



EAGLECREST HEALTHY AGING CLASSES

APRIL 2021 LIVE ZOOM CLASSES!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ANNOUNCEMENTS: <ul style="list-style-type: none"> Jillian will be on vacation Monday April 5, returning to work on Monday April 12 Kim is having knee surgery on April 27 and will be off for 6 weeks! We will miss her dearly and will be covering classes or showing videos for Yoga and Circuit! GOOD LUCK KIM! 			1 Circuit 9:00a Yoga 10:00a	2 VIDEO FRIDAY E-Fit Tai Chi Practice Enhance Yoga
5 E-Fit 9:00a Enhance Yoga 10:15a	6 Circuit 9:00a Yoga 10:00a	7 E-Fit 9:00a	8 Circuit 9:00a Yoga 10:00a	9 VIDEO FRIDAY E-Fit Tai Chi Practice Enhance Yoga
12 E-Fit 9:00a Enhance Yoga 10:15a	13 Circuit 9:00a Yoga 10:00a Tai Chi 11:15a	14 E-Fit 9:00a Tai Chi Practice 10:15a	15 Circuit 9:00a Yoga 10:00a Tai Chi VIDEO	16 VIDEO FRIDAY E-Fit Tai Chi Practice Enhance Yoga
19 E-Fit 9:00a Enhance Yoga 10:15a	20 Circuit 9:00a Yoga 10:00a Tai Chi 11:15a	21 E-Fit 9:00a Tai Chi Practice 10:15a	22 Circuit 9:00a Yoga 10:00a Tai Chi VIDEO	23 VIDEO FRIDAY E-Fit Tai Chi Practice Enhance Yoga
26 E-Fit 9:00a Enhance Yoga 10:15a	27 Circuit 9:00a Yoga 10:00a Tai Chi 11:15a	28 E-Fit 9:00a Tai Chi Practice 10:15a	29 Circuit 9:00a Yoga 10:00a Tai Chi VIDEO	30 VIDEO FRIDAY E-Fit Tai Chi Practice Enhance Yoga

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

Yoga
T / TH
10:00a – 10:45a

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

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

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

Circuit
T / TH
9:00a – 9:45a

EAGLECREST HEALTHY AGING

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CONTACT US :

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VISIT OUR WEBSITE AT : 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>