

College of Southern Idaho, Twin Falls & Magic Valley

Active Aging - Fall 2025

Course Number	Course Description	Day	Time	Dates	Room	Cost
2904	Balanced Body – Twin Falls – Mary Lou	Tu	5:30-6:20 pm	8/19-12/16	304	\$35
3741	Cardio Tone Fusion – Twin Falls – Julie	TuTh	5:30-6:20 pm	8/19-12/11	236	\$65
3742	Dance Fit Gold – Twin Falls – Jeanne	MW	10:10-11:00 am	8/18-12/17	236	\$65
3743	Inside Flow Basics – Twin Falls – Amy T.	M	6:30-7:20 pm	8/18-12/8	304	\$35
3744	Pilates for Senior – Twin Falls - Robin	TuTh	8:00-8:50 am	8/19-12/18	304	\$65
3745	Pilates for Senior – Twin Falls - Robin	TuTh	9:00-9:50 am	8/19-12/18	304	\$65
3746	Pilates for Seniors - Zoom - Robin	TuTh	8:00-8:50 am	8/19-12/18	Zoom	\$65
3747	Tai Chi – Twin Falls – Jaime G.	S	8:00-9:30 am	8/16-12/13	231A	\$65
3748	Water Fitness* – Twin Falls – Stacy	MWF	8:00-8:50 am	8/18-12/12	Twin Falls Pool	\$95
3750	Weight Training for Seniors – Twin Falls – Sandi	MW	8:00-8:50 am	8/18-12/10	236	\$65
3751	Weight Training for Seniors – Twin Falls – Sandi	TuTh	9:00-9:50 am	8/19-12/11	236	\$65
3752	Younger with Yoga – Burley – Rayette	TuTh	10:00-10:50 am	8/19-12/11	A22	\$65
3753	Younger with Yoga – Twin Falls – Suelin	MW	10:00-10:50 am	8/18-12/10	304	\$65
3754	Younger with Yoga – Twin Falls – Amy T.	TuTh	9:00-9:50 am	8/19-12/11	231A	\$65
3755	Younger with Yoga – Twin Falls – Amy T.	TuTh	10:00-10:50 am	8/19-12/11	231A	\$65
3756	Younger with Yoga – Twin Falls – Amy T.	MW	5:30-6:20 pm	8/18-12/10	304	\$65
3757	Younger with Yoga – Zoom – Rayette	TuTh	10:00-10:50 am	8/19-12/11	Zoom	\$65
3758	Zumba Gold – Zoom – Teresa	TuTh	9:00-9:50 am	8/19-12/18	Zoom	\$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.

Lifelong Wellness Director: Jaime Tigie jtigue@csi.edu or (208) 732-6479
 Administrative Assistant: Kim Scholes khscholes@csi.edu or (208) 732-6855

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Forever Fit - Fall 2025

Course Number	Course Description	Day	Time	Dates	Room	Cost
3759	Forever Fit – Buhl – Lizzie	MWF	9:00-9:50 am	8/18-12/19	7 th St. Gym	Free
3760	Forever Fit – Burley – LuAnn	MWTh	8:30-9:20 am	8/18-12/18	Oregon Train Rec Ctr	Free
3761	Forever Fit – Burley – Lisa	MWTh	11:00-11:50 am	8/18-12/18	Mini-Cassia Ctr	Free
3762	Forever Fit – Filer – Leslie	MWTh	8:45-9:30am	8/18-12/18	Filer Elementary	Free
3763	Forever Fit – Gooding – Gentry	MTuTh	9:00-9:50 am	8/18-12/18	Gooding Rec Ctr	Free
3764	Forever Fit – Hagerman – Tiffany	MTu	9:30-10:20 am	8/18-12/18	Hagerman HS	Free
	– Besty	Th				
3765	Forever Fit – Hailey – Robyn	M	9:00-9:50 am	9/8-12/19	Blaine County Rec Ctr	Free
	– Crystal	WF	9:00-9:50 am	9/8-12/19		Free
3766	Forever Fit – Jerome – Amy	MWF	9:00-9:50 am	9/3-12/19	Jerome Rec Ctr	Free
3767	Forever Fit – Rupert – Julie	MWF	8:00-8:50 am	8/18-12/19	Rupert Civic Gym	Free
3768	Forever Fit – Rupert – Karla	MWF	9:00-9:50 am	8/18-12/19	Rupert Civic Gym	Free
3769	Forever Fit – Shoshone – Carolyn	MWTh	9:00-9:50 am	8/18-12/18	“Old” Gym	Free
3770	Forever Fit – Twin Falls – Jeanne	MWF	9:00-9:50 am	8/18-12/19	CSI Main Gym	Free
3771	Forever Fit – Wendell – Rachel	MWF	9:00-9:50 am	8/18-12/19	Wendell Senior Ctr	Free
3772	Forever Fit – Zoom – Rayette	MW	10:00-10:50 am	8/18-12/17	Zoom	Free

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