




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

April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Circuit 9:00a Yoga 10:00a	2 EnhanceFitness 9:00a AFEP 10:15a	3 Circuit 9:00a Yoga 10:00a Power Sculpt 11:00a	4 EnhanceFitness 9:00a Connection Café 10:00a Weekend Virtual Videos
7 EnhanceFitness 9:00a Stability 10:15a	8 Circuit 9:00a Yoga 10:00a Power Sculpt 11:00a	9 EnhanceFitness 9:00a AFEP 10:15a	10 Circuit 9:00a Yoga 10:00a Power Sculpt 11:00a	11 EnhanceFitness 9:00a Connection Café 10:00a Weekend Virtual Videos
14 EnhanceFitness 9:00a Stability 10:15a Tai Chi Beginner 11:05a	15 Circuit 9:00a Yoga 10:00a Power Sculpt 11:00a	16 EnhanceFitness 9:00a AFEP 10:15a Tai Chi Beginner 11:05a	17 Circuit 9:00a Yoga 10:00a Power Sculpt 11:00a	18 NO CLASS 
21 EnhanceFitness 9:00a Stability 10:15a	22 Circuit 9:00a Yoga 10:00a Power Sculpt 11:00a	23 EnhanceFitness 9:00a AFEP 10:15a Tai Chi Beginner 11:05a	24 Circuit 9:00a Yoga 10:00a Power Sculpt 11:00a	25 EnhanceFitness 9:00a Connection Café 10:00a Weekend Virtual Videos
28 EnhanceFitness 9:00a Stability 10:15a	29 Circuit 9:00a Yoga 10:00a Power Sculpt CANCELLED	30 EnhanceFitness 9:00a AFEP 10:15a Tai Chi Beginner 11:05a		

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

This physical activity class focuses on:

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

Circuit
T / TH
9:00a –9:45a

low-impact movement with muscle strengthening using weights and tubes.

- Muscle strength
- Balance
- Endurance

Yoga
T / TH
10:00a –10:45a

This class strengthens muscles and increases flexibility!

- Improves mental clarity
- Relieves joint pain

AFEP
(Arthritis Foundation
Exercise Program)
Wednesdays
10:15a –11:00a

This class is designed for everyone, with or without arthritis.

- Gentle movement
- Improve flexibility
- Build muscle

NEW CLASS

Power Sculpt
T / TH
11:00a – 11:45a
STARTS APRIL 3

This 45-minute class aims to:

- Sculpt muscles
- Increase strength
- Improve overall fitness

With a fun and effective workout!

NEW CLASS

Tai Chi Beginner
Wednesdays
11:05a – 11:50a
STARTS APRIL 14

This 45-minute graceful martial art is proven to:

- Improve balance
- Gain strength
- Increase flexibility
- Improve mental well-being

NEW CLASS

Gentle Joints Yoga
Mondays
11:00a – 11:45a
STARTS MAY 5

A beginning yoga class focused on alignment, breath, and use of props. Includes gentle standing, seated, and mat based poses.

**Please bring your own
yoga blanket**

Stability
Mondays

10:15a –10:45a

Get stronger and improve your balance through exercises that strengthens the ankle, knee, and hip joints, all in a fun and social setting. This class is designed specifically to help prevent falls.

ANNOUNCEMENTS

SILVERSNEAKERS, One Pass 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

\$40 10 Class Punch Card

\$40 Couples Membership

\$5 Per Class Walk In

SILVERSNEAKERS, One Pass and Silver&Fit

Payment can be made via Cash, Check or Credit Card