

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

### Active Aging Summer 2026

Course Number	Course Description	Day	Time	Dates	Room	Cost
4959	Balanced Body – <b>Twin Falls</b> – Mary Lou	F	9:00-9:50 am	5/29-8/7	304	\$40
4909	Pilates for Seniors – <b>Twin Falls</b> – Robin	TuTh	8:00-8:50 am	5/26-8/6	304	\$75
4910	Pilates for Seniors – <b>Twin Falls</b> – Robin	TuTh	9:00-9:50 am	5/26-8/6	304	\$75
4911	Pilates for Seniors – <b>Zoom</b> – Robin	TuTh	8:00-8:50 am	5/26-8/6	<b>Zoom</b>	\$75
4912	Tai Chi – <b>Burley</b> – Jaime	MW	10:00-10:50 am	5/27-8/5	MCCTR - A22	\$75
4913	Tai Chi – <b>Twin Falls</b> – Jaime	MW	8:00-8:50 am	5/27-8/5	231A	\$75
4914	Water Fitness* – <b>Twin Falls</b> – Stacy	MWF	8:00-8:50 am	5/27-8/14	Twin Falls Pool	\$105
4915	Weight Training for Seniors – <b>Twin Falls</b> – Miranda	MW	10:00-10:50 am	5/27-8/5	236	\$75
4916	Weight Training for Seniors – <b>Twin Falls</b> – Sandi	TuTh	8:00-8:50 am	5/26-8/6	236	\$75
4917	Weight Training for Seniors – <b>Twin Falls</b> – Sandi	TuTh	9:00-9:50 am	5/26-8/6	236	\$75
4960	Younger with Yoga – <b>Twin Falls</b> – Suelin	TuTh	12:00-12:50 pm	5/26-7/30	304	\$60
4918	Younger with Yoga – <b>Twin Falls</b> – Tiffany	MW	10:00-10:50 am	5/27-8/5	304	\$75
4919	Younger with Yoga – <b>Zoom</b> – Rayette	TuTh	10:00-10:50 am	5/26-7/23	<b>Zoom</b>	\$55
4973	Younger with Yoga – Outdoor Series – <b>Twin Falls</b> – Amy	TuTh	7:00-7:50 am	5/26-7/30	**231A	\$60
4920	Zumba Gold – <b>Zoom</b> – Teresa	TuTh	9:00-9:50 am	5/26-8/6	<b>Zoom</b>	\$75

### Forever Fit Summer 2026

4903	Forever Fit – <b>Buhl</b> – Lizzie	MWF	9:00-9:50 am	5/27-6/26	7 <sup>th</sup> St. Gym	\$20
4904	Forever Fit – <b>Hagerman</b> – Tiffany	MTh	9:00-9:50 am	5/27-8/6	Hagerman HS	\$20
	– Mickey/Nancy	Tu	9:00-9:50 am	5/27-8/6	Hagerman HS	\$20
4905	Forever Fit – <b>Jerome</b> – Amy	MWF	9:00-9:50 am	5/27-6/26	Jerome Rec Ctr	\$20
4961	Forever Fit – <b>Twin Falls</b> – Jeanne	MW	8:00-8:50 am	5/27-8/7	CSI Rec Ctr 236	\$35
4906	Forever Fit – <b>Twin Falls</b> – Jeanne	MW	9:00-9:50 am	5/27-8/7	CSI Rec Ctr 236	\$35
4907	Forever Fit – <b>Wendell</b> – Kari	MW	9:00-9:50 am	5/27-6/24	Wendell Senior Ctr	\$20
4908	Forever Fit – <b>Zoom</b> – Rayette	MW	10:00-10:50 am	5/27-7/22	<b>Zoom</b>	\$20

*\*Additional Pool Pass required*

*\*\*Backup location for inclement weather.*

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](mailto:jtigue@csi.edu) or (208) 732-6479  
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