



APRIL 2019

EAGLECREST HEALTHY AGING CLASSES

NOTICE: CLASS WILL NOT BE HELD IF FOREST HILLS SCHOOLS ARE CLOSED DUE TO WEATHER!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 EnhanceFitness 8:30a EnhanceFitness 10:00a	2 Yoga 8:30a Fast & Fit 11:30a	3 EnhanceFitness 8:30a EnhanceFitness 10:00a	4 Yoga 10:30a Fast & Fit 11:30a A Matter of Balance 1:00p	5 EnhanceFitness 8:30a
8 EnhanceFitness 8:30a EnhanceFitness 10:00a	9 Yoga 8:30a Fast & Fit 11:30a	10 EnhanceFitness 8:30a EnhanceFitness 10:00a	11 Yoga CANCELED Fast & Fit CANCELED A Matter of Balance 1:00p	12 EnhanceFitness CANCELED
15 EnhanceFitness 8:30a EnhanceFitness 10:00a	16 Yoga 8:30a Fast & Fit 11:30a	17 EnhanceFitness 8:30a EnhanceFitness 10:00a	18 Yoga 10:30a Fast & Fit 11:30a A Matter of Balance 1:00p	19 EnhanceFitness 8:30a
22 EnhanceFitness 8:30a EnhanceFitness 10:00a	23 Yoga 8:30a Fast & Fit CANCELED OPEN HOUSE 10:30a	24 EnhanceFitness 8:30a EnhanceFitness 10:00a	25 Tai Chi Beginner 9:30a Yoga 10:30a Fast & Fit 11:30a A Matter of Balance 1:00p	26 EnhanceFitness 8:30a Tai Chi Advanced 10:00a
29 EnhanceFitness 8:30a EnhanceFitness 10:00a	30 Yoga 8:30a Tai Chi Beginner 9:30a Tai Chi Advanced 10:30a Fast & Fit 11:30a			

MONTHLY PROMOTIONS!

BRING A FRIEND TO CLASS! Bring a friend to class and enter for a chance at a \$50 gift card! No need for friend to sign up! The more friends you bring the more chances you have to win!

PLAN TO SEE YOUR DOCTOR? Bring a packet of Healthy Aging Information to share with your doctor's office and get a free drink from Deja Brew!



PLEASE SEE JILLIAN TO CHECK YOUR ELIGIBILITY!

MULTI-CLASS DISCOUNT AVAILABLE!

UPCOMING EVENTS

APRIL 23, 2019

HEALTHY AGING OPEN HOUSE
10:30A

APRIL 25, 2019

TAI CHI BEGINNER STARTS
TUESDAY AND THURSDAY 9:30A

APRIL 26, 2019

TAI CHI ADVANCED STARTS
TUESDAY 10:30A AND FRIDAY 10:00A

JUNE 6, 2019

A MATTER OF BALANCE WORKSHOP STARTS!
REGISTRATION REQUIRED

ANNOUNCEMENTS

PROGRAM T-SHIRT SALE

Regular price \$17, now on sale for \$10

WE OFFER A MULTI CLASS DISCOUNT

If you attend two or more classes at our Eaglecrest location you will receive discounted punch cards.

SILVER&FIT

Includes: A Matter of Balance
EnhanceFitness, Fast & Fit, Tai Chi and
Yoga

NUTRITION CLASSES

Interested in nutrition classes with our registered dietitian? Please contact Staci at (616) 588-2580

EnhanceFitness

M / W / F

8:30a – 9:30a

M / W

10:00a – 11:00a

8 classes for \$24



Yoga

Tuesday

8:30a – 9:15a

Thursday

10:30a – 11:15a

8 classes for \$40

Yoga

Fast and Fit

T / TH

11:30a – 12:10p

8 classes for \$24



Tai Chi

T / TH

Beginner Class

9:30a – 10:15a

8 classes for \$24



A Matter of Balance

Thursdays

1:00p – 3:00p

No Charge

REGISTRATION

REQUIRED



Tai Chi

Advanced Class

Tuesday

10:30a – 11:15a

Friday

10:00a – 10:45a

8 classes for \$24



3215 EAGLECREST DRIVE NE GRAND RAPIDS MI 49525

HEALTHY AGING DEPARTMENT (616) 588-2580