



JUNE 2019

EAGLECREST HEALTHY AGING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 EnhanceFitness 8:30a EnhanceFitness 10:00a	4 Tai Chi Beginner 9:30a Tai Chi Advanced 10:30a Fast & Fit 11:30a Yoga 12:30p	5 EnhanceFitness 8:30a EnhanceFitness 10:00a	6 Tai Chi Beginner 9:30a Yoga 10:30a Fast & Fit 11:30a A Matter of Balance 1:00p	7 EnhanceFitness 8:30a Tai Chi Advanced 10:00a
10 EnhanceFitness 8:30a EnhanceFitness 10:00a	11 Tai Chi Beginner 9:30a Tai Chi Advanced 10:30a Fast & Fit 11:30a Yoga 12:30p	12 EnhanceFitness 8:30a EnhanceFitness 10:00a	13 Tai Chi Beginner 9:30a Yoga 10:30a Fast & Fit 11:30a A Matter of Balance 1:00p	14 EnhanceFitness 8:30a Tai Chi Advanced 10:00a
17 EnhanceFitness 8:30a EnhanceFitness 10:00a	18 Tai Chi Beginner 9:30a Tai Chi Advanced 10:30a Fast & Fit 11:30a Yoga 12:30p	19 EnhanceFitness 8:30a EnhanceFitness 10:00a	20 Tai Chi Beginner 9:30a Yoga 10:30a Fast & Fit 11:30a A Matter of Balance 1:00p	21 EnhanceFitness 8:30a Tai Chi Advanced 10:00a
24 EnhanceFitness 8:30a EnhanceFitness 10:00a	25 Tai Chi Beginner 9:30a Tai Chi Advanced 10:30a Fast & Fit 11:30a Yoga 12:30p	26 EnhanceFitness 8:30a EnhanceFitness 10:00a	27 Tai Chi Beginner 9:30a Yoga 10:30a Fast & Fit 11:30a A Matter of Balance 1:00p	28 EnhanceFitness 8:30a Tai Chi Advanced 10:00a

MONTHLY PROMOTIONS!

- BRING A FRIEND TO CLASS!** Bring a friend to class and enter for a chance at a \$50 gift card! No need for friend to sign up! The more friends you bring the more chances you have to win!
- 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

NEW ENHANCEFITNESS CLASSES

STARTING IN JULY

Friday

10:00a – 11:00a

Monday and Wednesday

5:00p – 6:00p

TAI CHI SCHEDULE CHANGES

STARTING IN JULY

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

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

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



A Matter of Balance

Thursdays

1:00p – 3:00p

No Charge

REGISTRATION
REQUIRED



Tai Chi

Advanced Class

Tuesday

10:30a – 11:15a

Friday

10:00a – 10:45a

8 classes for \$24



3215 EAGLECREST DRIVE NE GRAND RAPIDS MI 49525

HEALTHY AGING DEPARTMENT (616) 588-2580