

# JANUARY 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  <b>NO CLASS</b>	2 EnhanceFitness 8:30a EnhanceFitness 10:00a Healthy Eating 1:00p	3 Tai Chi Beginner 9:30a Yoga 10:30a	4 EnhanceFitness 8:30a
7 EnhanceFitness 8:30a EnhanceFitness 10:00a	8 Yoga 8:30a Tai Chi Beginner 9:30a Tai Chi Practice 10:30a Zumba 11:30a	9 EnhanceFitness 8:30a EnhanceFitness 10:00a Healthy Eating 1:00p	10 Tai Chi Beginner 9:30a Yoga 10:30a	11 EnhanceFitness 8:30a
14 EnhanceFitness 8:30a EnhanceFitness 10:00a	15 Yoga 8:30a Tai Chi Beginner 9:30a Tai Chi Practice 10:30a Zumba 11:30a	16 EnhanceFitness 8:30a EnhanceFitness 10:00a Healthy Eating 1:00p	17 Tai Chi Beginner 9:30a Yoga 10:30a A Matter of Balance 1:00p	18 EnhanceFitness 8:30a
21  <b>NO CLASS</b>	22 Yoga 8:30a Tai Chi Beginner 9:30a Tai Chi Practice 10:30a Zumba 11:30a	23 EnhanceFitness 8:30a EnhanceFitness 10:00a Healthy Eating 1:00p	24 Tai Chi Beginner 9:30a Yoga 10:30a A Matter of Balance 1:00p	25 EnhanceFitness 8:30a
28 EnhanceFitness 8:30a EnhanceFitness 10:00a	29 Yoga 8:30a Tai Chi Beginner 9:30a Tai Chi Practice 10:30a Zumba 11:30a	30 EnhanceFitness 8:30a EnhanceFitness 10:00a Healthy Eating 1:00p	31 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

**JANUARY 1, 2019**

CLOSED FOR NEW YEAR'S DAY

**JANUARY 2, 2019**

HEALTHY EATING WORKSHOP STARTS

**JANUARY 3, 2019**

TAI CHI BEGINNER SESSION STARTS

**JANUARY 17, 2019**

A MATTER OF BALANCE WORKSHOP STARTS  
REGISTRATION REQUIRED

**JANUARY 21, 2019**

CLOSED FOR MLK JR. DAY

## 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

## 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

Tai Chi

T / TH

Beginner Class

9:30a – 10:15a

New Session!

January 3 – March 12

8 classes for \$24



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!

January 3 – March 12

8 classes for \$24



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 WANT TO CHECK YOUR ELIGIBILITY!