






JANUARY 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
		1  NO CLASS	2 Yoga 10:30a Cardio Fit 11:30a A Matter of Balance 1:00p	3 EnhanceFitness 8:30a EnhanceFitness 10:00a
6 EnhanceFitness 8:30a EnhanceFitness 10:00a	7 Tai Chi Practice 10:30a Cardio Fit 11:30a Yoga 12:30p	8 EnhanceFitness 8:30a EnhanceFitness 10:00a	9 Yoga 10:30a Cardio Fit 11:30a	10 EnhanceFitness 8:30a EnhanceFitness 10:00a
13 EnhanceFitness 8:30a EnhanceFitness 10:00a	14 Tai Chi Practice 10:30a Cardio Fit 11:30a Yoga 12:30p	15 EnhanceFitness 8:30a EnhanceFitness 10:00a	16 Yoga 10:30a Cardio Fit 11:30a	17 EnhanceFitness 8:30a EnhanceFitness 10:00a
20  NO CLASS	21  FREE OPEN HOUSE FREE 10:30a CANCELED Cardio Fit Yoga 12:30p	22 EnhanceFitness 8:30a EnhanceFitness 10:00a	23 Tai Chi Beginner 9:30a Yoga 10:30a Cardio Fit 11:30a	24 EnhanceFitness 8:30a EnhanceFitness 10:00a
27 EnhanceFitness 8:30a EnhanceFitness 10:00a Tai Chi Advanced 11:15a	28 Tai Chi Beginner 9:30a Tai Chi Practice 10:30a Cardio Fit 11:30a Yoga 12:30p	29 EnhanceFitness 8:30a EnhanceFitness 10:00a Tai Chi Advanced 11:15a	30 Tai Chi Beginner 9:30a Yoga 10:30a Cardio Fit 11:30a	31 EnhanceFitness 8:30a EnhanceFitness 10:00a

NEW PROMOTION FOR EXISTING HEALTHY AGING PARTICIPANTS

TRY A TAI CHI CLASS FOR THE FIRST TIME AND ENTER TO WIN A \$25 GIFT CARD OF YOUR CHOICE

UPCOMING EVENTS

JANUARY 1, 2020

NO CLASS – ENJOY THE NEW YEAR

JANUARY 20, 2020

NO CLASS – MLK DAY!

JANUARY 21, 2020

HEALTHY AGING OPEN HOUSE
10:30A

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!

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!

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?

Bring a packet of Information to share with your doctor's office and get a free drink from Deja Brew!

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