



# JULY 2019

## EAGLECREST HEALTHY AGING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> EnhanceFitness 8:30a EnhanceFitness 10:00a	<b>2</b> Fast & Fit 11:30a Yoga 12:30p	<b>3</b> EnhanceFitness 8:30a EnhanceFitness 10:00a	<b>4</b>  NO CLASS	<b>5</b> EnhanceFitness 8:30a
<b>8</b> EnhanceFitness 8:30a EnhanceFitness 10:00a EnhanceFitness 5:00p	<b>9</b> Fast & Fit 11:30a Yoga 12:30p	<b>10</b> EnhanceFitness 8:30a EnhanceFitness 10:00a EnhanceFitness 5:00p	<b>11</b> Yoga 10:30a Fast & Fit 11:30a A Matter of Balance 1:00p	<b>12</b> EnhanceFitness 8:30a EnhanceFitness 10:00a
<b>15</b> EnhanceFitness 8:30a EnhanceFitness 10:00a Tai Chi Advanced 11:15a EnhanceFitness 5:00p	<b>16</b> Tai Chi Beginner 9:30a Tai Chi Practice 10:30a Fast & Fit 11:30a Yoga 12:30p	<b>17</b> EnhanceFitness 8:30a EnhanceFitness 10:00a Tai Chi Advanced 11:15a EnhanceFitness 5:00p	<b>18</b> Tai Chi Beginner 9:30a Yoga 10:30a Fast & Fit 11:30a A Matter of Balance 1:00p	<b>19</b> EnhanceFitness 8:30a EnhanceFitness 10:00a
<b>22</b> EnhanceFitness 8:30a EnhanceFitness 10:00a Tai Chi Advanced 11:15a EnhanceFitness 5:00p	<b>23</b> Tai Chi Beginner 9:30a Tai Chi Practice 10:30a Fast & Fit 11:30a Yoga 12:30p	<b>24</b> EnhanceFitness 8:30a EnhanceFitness 10:00a Tai Chi Advanced 11:15a EnhanceFitness 5:00p	<b>25</b> Tai Chi Beginner 9:30a Yoga 10:30a Fast & Fit 11:30a A Matter of Balance 1:00p	<b>26</b> EnhanceFitness 8:30a EnhanceFitness 10:00a
<b>29</b> EnhanceFitness 8:30a EnhanceFitness 10:00a Tai Chi Advanced 11:15a EnhanceFitness 5:00p	<b>30</b> Tai Chi Beginner 9:30a Tai Chi Practice 10:30a Fast & Fit 11:30a Yoga 12:30p	<b>31</b> EnhanceFitness 8:30a EnhanceFitness 10:00a Tai Chi Advanced 11:15a EnhanceFitness 5:00p		

### MONTHLY PROMOTIONS!

**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 Healthy Aging Information to share with your doctor's office and get a free drink from Deja Brew!



PLEASE SEE JILLIAN TO CHECK YOUR ELIGIBILITY!

## MULTI-CLASS DISCOUNT AVAILABLE!

### UPCOMING EVENTS

#### TAI CHI SCHEDULE CHANGES

**TAI CHI ADVANCED** CHANGES TO  
M / W AT 11:15A

**TAI CHI PRACTICE** STARTS ON  
TUESDAYS AT 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&FIT

Includes: A Matter of Balance  
EnhanceFitness, Fast & Fit, Tai Chi and  
Yoga

#### NUTRITION CLASSES

Interested in nutrition classes with our  
registered dietitian? Please contact Staci  
at (616) 588-2580

Fast and Fit  
T / TH  
**11:30a – 12:10p**

8 classes for \$24



Tai Chi  
T / TH

Beginner Class  
**9:30a – 10:15a**  
8 classes for \$24



Tai Chi  
T / TH

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**  
M / W  
**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



EnhanceFitness  
**BRAND NEW**

M / W

**5:00p – 6:00p**

8 classes for \$24  
**STARTING JULY 8**



3215 EAGLECREST DRIVE NE GRAND RAPIDS MI 49525

HEALTHY AGING DEPARTMENT (616) 588-2580