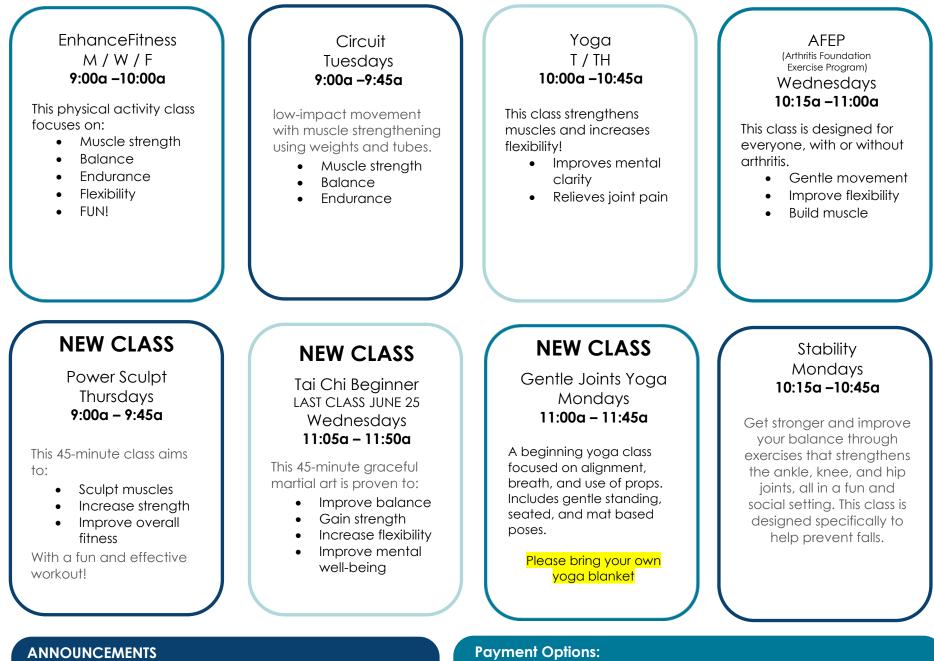


(616) 588-2580 healthyaging@aaawm.org www.aaawm.org/EW

June 2025

Monday		Tuesday		Wednesday		Thursday		Friday	
EnhanceFitness Stability Gentle Joints Yoga	2 9:00a 10:15a 11:00a	Circuit Yoga	3 9:00a 10:00a	EnhanceFitness AFEP Tai Chi Beginner	4 9:00a 10:15a 11:05a	Power Sculpt Yoga	5 9:00a 10:00a	EnhanceFitness Connection Café Weekend Virtual Vide	6 9:00a 10:00a eos
EnhanceFitness Stability Gentle Joints Yoga	9 9:00a 10:15a 11:00a	Circuit Yoga	10 9:00a 10:00a	EnhanceFitness AFEP Tai Chi Beginner	11 9:00a 10:15a 11:05a	Power Sculpt Yoga	12 9:00a 10:00a	EnhanceFitness Connection Café Weekend Virtual Vide	13 9:00a 10:00a 2005
EnhanceFitness Stability Gentle Joints Yoga	16 9:00a 10:15a 11:00a	Circuit Yoga	17 9:00a 10:00a	EnhanceFitness AFEP Tai Chi Beginner	18 9:00a 10:15a 11:05a	NO CLASS		EnhanceFitness Connection Café Weekend Virtual Vide	20 9:00a 10:00a 205
EnhanceFitness Stability Gentle Joints Yoga	23 9:00a 10:15a 11:00a	Circuit Yoga	24 9:00a 10:00a	EnhanceFitness AFEP Tai Chi Beginner	25 9:00a 10:15a 11:05a	Power Sculpt Yoga	26 9:00a 10:00a	EnhanceFitness Connection Café Weekend Virtual Vide	27 9:00a 10:00a 205
EnhanceFitness Stability Gentle Joints Yoga	30 9:00a 10:15a 11:00a								



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

\$30 All Class Membership \$40 Couples Membership SILVERSNEAKERS, One Pass and Silver&Fit Payment can be made via Cash. Check or Credit Card

\$40 10 Class Punch Card \$5 Per Class Walk In