



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

December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 EnhanceFitness 9:00a Stability 10:15a	2 Circuit 9:00a Yoga 10:00a	3 EnhanceFitness 9:00a AFEP 10:15a	4 Power Sculpt 9:00a Yoga 10:00a	5 EnhanceFitness 9:00a Weekend Virtual Videos
8 EnhanceFitness 9:00a Stability CANCELED	9 Circuit 9:00a Yoga 10:00a	10 EnhanceFitness 9:00a AFEP 10:15a	11 Power Sculpt 9:00a Yoga 10:00a	12 EnhanceFitness 9:00a Weekend Virtual Videos
15 EnhanceFitness 9:00a Stability 10:15a	16 Circuit 9:00a Yoga 10:00a	17 EnhanceFitness 9:00a AFEP 10:15a	18 Power Sculpt 9:00a CANCELED	19 EnhanceFitness 9:00a Weekend Virtual Videos
NO CLASS 22 	NO CLASS 23 	NO CLASS 24 	NO CLASS 25 	NO CLASS 26 
NO CLASS 29 	NO CLASS 30 	NO CLASS 31 	NO CLASS January 1 	NO CLASS January 2 

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

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!

COMING IN 2026

Tai Chi **Beginner**
M / W
11:15a – 12:00p

This 45-minute graceful martial art is proven to:

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

COMING IN 2026

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.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