





(616) 588-2580
www.aawm.org/HA

January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
NO CLASS 2 	3 SS Circuit w/Angie 9:00a Yoga w/Angie 10:15a Tai Chi w/ Jillian 11:15a	4 EnhanceFitness w/Barb 9:00a EnhanceFitness w/Jillian 10:15a Zoom Circuit w/ Kim 9:00a Zoom Yoga w/Kim 10:00a	5 SS Circuit w/Angie 9:00a Yoga w/Angie 10:15a	6 EnhanceFitness 9:00a Coffee Klatch 10:00a
9 EnhanceFitness w/Barb 9:00a EnhanceFitness w/Jillian 10:15a Zoom SS Circuit w/Kim 9:00a Zoom Yoga w/Kim 10:00a	10 SS Circuit w/Angie 9:00a Yoga w/Angie 10:15a Tai Chi w/ Jillian 11:15a	11 EnhanceFitness w/Barb 9:00a EnhanceFitness w/Jillian 10:15a Zoom Circuit w/ Kim 9:00a Zoom Yoga w/Kim 10:00a	12 SS Circuit w/Angie 9:00a Yoga w/Angie 10:15a	13 EnhanceFitness 9:00a Coffee Klatch 10:00a
NO CLASS 16 	17 SS Circuit w/Angie 9:00a Yoga w/Angie 10:15a Tai Chi w/ Jillian 11:15a	18 EnhanceFitness w/Barb 9:00a EnhanceFitness w/Jillian 10:15a Zoom Circuit w/ Kim 9:00a Zoom Yoga w/Kim 10:00a	19 SS Circuit w/Angie 9:00a Yoga w/Angie 10:15a	20 EnhanceFitness 9:00a Coffee Klatch 10:00a
23 EnhanceFitness w/Barb 9:00a EnhanceFitness w/Jillian 10:15a Zoom SS Circuit w/Kim 9:00a Zoom Yoga w/Kim 10:00a	24 SS Circuit w/Angie 9:00a Yoga w/Angie 10:15a Tai Chi w/ Jillian 11:15a	25 EnhanceFitness w/Barb 9:00a EnhanceFitness w/Jillian 10:15a Zoom Circuit w/ Kim 9:00a Zoom Yoga w/Kim 10:00a	26 SS Circuit w/Angie 9:00a Yoga w/Angie 10:15a	27 EnhanceFitness 9:00a Coffee Klatch 10:00a
30 EnhanceFitness w/Barb 9:00a EnhanceFitness w/Jillian 10:15a Zoom SS Circuit w/Kim 9:00a Zoom Yoga w/Kim 10:00a	31 SS Circuit w/Angie 9:00a Yoga w/Angie 10:15a Tai Chi w/ Jillian 11:15a	REMINDER: The winter weather is HERE! If Forest Hills Public Schools are closed DUE TO WEATHER, classes here will also be canceled.		

EnhanceFitness
M / W / F
9:00a –10:00a

NEW M / W
10:15a – 11:15a

This physical activity class focuses on:

- Muscle strength
- Balance
- Endurance
- Flexibility
- FUN!

IN PERSON CLASS

NEW SS Circuit
Replacing Arthritis Foundation
Exercise Program

T / TH
9:00a –10:00a

This class offers standing, low-impact movement with muscle strengthening using weights and tubes

- Muscle strength
- Balance
- Endurance
- FUN!

IN PERSON CLASS

Yoga
T / TH

10:15a –11:00a

Come join our 45-minute class to strengthen muscles and increase flexibility!

- Improves mental clarity
- Relieves joint pain
- Restorative & Energizing

IN PERSON CLASS

NEW Tai Chi
Tuesdays
11:15a –12:00p

This 45-minute graceful martial art is proven to:

- Improve balance
- Reduce falls
- Gain strength
- Increase flexibility
- Reduce pain
- Improve mental well-being

IN PERSON CLASS

Coffee Klatch
Fridays
10:00a –10:45a

This class is for all members to connect over coffee and goodies. This class is **NOT** an exercise program so dress comfortable and join us to catch up! If you're interested, please feel free to bring something good to share!

IN PERSON CLASS

NEW Yoga
M / W

10:00a –10:45a

Come join our class to strengthen muscles and increase flexibility!

- Improves mental clarity
- Relieves joint pain
- Restorative & Energizing

ZOOM CLASS
With Kim

NEW SS Circuit
Mondays
9:00a –9:45a

This class offers standing, low-impact movement with muscle strengthening using weights and tubes

- Muscle strength
- Balance
- Endurance
- FUN!

ZOOM CLASS
With Kim

NEW E-Fit
Wednesdays
9:00a –10:00a

This physical activity class focuses on:

- Muscle strength
- Balance
- Endurance
- Flexibility
- FUN!

ZOOM CLASS
With Penney

ANNOUNCEMENTS

SILVERSNEAKERS and Silver&Fit

If your insurance holds this [benefit](#), it may cover the cost of classes. Please contact us for more information.

CONTACT US (616) 588-2580 | www.aawm.org/HA

Payment Options:

\$30 All Class Membership

\$40 10 Class Punch Card

\$20 ZOOM Membership

\$5 Per Class Walk In

SILVERSNEAKERS and Silver&Fit

Payment can be made via Cash, Check or Credit Card