




The Source for Seniors

# MAY 2019

## EAGLECREST HEALTHY AGING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 EnhanceFitness 8:30a EnhanceFitness 10:00a	2 Tai Chi Beginner 9:30a Yoga 10:30a Fast & Fit 11:30a A Matter of Balance 1:00p	3 EnhanceFitness 8:30a Tai Chi Advanced 10:00a
6 EnhanceFitness 8:30a EnhanceFitness 10:00a	7 Yoga 8:30a Tai Chi Beginner 9:30a Tai Chi Advanced 10:30a Fast & Fit 11:30a	8 EnhanceFitness 8:30a EnhanceFitness 10:00a	9 Tai Chi Beginner 9:30a Yoga 10:30a Fast & Fit 11:30a A Matter of Balance 1:00p	10 EnhanceFitness 8:30a Tai Chi Advanced 10:00a
13 EnhanceFitness 8:30a EnhanceFitness 10:00a	14 Yoga 8:30a Tai Chi Beginner 9:30a Tai Chi Advanced 10:30a Fast & Fit 11:30a	15 EnhanceFitness 8:30a EnhanceFitness 10:00a	16 Tai Chi Beginner 9:30a Yoga 10:30a Fast & Fit 11:30a A Matter of Balance 1:00p	17 EnhanceFitness 8:30a Tai Chi Advanced 10:00a
20 EnhanceFitness 8:30a EnhanceFitness 10:00a	21 Yoga 8:30a TAI CHI 9:30a CANCELED TAI CHI 10:30a CANCELED Fast & Fit 11:30a	22 EnhanceFitness 8:30a EnhanceFitness 10:00a	23 TAI CHI 9:30a CANCELED Yoga 10:30a Fast & Fit 11:30a	24 EnhanceFitness 8:30a TAI CHI 10:00a CANCELED
27  NO CLASS	28 Yoga 8:30a Tai Chi Beginner 9:30a Tai Chi Advanced 10:30a Fast & Fit 11:30a	29 EnhanceFitness 8:30a EnhanceFitness 10:00a	30 Tai Chi Beginner 9:30a Yoga 10:30a Fast & Fit 11:30a	31 EnhanceFitness 8:30a Tai Chi Advanced 10:00a

### MONTHLY PROMOTIONS!

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

**JUNE 6, 2019**

A MATTER OF BALANCE WORKSHOP STARTS!  
REGISTRATION REQUIRED

**JUNE 27, 2019**

TAI CHI BEGINNER SESSION  
ENDS THURSDAY JUNE 27

**JUNE 28, 2019**

TAI CHI ADVANCED SESSION  
ENDS FRIDAY JUNE 28

EnhanceFitness

M / W / F

8:30a – 9:30a

M / W

10:00a – 11:00a

8 classes for \$24



Yoga

Tuesday

8:30a – 9:15a

Thursday

10:30a – 11:15a

8 classes for \$40

Yoga

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

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