



(616) 588-2580
 healthyaging@aaawm.org
www.aaawm.org/EW

January

2026

Monday	Tuesday	Wednesday	Thursday	Friday
			NO CLASS 1 	NO CLASS 2
5 EnhanceFitness 9:00a AFEP 10:15a	6 Circuit 9:00a Yoga 10:00a Stability 11:00p	7 EnhanceFitness 9:00a AFEP 10:15a	8 Power Sculpt 9:00a Yoga 10:00a	9 EnhanceFitness 9:00a Connection Café 10:00a (2 nd Friday of Every Month) Weekend Virtual Videos
12 EnhanceFitness 9:00a AFEP 10:15a	13 Circuit 9:00a Yoga 10:00a Stability 11:00p	14 EnhanceFitness 9:00a AFEP 10:15a	15 Power Sculpt 9:00a Yoga 10:00a	16 EnhanceFitness 9:00a Weekend Virtual Videos
NO CLASS 19 	20 Circuit 9:00a Yoga 10:00a Stability 11:00p	21 EnhanceFitness 9:00a AFEP 10:15a	22 Power Sculpt 9:00a Yoga 10:00a	23 EnhanceFitness 9:00a Weekend Virtual Videos
26 EnhanceFitness 9:00a AFEP 10:15a	27 Circuit 9:00a Yoga 10:00a Stability 11:00p	28 EnhanceFitness 9:00a AFEP 10:15a	29 Power Sculpt 9:00a Yoga 10:00a	30 EnhanceFitness 9:00a Weekend Virtual Videos

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
2nd 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

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