




EAGLECREST HEALTHY AGING CLASSES

JULY 2021 LIVE ZOOM CLASSES!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Circuit Yoga	2 E-Fit Tai Chi Practice
			VIDEO VIDEO	VIDEO VIDEO
5  NO CLASS	6 Circuit Yoga	7 E-Fit Tai Chi Practice ALED workshop	8 Circuit Yoga	9 E-Fit Tai Chi Practice
	9:00a 10:00a	9:00a 10:15a 1:30p	9:00a 10:00a	VIDEO VIDEO
12 E-Fit	13 Circuit Yoga	14 E-Fit Tai Chi Practice ALED workshop	15 Circuit Yoga	16 E-Fit Tai Chi Practice
9:00a	9:00a 10:00a	9:00a 10:15a 1:30p	9:00a 10:00a	VIDEO VIDEO
19 E-Fit	20 Circuit Yoga	21 E-Fit Tai Chi Practice ALED workshop	22 Circuit Yoga	23 E-Fit Tai Chi Practice
9:00a	9:00a 10:00a	9:00a 10:15a 1:30p	9:00a 10:00a	VIDEO VIDEO
26 E-Fit	27 Circuit Yoga	28 E-Fit Tai Chi Practice ALED workshop	29 Circuit Yoga	30 E-Fit Tai Chi Practice
9:00a	9:00a 10:00a	9:00a 10:15a 1:30p	9:00a 10:00a	VIDEO VIDEO

<p>E-Fit</p> <p>M / W</p> <p>9:00a – 10:00a</p> <p>Friday VIDEO</p>	<p>Yoga</p> <p>T / TH</p> <p>10:00a – 10:45a</p>	<p>Enhance Yoga</p> <p>Not currently scheduled</p>	<p>A Matter of Balance</p> <p>Not currently scheduled</p>
<p>Tai Chi</p> <p>Not currently scheduled</p>	<p>Tai Chi Practice</p> <p>Wednesdays</p> <p>10:15a – 11:00a</p> <p>Friday VIDEO</p>	<p>Circuit</p> <p>T / TH</p> <p>9:00a – 9:45</p>	<p>Active Living Every Day (ALED)</p> <p>Wednesdays</p> <p>1:30p – 2:30p</p> <p>REGISTRATION REQUIRED</p>

EAGLECREST HEALTHY AGING

3215 EAGLECREST DRIVE NE GRAND RAPIDS MI 49525

CONTACT US :

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VISIT OUR WEBSITE AT : WWW.AAAWM.ORG/HA

LIKE US ON FACEBOOK : EAGLECREST HEALTHY AGING

PAYMENT

TO ATTEND ANY AND ALL CLASSES **MONTHLY FEE : \$40.00**

OR E-Fit and Circuit: \$30

Attend all E-Fit and SS Circuit for the month

Yoga and Enhance Yoga: \$30

Attend all Yoga for the month

Tai Chi Practice, Beginner and Advanced: \$15

Attend all Tai Chi for the month

TO BE PAID ONLINE BY CREDIT/DEBIT: <https://www.aaawm.org/HA>

WE ARE A **SILVER & FIT AND SILVERSNEAKERS**
FACILITY. PLEASE CALL OR EMAIL TO CHECK YOUR
ELIGIBILITY AND SIGN UP!