



# FEBRUARY 2020

## EAGLECREST HEALTHY AGING CLASSES

**NOTICE:** CLASS WILL NOT BE HELD IF FOREST HILLS SCHOOLS ARE CLOSED DUE TO WEATHER!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> EnhanceFitness 8:30a EnhanceFitness 10:00a	<b>4</b> Tai Chi Beginner 9:30a Tai Chi Practice 10:30a Cardio Fit 11:30a Yoga 12:30p	<b>5</b> EnhanceFitness 8:30a EnhanceFitness 10:00a	<b>6</b> Tai Chi Beginner 9:30a Yoga 10:30a Cardio Fit 11:30a	<b>7</b> EnhanceFitness 8:30a EnhanceFitness 10:00a
<b>10</b> EnhanceFitness 8:30a EnhanceFitness 10:00a	<b>11</b> Tai Chi Beginner 9:30a Tai Chi Practice 10:30a Cardio Fit 11:30a Yoga 12:30p	<b>12</b> EnhanceFitness 8:30a EnhanceFitness 10:00a	<b>13</b> Tai Chi Beginner 9:30a Yoga 10:30a Cardio Fit 11:30a	<b>14</b> EnhanceFitness 8:30a EnhanceFitness 10:00a
<b>17</b> EnhanceFitness 8:30a EnhanceFitness 10:00a	<b>18</b> Tai Chi Beginner 9:30a Tai Chi Practice 10:30a Cardio Fit 11:30a Yoga 12:30p	<b>19</b> EnhanceFitness 8:30a EnhanceFitness 10:00a	<b>20</b> Tai Chi Beginner 9:30a Yoga 10:30a Cardio Fit 11:30a	<b>21</b> EnhanceFitness 8:30a EnhanceFitness 10:00a
<b>24</b> EnhanceFitness 8:30a EnhanceFitness 10:00a	<b>25</b> Tai Chi Beginner 9:30a Tai Chi Practice 10:30a Cardio Fit 11:30a Yoga <b>CANCELED</b>	<b>26</b> EnhanceFitness 8:30a EnhanceFitness 10:00a	<b>27</b> Tai Chi Beginner 9:30a Yoga <b>CANCELED</b> Cardio Fit 11:30a	<b>28</b> EnhanceFitness 8:30a EnhanceFitness 10:00a

**ATTEND 12 HEALTHY AGING CLASSES AND RECEIVE AN ENHANCEFITNESS TOWEL!!**

STARTING FEBRUARY 2020 - WHILE SUPPLIES LAST

**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, PA, PT, OT?** Bring a packet of Healthy Aging Information to share and get a free drink from Deja Brew!

## UPCOMING EVENTS

**FEBRUARY 25 AND 27**

**NO YOGA CLASS – KIM IS ON VACATION!**

**MARCH 4 AND 5, 2020**

**A MATTER OF BALANCE COACH TRAINING**

INTERESTED IN VOLUNTEERING? CONSIDER  
TALKING TO BARB OR JILLIAN ABOUT HOW YOU  
CAN HELP PEOPLE FIGHT THEIR FEAR OF FALLING!

## 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 SNEAKERS

We are Silver Sneakers certified! Use your  
benefit here!

### SILVER&FIT

We are Silver&Fit certified! Use your  
benefit here!

### NUTRITION CLASSES

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

Want to try a class?  
First class is always FREE!

 **SILVER SNEAKERS FACILITY!**

PLEASE SEE JILLIAN TO CHECK YOUR ELIGIBILITY!

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