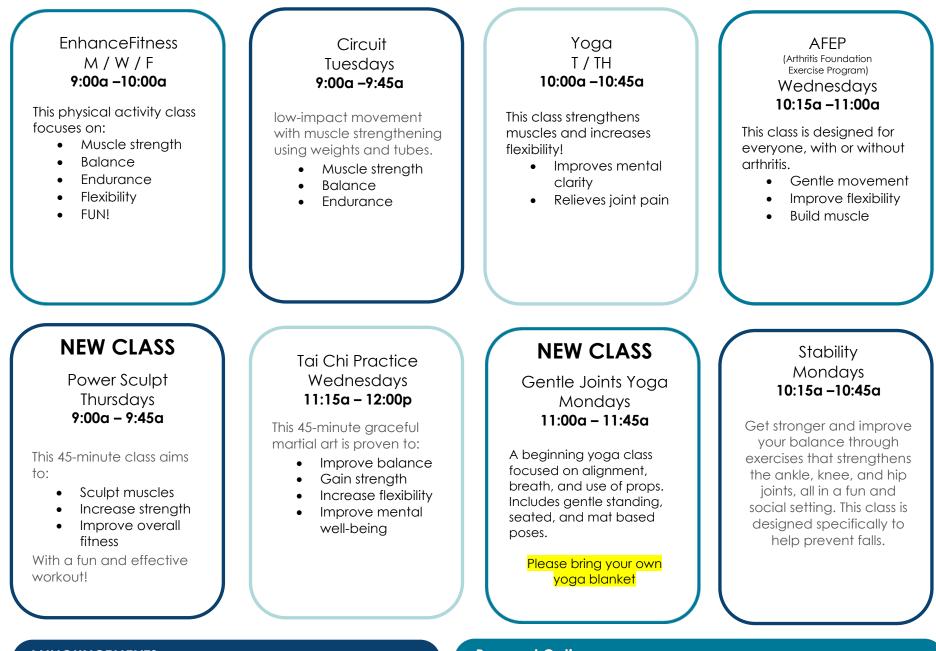


(616) 588-2580 healthyaging@aaawm.org www.aaawm.org/EW

July 2025

Monday		Tuesday		Wednesday		Thursday		Friday	
		Circuit Yoga	1 9:00a 10:00a	EnhanceFitness AFEP	2 9:00a 10:15a	Power Sculpt Yoga	3 9:00a 10:00a	NO CLASS	4
EnhanceFitness Stability Gentle Joints Yoga	7 9:00a 10:15a 11:00a	Circuit Yoga	8 9:00a 10:00a	EnhanceFitness AFEP Tai Chi Practice	9 9:00a 10:15a 11:15a	Power Sculpt Yoga	10 9:00a 10:00a	EnhanceFitness CRAZY T-SHIRT D/ Connection Café Weekend Virtual Video	10:00a
EnhanceFitness Stability Gentle Joints Yoga	14 9:00a 10:15a 11:00a	Circuit Yoga	15 9:00a 10:00a	EnhanceFitness AFEP	16 9:00a 10:15a	Power Sculpt Yoga	17 9:00a 10:00a	EnhanceFitness CRAZY T-SHIRT D/ Connection Café Weekend Virtual Video	10:00a
EnhanceFitness Stability Gentle Joints Yoga	21 9:00a 10:15a 11:00a	Circuit Yoga	22 9:00a 10:00a	EnhanceFitness AFEP Tai Chi Practice	23 9:00a 10:15a 11:15a	Power Sculpt Yoga	24 9:00a 10:00a	EnhanceFitness CRAZY T-SHIRT D/ Connection Café Weekend Virtual Video	10:00a
EnhanceFitness Stability Gentle Joints Yoga	28 9:00a 10:15a 11:00a	Circuit Yoga	29 9:00a 10:00a	EnhanceFitness AFEP	30 9:00a 10:15a	Power Sculpt Yoga	31 9:00a 10:00a		



ANNOUNCEMENTS

SILVERSNEAKERS, One Pass and Silver&Fit If your insurance holds this <u>benefit</u>, 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\$40 Couples Membership\$5 Per of\$ILVERSNEAKERS, One Pass and Silver&FitPayment can be made via Cash, Check or Credit Card

\$40 10 Class Punch Card \$5 Per Class Walk In Iver&Fit