420	Forever Fit – Gooding – Gentry	MTuTh	9:00-9:50 am	1/5-5/7	Gooding Rec Ctr	Free
4421	Forever Fit – Hagerman – Tiffany	MTu	9:00-9:50 am	1/5-5/7	Hagerman HS	Free
	– Nancy/Mickey	Th	9:00-9:50 am	1/5-5/7	Hagerman HS	Free
4422	Forever Fit – Hailey – Robyn	M	9:00-9:50 am	1/5-5/8	Blaine County Rec Ctr	Free
	– Crystal	WF	9:00-9:50 am	1/5-5/8	Blaine County Rec Ctr	Free
4423	Forever Fit – Jerome – Amy	MWF	9:00-9:50 am	1/5-5/8	Jerome Rec Ctr	Free
4424	Forever Fit – Rupert – Julie	MWF	8:00-8:50 am	1/5-5/8	Rupert Civic Gym	Free
4425	Forever Fit – Rupert – Karla	MWF	9:00-9:50 am	1/5-5/8	Rupert Civic Gym	Free
4426	Forever Fit – Shoshone – Carolyn	MWTh	9:00-9:50 am	1/5-5/7	“Old” Gym	Free
4427	Forever Fit – Twin Falls – Jeanne	MWF	9:00-9:50 am	1/5-5/8	CSI Main Gym	Free
4428	Forever Fit – Wendell – Rachel	MWF	9:00-9:50 am	1/5-5/8	Wendell Senior Ctr	Free
4429	Forever Fit – Zoom – Rayette	MW	10:00-10:50 am	1/5-5/6	Zoom	Free

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