



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
3 EnhanceFitness 8:30a EnhanceFitness 10:00a Tai Chi Advanced 11:15a	4 Tai Chi Beginner 9:30a Tai Chi Practice 10:30a Cardio Fit 11:30a Yoga 12:30p	5 EnhanceFitness 8:30a EnhanceFitness 10:00a Tai Chi Advanced 11:15a	6 Tai Chi Beginner 9:30a Yoga 10:30a Cardio Fit 11:30a	7 EnhanceFitness 8:30a EnhanceFitness 10:00a
10 EnhanceFitness 8:30a EnhanceFitness 10:00a Tai Chi Advanced 11:15a	11 Tai Chi Beginner 9:30a Tai Chi Practice 10:30a Cardio Fit 11:30a Yoga 12:30p	12 EnhanceFitness 8:30a EnhanceFitness 10:00a Tai Chi Advanced 11:15a	13 Tai Chi Beginner 9:30a Yoga 10:30a Cardio Fit 11:30a	14 EnhanceFitness 8:30a EnhanceFitness 10:00a
17 EnhanceFitness 8:30a EnhanceFitness 10:00a Tai Chi Advanced 11:15a	18 Tai Chi Beginner 9:30a Tai Chi Practice 10:30a Cardio Fit 11:30a Yoga 12:30p	19 EnhanceFitness 8:30a EnhanceFitness 10:00a Tai Chi Advanced 11:15a	20 Tai Chi Beginner 9:30a Yoga 10:30a Cardio Fit 11:30a	21 EnhanceFitness 8:30a EnhanceFitness 10:00a
24 EnhanceFitness 8:30a EnhanceFitness 10:00a Tai Chi Advanced 11:15a	25 Tai Chi Beginner 9:30a Tai Chi Practice 10:30a Cardio Fit 11:30a Yoga CANCELED	26 EnhanceFitness 8:30a EnhanceFitness 10:00a Tai Chi Advanced 11:15a	27 Tai Chi Beginner 9:30a Yoga CANCELED Cardio Fit 11:30a	28 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&FIT AND 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



3215 EAGLECREST DRIVE NE GRAND RAPIDS MI 49525

HEALTHY AGING DEPARTMENT (616) 588-2580

HEALTHYAGING@AAAWM.ORG

VISIT OUR WEBSITE AT : WWW.AAAWM.ORG

LIKE US ON FACEBOOK : EAGLECREST HEALTHY AGING