



# EAGLECREST HEALTHY AGING CLASSES

## MAY 2021 LIVE ZOOM CLASSES!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <b>E-Fit</b> 9:00a Enhance Yoga VIDEO	4 Circuit VIDEO Yoga VIDEO Tai Chi VIDEO	5 <b>E-Fit</b> 9:00a Tai Chi Practice VIDEO	6 Circuit VIDEO Yoga VIDEO Tai Chi VIDEO	7 <b>E-Fit</b> VIDEO Tai Chi Practice VIDEO Enhance Yoga VIDEO
10 <b>E-Fit</b> 9:00a Enhance Yoga VIDEO	11 Circuit VIDEO Yoga VIDEO Tai Chi 11:15a	12 <b>E-Fit</b> 9:00a Tai Chi Practice 10:15a ALED workshop 1:30p	13 Circuit VIDEO Yoga VIDEO Tai Chi VIDEO	14 <b>E-Fit</b> VIDEO Tai Chi Practice VIDEO Enhance Yoga VIDEO
17 <b>E-Fit</b> 9:00a Enhance Yoga VIDEO	18 Circuit VIDEO Yoga VIDEO Tai Chi 11:15a	19 <b>E-Fit</b> 9:00a Tai Chi Practice 10:15a ALED workshop 1:30p	20 Circuit VIDEO Yoga VIDEO Tai Chi VIDEO	21 <b>E-Fit</b> VIDEO Tai Chi Practice VIDEO Enhance Yoga VIDEO
24 <b>E-Fit</b> 9:00a Enhance Yoga VIDEO	25 Circuit VIDEO Yoga VIDEO Tai Chi 11:15a	26 <b>E-Fit</b> 9:00a Tai Chi Practice 10:15a ALED workshop 1:30p	27 Circuit VIDEO Yoga VIDEO Tai Chi VIDEO	28 <b>E-Fit</b> VIDEO Tai Chi Practice VIDEO Enhance Yoga VIDEO
31  <b>MEMORIAL DAY</b> <b>NO CLASS</b>	Announcements: <ul style="list-style-type: none"> <li>• Kim will be off for 6 weeks recovering from knee surgery!</li> <li>• We're adding a new program: Active Living Every Day– stay tuned for more details!</li> </ul>			

E-Fit  
M / W  
9:00a – 10:00a  
Friday VIDEO

Yoga  
T / TH  
VIDEO

Enhance Yoga  
Mondays  
VIDEO  
Friday VIDEO

A Matter of  
Balance  
Not currently  
scheduled

Tai Chi  
Tuesdays  
11:15a – 12:00p  
Thursday VIDEO

Tai Chi Practice  
Wednesdays  
10:15a – 11:00a  
Friday VIDEO

Circuit  
T / TH  
9:00a – 9:45  
OR  
VIDEO

Active Living  
Every Day  
(ALED)  
Wednesdays  
1:30p – 2:30p  
REGISTRATION REQUIRED

## EAGLECREST HEALTHY AGING

3215 EAGLECREST DRIVE NE GRAND RAPIDS MI 49525

### CONTACT US :

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VISIT OUR WEBSITE AT : [WWW.AAAWM.ORG/HA](http://WWW.AAAWM.ORG/HA)

LIKE US ON FACEBOOK : EAGLECREST HEALTHY AGING

### PAYMENT

TO ATTEND ANY AND ALL CLASSES **MONTHLY FEE : \$40.00**

**OR E-Fit and Circuit: \$30**

Attend all E-Fit and SS Circuit for the month

**Yoga and Enhance Yoga: \$30**

Attend all Yoga for the month

**Tai Chi Practice, Beginner and Advanced: \$15**

Attend all Tai Chi for the month

WE ARE A **SILVER & FIT AND SILVERSNEAKERS**  
FACILITY. PLEASE CALL OR EMAIL TO CHECK YOUR  
ELIGIBILITY AND SIGN UP!

TO BE PAID ONLINE BY CREDIT/DEBIT: <https://www.aaawm.org/HA>