



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

# July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Circuit Yoga 9:00a 10:00a	2 EnhanceFitness AFEP 9:00a 10:15a	3 Power Sculpt Yoga 9:00a 10:00a	4 <b>NO CLASS</b> 
7 EnhanceFitness 9:00a Stability 10:15a Gentle Joints Yoga 11:00a	8 Circuit Yoga 9:00a 10:00a	9 EnhanceFitness 9:00a AFEP 10:15a Tai Chi Practice 11:15a	10 Power Sculpt Yoga 9:00a 10:00a	11 EnhanceFitness 9:00a <b>CRAZY T-SHIRT DAY</b> Connection Café 10:00a <a href="#">Weekend Virtual Videos</a>
14 EnhanceFitness 9:00a Stability 10:15a Gentle Joints Yoga 11:00a	15 Circuit Yoga 9:00a 10:00a	16 EnhanceFitness 9:00a AFEP 10:15a	17 Power Sculpt Yoga 9:00a 10:00a	18 EnhanceFitness 9:00a <b>CRAZY T-SHIRT DAY</b> Connection Café 10:00a <a href="#">Weekend Virtual Videos</a>
21 EnhanceFitness 9:00a Stability 10:15a Gentle Joints Yoga 11:00a	22 Circuit Yoga 9:00a 10:00a	23 EnhanceFitness 9:00a AFEP 10:15a Tai Chi Practice 11:15a	24 Power Sculpt Yoga 9:00a 10:00a	25 EnhanceFitness 9:00a <b>CRAZY T-SHIRT DAY</b> Connection Café 10:00a <a href="#">Weekend Virtual Videos</a>
28 EnhanceFitness 9:00a Stability 10:15a Gentle Joints Yoga 11:00a	29 Circuit Yoga 9:00a 10:00a	30 EnhanceFitness 9:00a AFEP 10:15a	31 Power Sculpt Yoga 9:00a 10:00a	

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)  
Wednesdays  
**10:15a –11:00a**

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

- Gentle movement
- Improve flexibility
- Build muscle

**NEW CLASS**

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!

Tai Chi Practice  
Wednesdays  
**11:15a – 12:00p**

This 45-minute graceful martial art is proven to:

- Improve balance
- Gain strength
- Increase flexibility
- Improve mental well-being

**NEW CLASS**

Gentle Joints Yoga  
Mondays  
**11:00a – 11:45a**

A beginning yoga class focused on alignment, breath, and use of props. Includes gentle standing, seated, and mat based poses.

Please bring your own  
yoga blanket

Stability  
Mondays  
**10:15a –10:45a**

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