



# EAGLECREST HEALTHY AGING CLASSES

## FEBRUARY 2021 LIVE ZOOM CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>E-Fit</b> <b>9:00a</b> Enhance Yoga        VIDEO	<b>2</b> Circuit <b>9:00a</b> Yoga <b>10:00a</b> Tai Chi Beginner <b>11:15a</b> Tai Chi Advanced    VIDEO	<b>3</b> <b>E-Fit</b> <b>9:00a</b> Tai Chi Practice <b>10:15a</b> Tai Chi Beginner      VIDEO	<b>4</b> Circuit <b>9:00a</b> Yoga <b>10:00a</b> Tai Chi Beginner      VIDEO Tai Chi Advanced      VIDEO	<b>5</b> <b>VIDEO FRIDAY</b>  <b>E-Fit</b> Tai Chi Practice
<b>8</b> <b>E-Fit</b> <b>9:00a</b> Enhance Yoga <b>10:15a</b>	<b>9</b> Circuit <b>9:00a</b> Yoga <b>10:00a</b> Tai Chi Beginner      VIDEO Tai Chi Advanced      VIDEO	<b>10</b> <b>E-Fit</b> <b>9:00a</b> Tai Chi Practice <b>10:15a</b> Tai Chi Beginner      VIDEO	<b>11</b> Circuit <b>9:00a</b> Yoga <b>10:00a</b> Tai Chi Beginner      VIDEO Tai Chi Advanced      VIDEO	<b>12</b> <b>VIDEO FRIDAY</b>  <b>E-Fit</b> Tai Chi Practice
<b>15</b> <b>E-Fit</b> <b>9:00a</b> Enhance Yoga <b>10:15a</b>	<b>16</b> Circuit <b>9:00a</b> Yoga <b>10:00a</b> Tai Chi Beginner <b>11:15a</b> Tai Chi Advanced      VIDEO	<b>17</b> <b>E-Fit</b> <b>9:00a</b> Tai Chi Practice <b>10:15a</b> Tai Chi Beginner      VIDEO	<b>18</b> Circuit <b>9:00a</b> Yoga <b>10:00a</b> Tai Chi Beginner      VIDEO Tai Chi Advanced      VIDEO	<b>19</b> <b>VIDEO FRIDAY</b>  <b>E-Fit</b> Tai Chi Practice
<b>22</b> <b>E-Fit</b> <b>9:00a</b> Enhance Yoga <b>10:15a</b>	<b>23</b> Circuit <b>9:00a</b> Yoga <b>10:00a</b> Tai Chi Beginner <b>11:15a</b> Tai Chi Advanced      VIDEO	<b>24</b> <b>E-Fit</b> <b>9:00a</b> Tai Chi Practice <b>10:15a</b> Tai Chi Beginner      VIDEO	<b>25</b> Circuit <b>9:00a</b> Yoga <b>10:00a</b> Tai Chi Beginner      VIDEO Tai Chi Advanced      VIDEO	<b>26</b> <b>VIDEO FRIDAY</b>  <b>E-Fit</b> Tai Chi Practice

### TAI CHI VIRTUAL OPEN HOUSE | Tuesday, February 9 at 11:15 am via Zoom

Invite your friends, family, neighbors to learn about Tai Chi in a virtual and FREE open house! You have received an email with the zoom join information and the flyer – please forward that to anyone who may be interested.

E-Fit  
M / W  
9:00a – 10:00a  
Friday VIDEO

Circuit  
T / TH  
9:00a – 9:45a

Yoga  
T / TH  
10:00a – 10:45a

Enhance Yoga  
Mondays  
10:15a – 11:00a

Tai Chi Beginner  
Tuesday  
11:15a – 12:00p  
Wednesday VIDEO  
Thursday VIDEO

Tai Chi Practice  
Wednesdays  
10:15a – 11:00a  
Friday VIDEO

Tai Chi Advanced  
Tuesday VIDEO  
Thursday VIDEO

## EAGLECREST HEALTHY AGING

3215 EAGLECREST DRIVE NE GRAND RAPIDS MI 49525

### CONTACT US :

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

LIKE US ON FACEBOOK : EAGLECREST HEALTHY AGING

### PAYMENT

TO ATTEND ANY AND ALL CLASSES **MONTHLY FEE : \$40.00**

**OR E-Fit and Circuit: \$30**

Attend all E-Fit and SS Circuit for the month

**Yoga and Enhance Yoga: \$30**

Attend all Yoga for the month

**Tai Chi Practice, Beginner and Advanced: \$15**

Attend all Tai Chi for the month

TO BE PAID ONLINE BY CREDIT/DEBIT: <https://www.aaawm.org/HA>

WE ARE A **SILVER & FIT AND SILVERSNEAKERS**  
FACILITY. PLEASE CALL OR EMAIL TO CHECK YOUR  
ELIGIBILITY AND SIGN UP!