



MARCH 2020

EAGLECREST HEALTHY AGING CLASSES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 EnhanceFitness 8:30a EnhanceFitness 10:00a	3 Tai Chi Beginner 9:30a Tai Chi Practice 10:30a Cardio Fit 11:30a Yoga 12:30p	4 EnhanceFitness 8:30a EnhanceFitness 10:00a	5 Tai Chi Beginner 9:30a Yoga 10:30a Cardio Fit 11:30a	6 EnhanceFitness 8:30a EnhanceFitness 10:00a
9 EnhanceFitness 8:30a EnhanceFitness 10:00a	10 Tai Chi Beginner 9:30a Tai Chi Practice 10:30a Cardio Fit 11:30a Yoga 12:30p	11 EnhanceFitness 8:30a EnhanceFitness 10:00a	12 ALL CLASSES CANCELED Returning March 30, 2020	13 ALL CLASSES CANCELED Returning March 30, 2020
16 ALL CLASSES CANCELED Returning March 30, 2020	17 ALL CLASSES CANCELED Returning March 30, 2020	18 ALL CLASSES CANCELED Returning March 30, 2020	19 ALL CLASSES CANCELED Returning March 30, 2020	20 ALL CLASSES CANCELED Returning March 30, 2020
23 ALL CLASSES CANCELED Returning March 30, 2020	24 ALL CLASSES CANCELED Returning March 30, 2020	25 ALL CLASSES CANCELED Returning March 30, 2020	26 ALL CLASSES CANCELED Returning March 30, 2020	27 ALL CLASSES CANCELED Returning March 30, 2020
30 EnhanceFitness 8:30a EnhanceFitness 10:00a Tai Chi 11:15a	31 EnhanceFitness 9:00a Tai Chi Practice 10:30a SilverSneakers Circuit 11:30a Yoga 12:30p			

ATTEND 12 HEALTHY AGING CLASSES AND RECEIVE AN ENHANCEFITNESS TOWEL!!

STARTING FEBRUARY 2020 - WHILE SUPPLIES LAST

PLAN TO SEE YOUR DOCTOR, PA, PT, OT? Bring a packet of Healthy Aging Information to share and get a free drink from Deja Brew!

UPCOMING EVENTS

MARCH 12 – APRIL 30

A MATTER OF BALANCE WORKSHOP

8 WEEK SESSION - REGISTRATION REQUIRED

SCHEDULE CHANGES

STARTING MARCH 17 - ENHANCEFITNESS
Adding Tuesday / Thursday at 9:00a

STARTING MARCH 17 – CARDIO FIT
Will be SilverSneakers Circuit where we will use tubes and weights for strength through choreographed movement

STARTING MARCH 23 – TAI CHI
Moving Tai Chi Beginner class to 11:15a on Monday / Wednesday
Tai Chi Beginner will now be Tai Chi

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 SNEAKERS & SILVER&FIT
We are Silver Sneakers and Silver&Fit certified! Use your benefit here!

NUTRITION CLASSES
Interested in nutrition classes with our registered dietitian? Please contact Staci at (616) 588-2580

Want to try a class?
First class is always **FREE!**

 **SILVER&FIT AND SILVER SNEAKERS FACILITY!**

PLEASE SEE JILLIAN TO CHECK YOUR ELIGIBILITY!

SilverSneakers
Circuit
T / TH

11:30a – 12:15p

8 classes for \$24

Tai Chi
M / W

11:15a – 12:00p

8 classes for \$24



Tai Chi
Tuesdays
Practice Class

10:30a – 11:15a

8 classes for \$24



EnhanceFitness
M / W / F

8:30a – 9:30a

10:00a – 11:00a

T / Th

9:00a – 10:00a

8 classes for \$24



Yoga
Tuesday
12:30p – 1:15p

Thursday
10:30a – 11:15a

8 classes for \$40

Yoga

A Matter of Balance
Thursdays
1:00p – 3:00p

**REGISTRATION
REQUIRED**

Contact Barb or Jillian



3215 EAGLECREST DRIVE NE GRAND RAPIDS MI 49525

HEALTHY AGING DEPARTMENT (616) 588-2580

HEALTHYAGING@AAAWM.ORG

VISIT OUR WEBSITE AT : WWW.AAAWM.ORG

LIKE US ON FACEBOOK : EAGLECREST HEALTHY AGING