



# EAGLECREST HEALTHY AGING CLASSES

## SEPTEMBER 2020 LIVE ZOOM CLASSES!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 SS Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a	2 E-Fit 9:00a Tai Chi Practice 10:15a	3 SS Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a	4 E-Fit <b>VIDEO FRIDAY</b>
7 	8 SS Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a	9 E-Fit 9:00a Tai Chi Practice 10:15a	10 SS Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a	11 E-Fit <b>VIDEO FRIDAY</b>
12 E-Fit 9:00a Enhance Yoga 10:15a	13 SS Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a	14 E-Fit 9:00a Tai Chi Practice 10:15a	15 SS Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a	16 E-Fit <b>VIDEO FRIDAY</b>
21 E-Fit 9:00a Enhance Yoga 10:15a	22 SS Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a	23 E-Fit 9:00a Tai Chi Practice 10:15a	24 SS Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a	25 E-Fit <b>VIDEO FRIDAY</b>
28 E-Fit 9:00a Enhance Yoga 10:15a	29 SS Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a	30 E-Fit 9:00a Tai Chi Practice 10:15a		

EnhanceFitness  
M / W / F  
9:00a – 10:00a



Tai Chi Beginner  
T / TH  
11:15a – 12:00p



Tai Chi Practice  
Wednesdays  
10:150a – 11:00a



SilverSneakers  
Circuit  
T / TH  
9:00a – 9:45a

Yoga  
T / TH  
10:00a – 10:45a

Yoga

Enhance Yoga  
Mondays  
10:15a – 11:00a

Yoga

## EAGLECREST HEALTHY AGING

3215 EAGLECREST DRIVE NE GRAND RAPIDS MI 49525

### CONTACT US :

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

LIKE US ON FACEBOOK : EAGLECREST HEALTHY AGING

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

### 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 and Beginner: \$15**

Attend all Tai Chi for the month

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

**OR SCHEDULE A TIME TO DROP A CHECK TO JILLIAN**

CHECK MADE OUT TO AAAWM