




(616) 588-2580
 healthyaging@aaawm.org
www.aaawm.org/EW

April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 EnhanceFitness 9:00a EnhanceFitness 10:15a Zoom SS Circuit w/Kim 9:00a Zoom Yoga w/Kim 10:00a	4 SS Circuit w/Angie 9:00a Yoga w/Angie 10:15a	5 EnhanceFitness 9:00a EnhanceFitness 10:15a Zoom Circuit w/Kim 9:00a Zoom Yoga w/Kim 10:00a	6 SS Circuit w/Angie 9:00a Yoga w/Angie 10:15a	7 NO CLASS 
10 EnhanceFitness 9:00a EnhanceFitness 10:15a Zoom SS Circuit w/Kim 9:00a Zoom Yoga w/Kim 10:00a	11 SS Circuit w/Angie 9:00a Yoga w/Angie 10:15a	12 EnhanceFitness 9:00a EnhanceFitness 10:15a Zoom Circuit w/Kim 9:00a Zoom Yoga w/Kim 10:00a	13 SS Circuit w/Angie 9:00a Yoga w/Angie 10:15a	14 EnhanceFitness 9:00a Coffee Klatch 10:00a Zoom Video Friday 11:00a
17 EnhanceFitness 9:00a EnhanceFitness 10:15a A Matter of Balance 1:00p Zoom SS Circuit w/Kim 9:00a Zoom Yoga w/Kim 10:00a	18 SS Circuit w/Angie 9:00a Yoga w/Angie 10:15a	19 EnhanceFitness 9:00a EnhanceFitness 10:15a Zoom Circuit w/Kim 9:00a Zoom Yoga w/Kim 10:00a	20 SS Circuit w/Angie 9:00a Yoga w/Angie 10:15a	21 EnhanceFitness 9:00a Coffee Klatch 10:00a Zoom Video Friday 11:00a
24 EnhanceFitness 9:00a EnhanceFitness 10:15a A Matter of Balance 1:00p Zoom SS Circuit w/Kim 9:00a Zoom Yoga w/Kim 10:00a	25 SS Circuit w/Angie 9:00a Yoga w/Angie 10:15a	26 EnhanceFitness 9:00a EnhanceFitness 10:15a Zoom Circuit w/Kim 9:00a Zoom Yoga w/Kim 10:00a	27 SS Circuit w/Angie 9:00a Yoga w/Angie 10:15a	24 EnhanceFitness 9:00a Coffee Klatch 10:00a Zoom Video Friday 11:00a

We welcome you to try all our classes for the first time FREE (does not include workshops).

PROMOTION : FOR THE MONTH OF MARCH AND APRIL – NEW ENGAGING WELLNESS MEMBERS WILL HAVE YOUR NAME ENTERED TO WIN A \$25 GIFT CARD OF YOUR CHOICE (LOCAL)

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

10:15a – 11:15a

This physical activity class focuses on:

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

IN PERSON CLASS

SS Circuit
Replacing Arthritis Foundation
Exercise Program
T / TH
9:00a –10:00a

This class offers standing, low-impact movement with muscle strengthening using weights and tubes

- Muscle strength
- Balance
- Endurance
- FUN!

IN PERSON CLASS

Yoga
T / TH

10:15a –11:00a

Come join our 45-minute class to strengthen muscles and increase flexibility!

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

IN PERSON CLASS

Coffee Klatch
Fridays

10:00a –10:45a

This class is for all members to connect over coffee and goodies. This class is **NOT** an exercise program so dress comfortable and join us to catch up! If you're interested, please feel free to bring something good to share!

IN PERSON CLASS

VIDEO
Friday
11:00a

Videos shown are pre-recorded during the week by zoom instructors and will expire at 11:59p on Sunday night.

Video invites will only be sent if requested please email if you're interested.

ZOOM VIDEO

Yoga
M / W

10:00a –10:45a

Come join our class to strengthen muscles and increase flexibility!

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

ZOOM CLASS
With Kim

SS Circuit
M / W

9:00a –9:45a

This class offers standing, low-impact movement with muscle strengthening using weights and tubes

- Muscle strength
- Balance
- Endurance
- FUN!

ZOOM CLASS
With Kim

NEW A Matter of
Balance
Mondays
1:00p – 3:00p

During this 8-week workshop you will learn to:

- View falls as controllable
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

IN PERSON CLASS

ANNOUNCEMENTS

SILVERSNEAKERS and Silver&Fit

If your insurance holds this benefit, it may cover the cost of classes. Please contact us for more information.

CONTACT US (616) 588-2580 | www.aaawm.org/EW

Payment Options:

\$30 All Class Membership

\$20 ZOOM Membership

SILVERSNEAKERS and Silver&Fit

Payment can be made via Cash, Check or Credit Card

\$40 10 Class Punch Card

\$40 Couples Membership

\$5 Per Class Walk In