



# DECEMBER 2019

## EAGLECREST HEALTHY AGING CLASSES

**NOTICE:** CLASS WILL NOT BE HELD IF

FOREST HILLS SCHOOLS ARE CLOSED DUE TO WEATHER!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 EnhanceFitness 8:30a EnhanceFitness 10:00a	3 Tai Chi Practice 10:30a Cardio Fit 11:30a Yoga 12:30p	4 EnhanceFitness 8:30a EnhanceFitness 10:00a	5 Yoga 10:30a Cardio Fit 11:30a A Matter of Balance 1:00p	6 EnhanceFitness 8:30a EnhanceFitness 10:00a
9 EnhanceFitness 8:30a EnhanceFitness 10:00a	10 Tai Chi Practice 10:30a Cardio Fit 11:30a Yoga 12:30p	11 EnhanceFitness 8:30a EnhanceFitness 10:00a	12 Yoga 10:30a Cardio Fit 11:30a A Matter of Balance 1:00p	13 EnhanceFitness 8:30a EnhanceFitness 10:00a
16 EnhanceFitness 8:30a EnhanceFitness 10:00a	17 Tai Chi Practice 10:30a Cardio Fit 11:30a Yoga 12:30p	18 EnhanceFitness 8:30a EnhanceFitness 10:00a	19 Yoga 10:30a Cardio Fit 11:30a A Matter of Balance 1:00p	20 EnhanceFitness 8:30a <b>EnhanceFitness 10:00a            CANCELED            HOLIDAY PARTY!            Starts at 9:30a</b>
23  <b>NO CLASS</b>	24  <b>NO CLASS</b>	25  <b>NO CLASS</b>	26  <b>NO CLASS</b>	27  <b>NO CLASS</b>
30 EnhanceFitness 8:30a EnhanceFitness 10:00a	31 Tai Chi Practice 10:30a Cardio Fit 11:30a Yoga 12:30p	<p>Want to try a class?            First class is always FREE!</p>		

### MONTHLY PROMOTIONS!

**BRING A FRIEND TO CLASS!** If your friend signs up for class, receive \$5 off your next punch card OR a \$5 gift card to Meijer

**PLAN TO SEE YOUR DOCTOR?** Bring a packet of Healthy Aging Information to share with your doctor's office and get a free drink from Deja Brew!

## UPCOMING EVENTS

**DECEMBER 20**

### HOLIDAY PARTY!

#### ALL HEALTHY AGING PARTICIPANTS:

COME JOIN US FOR A GET-TOGETHER AT 9:30A.  
IF YOU'RE AN ENHANCEFITNESS 10:00A  
PARTICIPANT, CONSIDERING JOINING US AT 8:30A  
AND STAYING FOR THE CELEBRATION!

**DECEMBER 23 –27**

NO CLASS – ENJOY THE HOLIDAYS!

**JANUARY 1, 2019**

NO CLASS – ENJOY THE NEW YEAR!

**JANUARY 21, 2019**

HEALTHY AGING OPEN HOUSE  
10:30A

## ANNOUNCEMENTS

#### PROGRAM T-SHIRT SALE

Regular price \$17, now on sale for \$10

#### WE OFFER A MULTI CLASS DISCOUNT

If you attend two or more classes at our Eaglecrest location you will receive discounted punch cards.

#### SILVER&FIT

Includes: A Matter of Balance  
EnhanceFitness, Cardio Fit, Tai Chi  
and Yoga

#### NUTRITION CLASSES

Interested in nutrition classes with our registered dietitian? Please contact Staci at (616) 588-2580



PLEASE SEE JILLIAN TO CHECK YOUR ELIGIBILITY!

## MULTI-CLASS DISCOUNT AVAILABLE!

Tai Chi  
T / TH

Beginner Class

**9:30a – 10:15a**

8 classes for \$24



Tai Chi  
M / W

Advanced Class

**11:15a – 12:00p**

8 classes for \$24



Tai Chi  
Tuesdays

Practice Class

**10:30a – 11:15a**

8 classes for \$24



EnhanceFitness  
M / W / F  
**8:30a – 9:30a**  
**10:00a – 11:00a**

8 classes for \$24



Yoga

Tuesday

**12:30p – 1:15p**

Thursday

**10:30a – 11:15a**

8 classes for \$40

Yoga

A Matter of Balance  
Thursdays

**1:00p – 3:00p**

**REGISTRATION  
REQUIRED**

Contact Barb or Jillian



Cardio Fit  
T / TH

**11:30a – 12:10p**

8 classes for \$24



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HEALTHY AGING DEPARTMENT (616) 588-2580

[HEALTHYAGING@AAAWM.ORG](mailto:HEALTHYAGING@AAAWM.ORG)

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

LIKE US ON FACEBOOK : EAGLECREST HEALTHY AGING