



OCTOBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10	11	12	13	14
17	18 KICK OFF 9:00a	19 EnhanceFitness 9:00a	20 Arthritis Foundation Yoga 9:00a 10:15a	21 EnhanceFitness 9:00a
24 EnhanceFitness 9:00a	25 Arthritis Foundation Yoga 9:00a 10:15a	26 EnhanceFitness 9:00a	27 Arthritis Foundation Yoga 9:00a 10:15a	28 EnhanceFitness 9:00a
31 EnhanceFitness 9:00a	MONTHLY PROMOTIONS: KICK OFF IN PERSON CLASSES October 19 – October 31 at no charge! We welcome you to join EngAging Wellness FREE as we kick off our in-person classes after 2 years away. Membership will be available for purchase if you want to continue class into November and beyond!			

INFO

Contact Us
 (616) 588-2580
HealthyAging@aaawm.org
www.aaawm.org/HA

EngAging Wellness
 Dedicated to helping older adults in our region stay active and independent through wellness classes.

Notice/News
 In-Person Classes starting NOW
 ZOOM Classes Coming Soon!

ANNOUNCEMENTS

SILVER&FIT AND SILVERSNEAKERS If your insurance holds this benefit it *may* cover the cost of classes!

PAYMENT PER MONTH

\$30 All Class Membership
\$20 Zoom Class Membership

TO BE PAID ONLINE BY CREDIT/DEBIT

Arthritis Foundation Exercise Program T / TH

9:00a –10:00a

Joint friendly stretching and strengthening exercises effective for those with without arthritis also! This program also includes a little cardio to get your heart rate up!

Improves

- Functional ability
- Mobility
- Muscle Strength

Reduces

- Pain and Stiffness
- Fatigue

IN PERSON CLASS

EnhanceFitness M / W / F

9:00a –10:00a

Get one hour of physical activity all while having fun! The EnhanceFitness program is designed specifically for older adults and focuses on:

- Muscle strength
- Balance
- Endurance
- Flexibility
- FUN!

IN PERSON CLASS

Yoga T / TH

10:15a –11:00a

Need to stretch and tone? Come join our 45-minute class to strengthen muscles and increase flexibility! This yoga class is designed for older adults. Modifications are made so that everybody can safely practice this form of exercise.

- Improves mental clarity
- Relieves joint pain
- Restorative & Energizing

IN PERSON CLASS

ZOOM CLASSES | Coming Soon!

If you're interested in joining our classes from the comfort of your own home – we will be offering ZOOM classes in November. Stay tuned for more information!