



(616) 588-2580  
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[www.aaawm.org/EW](http://www.aaawm.org/EW)

# January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			NO CLASS 	NO CLASS 
5 EnhanceFitness AFEP 9:00a 10:15a	6 Circuit Yoga Stability 9:00a 10:00a 11:00p	7 EnhanceFitness AFEP	8 Power Sculpt Yoga 9:00a 10:00a	9 EnhanceFitness Connection Café (2 <sup>nd</sup> Friday of Every Month) <a href="#">Weekend Virtual Videos</a>
12 EnhanceFitness AFEP 9:00a 10:15a	13 Circuit Yoga Stability 9:00a 10:00a 11:00p	14 EnhanceFitness AFEP	15 Power Sculpt Yoga 9:00a 10:00a	16 EnhanceFitness <a href="#">Weekend Virtual Videos</a>
19 NO CLASS 	20 Circuit Yoga Stability 9:00a 10:00a 11:00p	21 EnhanceFitness AFEP	22 Power Sculpt Yoga 9:00a 10:00a	23 EnhanceFitness <a href="#">Weekend Virtual Videos</a>
26 EnhanceFitness AFEP 9:00a 10:15a	27 Circuit Yoga Stability 9:00a 10:00a 11:00p	28 EnhanceFitness AFEP	29 Power Sculpt Yoga 9:00a 10:00a	30 EnhanceFitness <a href="#">Weekend Virtual Videos</a>

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

This physical activity class focuses on:

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

**Circuit**  
Tuesdays  
**9:00a –9:45a**

low-impact movement with muscle strengthening using weights and tubes.

- Muscle strength
- Balance
- Endurance

**Yoga**  
T / TH  
**10:00a –10:45a**

This class strengthens muscles and increases flexibility!

- Improves mental clarity
- Relieves joint pain

**AFEP**  
(Arthritis Foundation Exercise Program)  
M / W  
**10:15a –11:00a**

This class is designed for everyone, with or without arthritis.

- Gentle movement
- Improve flexibility
- Build muscle

**Power Sculpt**  
Thursdays  
**9:00a – 9:45a**

This 45-minute class aims to:

- Sculpt muscles
- Increase strength
- Improve overall fitness

With a fun and effective workout!

**COMING IN 2026**

**Drums Alive**

The 45-minute class is choreographed to the music using a bucket, exercise ball and drums sticks.

- Brain Health
- Endurance
- Improve mental well-being
- FUN!

**Connection Cafe**  
**2<sup>nd</sup> Friday**  
**Every Month**  
**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**

**Stability**  
Tuesdays  
**11:00a – 11:30a**

Get stronger and improve your balance through exercises that strengthens the ankle, knee, and hip joints, all in a fun and social setting. This class is designed specifically to help prevent falls.

**ANNOUNCEMENTS**

SILVERSNEAKERS, One Pass 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.aaawm.org/EW](http://www.aaawm.org/EW)

**Payment Options:**

\$30 All Class Membership

\$40 10 Class Punch Card

\$40 Couples Membership

\$5 Per Class Walk In

SILVERSNEAKERS, One Pass and Silver&Fit

Payment can be made via Cash, Check or Credit Card