



MARCH 2019

EAGLECREST HEALTHY AGING CLASSES

NOTICE: CLASS WILL NOT BE HELD IF FOREST HILLS SCHOOLS ARE CLOSED DUE TO WEATHER!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 EnhanceFitness 8:30a
4 EnhanceFitness 8:30a EnhanceFitness 10:00a	5 Yoga 8:30a Tai Chi Beginner 9:30a Tai Chi Practice 10:30a Fast & Fit 11:30a	6 EnhanceFitness 8:30a EnhanceFitness 10:00a	7 Tai Chi Beginner 9:30a Yoga 10:30a Fast & Fit 11:30a A Matter of Balance 1:00p	8 EnhanceFitness 8:30a
11 EnhanceFitness 8:30a EnhanceFitness 10:00a	12 Yoga 8:30a Tai Chi Beginner 9:30a Tai Chi Practice 10:30a Fast & Fit 11:30a	13 EnhanceFitness 8:30a EnhanceFitness 10:00a	14 Yoga 10:30a Fast & Fit 11:30a A Matter of Balance 1:00p	15 EnhanceFitness 8:30a
18 EnhanceFitness 8:30a EnhanceFitness 10:00a CANCELLED	19 Yoga 8:30a Fast & Fit 11:30a	20 EnhanceFitness 8:30a EnhanceFitness 10:00a	21 Yoga 10:30a Fast & Fit 11:30a	22 EnhanceFitness 8:30a
25 EnhanceFitness 8:30a EnhanceFitness 10:00a	26 Yoga 8:30a Fast & Fit 11:30a	27 EnhanceFitness 8:30a EnhanceFitness 10:00a	28 Yoga 10:30a Fast & Fit 11:30a	29 EnhanceFitness 8:30a

MONTHLY PROMOTIONS!

BRING A FRIEND TO CLASS! If your friend signs up for class, receive \$5 off your next punch card OR \$5 gift card to Meijer

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

MARCH 7, 2019

FAST AND FIT STARTS THURSDAYS!!
11:30A – 12:10P

MARCH 28, 2019

A MATTER OF BALANCE WORKSHOP
MARCH 28 – MAY 16
1:00P – 3:00P
REGISTRATION REQUIRED

EnhanceFitness

M / W / F

8:30a – 9:30a

M / W

10:00a – 11:00a

8 classes for \$24



Healthy Eating

Tuesdays

1:00p – 3:30p

No Charge

REGISTRATION

REQUIRED



Fast and Fit

T / TH

11:30a – 12:10p

8 classes for \$24



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

Tai Chi

T / TH

Beginner Class

9:30a – 10:15a

**New Session Coming in
the Spring!**

8 classes for \$24



Yoga

Tuesday

8:30a – 9:15a

Thursday

10:30a – 11:15a

8 classes for \$40

Yoga

Tai Chi

Mondays

Advanced Class

11:15a – 12:00p

**New Session Coming in
the Spring!**

8 classes for \$24



3215 EAGLECREST DRIVE NE GRAND RAPIDS MI 49525

HEALTHY AGING DEPARTMENT (616) 588-2580