



The Source for Seniors

# FEBRUARY 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
				1 EnhanceFitness 8:30a <b>NO CLASS SNOW DAY</b>
4 EnhanceFitness 8:30a EnhanceFitness 10:00a	5 Yoga 8:30a Tai Chi Beginner 9:30a Tai Chi Practice 10:30a Fast and Fit 11:30a	6 EnhanceFitness 8:30a EnhanceFitness 10:00a Healthy Eating 1:00p	7 Tai Chi Beginner 9:30a Yoga 10:30a A Matter of Balance 1:00p	8 EnhanceFitness 8:30a
11 EnhanceFitness 8:30a EnhanceFitness 10:00a	12 Yoga 8:30a Tai Chi Beginner 9:30a Tai Chi Practice 10:30a Fast and Fit 11:30a	13 EnhanceFitness 8:30a EnhanceFitness 10:00a Healthy Eating 1:00p	14 Tai Chi Beginner 9:30a Yoga 10:30a A Matter of Balance 1:00p	15 EnhanceFitness 8:30a
18 EnhanceFitness 8:30a EnhanceFitness 10:00a	19 Yoga 8:30a Tai Chi Beginner 9:30a Tai Chi Practice 10:30a Fast and Fit 11:30a	20 EnhanceFitness 8:30a EnhanceFitness 10:00a Healthy Eating 1:00p	21 Tai Chi Beginner 9:30a Yoga 10:30a A Matter of Balance 1:00p	22 EnhanceFitness 8:30a
25 EnhanceFitness 8:30a EnhanceFitness 10:00a	26 Yoga 8:30a Tai Chi Beginner 9:30a Tai Chi Practice 10:30a Fast and Fit 11:30a	27 EnhanceFitness 8:30a EnhanceFitness 10:00a	28 Tai Chi Beginner 9:30a Yoga 10:30a A Matter of Balance 1:00p	

### MONTHLY PROMOTIONS!

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

**MARCH 28, 2019**

A MATTER OF BALANCE WORKSHOP

MARCH 28 – MAY 16

1:00P – 3:00P

**REGISTRATION REQUIRED**



PLEASE SEE JILLIAN TO CHECK YOUR ELIGIBILITY!

## MULTI-CLASS DISCOUNT AVAILABLE!

EnhanceFitness

M / W / F

**8:30a – 9:30a**

M / W

**10:00a – 11:00a**

8 classes for \$24



Healthy Eating

Tuesdays

**1:00p – 3:30p**

No Charge

**REGISTRATION**

**REQUIRED**



Yoga

Tuesday

**8:30a – 9:15a**

Thursday

**10:30a – 11:15a**

8 classes for \$40

Yoga

## 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, Fast & Fit, Tai Chi and  
Yoga

### NUTRITION CLASSES

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

Tai Chi

T / TH

Beginner Class

**9:30a – 10:15a**

**New Session!**

January 3 – March 12

8 classes for \$24



A Matter of Balance

Thursdays

**1:00p – 3:00p**

No Charge

**REGISTRATION**

**REQUIRED**



Tai Chi

Mondays

Practice Class

**11:15a – 12:00p**

**New Session!**

January 3 – March 12

8 classes for \$24



3215 EAGLECREST DRIVE NE GRAND RAPIDS MI 49525

HEALTHY AGING DEPARTMENT (616) 588-2580