

# 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		3		4		5		6	
EnhanceFitness	8:30a	Tai Chi Beginner	9:30a	EnhanceFitness	8:30a	Tai Chi Beginner	9:30a	EnhanceFitness	8:30a
EnhanceFitness	10:00a	Tai Chi Practice	10:30a	EnhanceFitness	10:00a	Yoga	10:30a	EnhanceFitness	10:00a
		Cardio Fit	11:30a			Cardio Fit	11:30a		
		Yoga	12:30p						
9		10		11		12		13	
EnhanceFitness	8:30a	Tai Chi Beginner	9:30a	EnhanceFitness	8:30a				
EnhanceFitness	10:00a	Tai Chi Practice	10:30a	EnhanceFitness	10:00a	ALL CLASSES CA	NCELED	ALL CLASSES CA	NCELED
		Cardio Fit	11:30a			Returning March	30, 2020	Returning March	30, 2020
		Yoga	12:30p						
16		17		18		19		20	
ALL CLASSES CANCELED		ALL CLASSES CANCELED		ALL CLASSES CANCELED		ALL CLASSES CANCELED		ALL CLASSES CANCELED	
Returning March 30, 2020		Returning March 30, 2020		Returning March 30, 2020		Returning March 30, 2020		Returning March 30, 2020	
23		24		25		26		27	
ALL CLASSES CANCELED		ALL CLASSES CANCELED		ALL CLASSES CANCELED		ALL CLASSES CANCELED		ALL CLASSES CANCELED	
Returning March 30, 2020		Returning March 30, 2020		Returning March 30, 2020		Returning March 30, 2020		Returning March 30, 2020	
30		31							
EnhanceFitness	8:30a	EnhanceFitness	9:00a						
EnhanceFitness	10:00a	Tai Chi Practice	10:30a						
Tai Chi	11:15a	SilverSneakers Circui	t 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

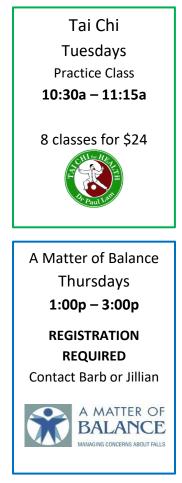
EnhanceFitness M / W / F 8:30a – 9:30a 10:00a – 11:00a T / Th 9:00a – 10:00a





Yoga Tuesday 12:30p – 1:15p Thursday 10:30a – 11:15a 8 classes for \$40

Yoga



3215 EAGLECREST DRIVE NE GRAND RAPIDS MI 49525 HEALTHY AGING DEPARTMENT (616) 588-2580 HEALTHYAGING@AAAWM.ORG

VISIT OUR WEBSITE AT : <u>WWW.AAAWM.ORG</u> LIKE US ON FACEBOOK : EAGLECREST HEALTHY AGING