








The Source for Seniors

DECEMBER 2018

EAGLECREST HEALTHY AGING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 EnhanceFitness 8:30a EnhanceFitness 10:00a	4 Yoga 8:30a Zumba 11:30a	5 EnhanceFitness 8:30a EnhanceFitness 10:00a	6 Yoga 10:30a	7 EnhanceFitness 8:30a
10 EnhanceFitness 8:30a EnhanceFitness 10:00a	11 Yoga 8:30a Zumba 11:30a	12 EnhanceFitness 8:30a EnhanceFitness 10:00a	13 Yoga 10:30a	14 EnhanceFitness 8:30a
17 EnhanceFitness 8:30a EnhanceFitness 10:00a	18 Yoga 8:30a Zumba 11:30a	19 EnhanceFitness 8:30a EnhanceFitness 10:00a	20 Yoga 10:30a	21 EnhanceFitness 8:30a HOLIDAY PARTY!
24  NO CLASS	25  NO CLASS	26  NO CLASS	27  NO CLASS	28  NO CLASS
31 EnhanceFitness 8:30a EnhanceFitness 10:00a	NOTICE: CLASS WILL NOT BE HELD IF FOREST HILLS SCHOOLS ARE CLOSED DUE TO WEATHER!			

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

DECEMBER 21, 2018

ENHANCEFITNESS HOLIDAY PARTY!

DECEMBER 24 – DECEMBER 28

CLOSED FOR THE HOLIDAY

JANUARY 1, 2019

CLOSED FOR NEW YEAR'S DAY

JANUARY 2, 2019

HEALTHY EATING WORKSHOP STARTS

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

THE SILVER&FIT BENEFIT INCLUDES :

A MATTER OF BALANCE
ENHANCEFITNESS; TAI CHI
ZUMBA GOLD; YOGA

NUTRITION CLASSES

IF YOU ARE INTERESTED IN NUTRITION CLASSES WITH OUR REGISTERED DIETITIAN, PLEASE CONTACT STACI AT (616) 588-2580

MULTI-CLASS DISCOUNT AVAILABLE!

EnhanceFitness

M / W / F

8:30a – 9:30a

M / W

10:00a – 11:00a

8 classes for \$24



Zumba Gold

Tuesdays

11:30a – 12:15p

8 classes for \$40



Yoga

Tuesday

8:30a – 9:15a

Thursday

10:30a – 11:15a

8 classes for \$40

Yoga

Tai Chi

T / TH

Beginner Class

9:30a – 10:15a

New session
coming in 2019



Tai Chi

T / TH

Advanced Class

10:30a – 11:15a

New Session
coming Spring 2019



Tai Chi

Mondays

Practice Class

11:15a – 12:00p

New session
coming in 2019



3215 EAGLECREST DRIVE NE GRAND RAPIDS MI 49525

HEALTHY AGING DEPARTMENT (616) 588-2580



PLEASE SEE JILLIAN IF YOU HAVE QUESTIONS REGARDING SILVER&FIT OR TO CHECK YOUR ELIGIBILITY!