



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

August 2025

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|------------------------------------|--|---|--|
| | | | | 1 EnhanceFitness 9:00a CRAZY T-SHIRT DAY Connection Café 10:00a Weekend Virtual Videos |
| 4 EnhanceFitness 9:00a Stability 10:15a Gentle Joints Yoga 11:00a | 5 Circuit 9:00a Yoga 10:00a | 6 EnhanceFitness 9:00a AFEP 10:15a Tai Chi Practice 11:15a | 7 Power Sculpt 9:00a Yoga 10:00a | 8 EnhanceFitness 9:00a CRAZY T-SHIRT DAY Connection Café 10:00a Weekend Virtual Videos |
| 11 EnhanceFitness 9:00a Stability 10:15a Gentle Joints Yoga 11:00a | 12 Circuit 9:00a Yoga 10:00a | 13 EnhanceFitness 9:00a AFEP 10:15a | 14 Power Sculpt 9:00a Yoga 10:00a | 15 EnhanceFitness 9:00a CRAZY T-SHIRT DAY Connection Café 10:00a Weekend Virtual Videos |
| 18 EnhanceFitness 9:00a Stability 10:15a Gentle Joints Yoga 11:00a | 19 Circuit 9:00a Yoga 10:00a | 20 EnhanceFitness 9:00a AFEP 10:15a Tai Chi Practice 11:15a | 21 Power Sculpt 9:00a Yoga 10:00a | 22 EnhanceFitness 9:00a CRAZY T-SHIRT DAY Connection Café 10:00a Weekend Virtual Videos |
| 25 EnhanceFitness 9:00a Stability 10:15a Gentle Joints Yoga 11:00a | 26 Circuit 9:00a Yoga 10:00a | 27 EnhanceFitness 9:00a AFEP 10:15a | 28 Power Sculpt 9:00a Yoga 10:00a | 29 EnhanceFitness 9:00a CRAZY T-SHIRT DAY Connection Café 10:00a Weekend Virtual Videos |

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

This physical activity class focuses on:

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

Circuit
Tuesdays
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
Thursdays
9:00a – 9:45a

This 45-minute class aims to:

- Sculpt muscles
- Increase strength
- Improve overall fitness

With a fun and effective workout!

Tai Chi Practice
Wednesdays
11:15a – 12:00p

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

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.aawm.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