






The Source for Seniors

NOVEMBER 2018

EAGLECREST HEALTHY AGING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NOTICE: CLASS WILL NOT BE HELD IF FOREST HILLS SCHOOLS ARE CLOSED DUE TO WEATHER!</p>			<p>1 Tai Chi Beginner 9:30a Tai Chi Advanced 10:30a</p>	<p>2 EnhanceFitness 8:30a Yoga 10:00a</p>
<p>5 EnhanceFitness 8:30a EnhanceFitness 10:00a Tai Chi Practice 11:15a</p>	<p>6 Yoga 8:30a Tai Chi Beginner 9:30a Tai Chi Advanced 10:30a Zumba CANCELLED</p>	<p>7 EnhanceFitness 8:30a EnhanceFitness 10:00a Diabetes PATH 1:00p</p>	<p>8 Tai Chi Beginner 9:30a Tai Chi Advanced 10:30a</p>	<p>9 EnhanceFitness 8:30a Yoga CANCELLED</p>
<p>12  VETERANS DAY NO CLASS</p>	<p>13 Yoga 8:30a Tai Chi Beginner 9:30a Tai Chi Advanced 10:30a Zumba 11:30a</p>	<p>14 EnhanceFitness 8:30a EF 10:00a CANCELLED Diabetes PATH 1:00p</p>	<p>15 Tai Chi Beginner 9:30a Tai Chi Advanced 10:30a</p>	<p>16 EnhanceFitness 8:30a Yoga 10:00a</p>
<p>19 EnhanceFitness 8:30a EnhanceFitness 10:00a Tai Chi Practice 11:15a</p>	<p>20 Yoga 8:30a Tai Chi Beginner 9:30a Tai Chi Advanced 10:30a Zumba 11:30a</p>	<p>21 EnhanceFitness 8:30a EnhanceFitness 10:00a</p>	<p>22  NO CLASS</p>	<p>23  NO CLASS</p>
<p>26 EnhanceFitness 8:30a EnhanceFitness 10:00a</p>	<p>27 Yoga 8:30a Zumba 11:30a</p>	<p>28 EnhanceFitness 8:30a EnhanceFitness 10:00a</p>	<p>29</p>	<p>30 EnhanceFitness 8:30a Yoga 10:00a</p>

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!

UPCOMING EVENTS

NOVEMBER 19, 2018

LAST DAY OF TAI CHI PRACTICE

NOVEMBER 20, 2018

LAST DAY OF TAI CHI
BEGINNER AND ADVANCED

NOVEMBER 30, 2018

LAST DAY OF YOGA FRIDAYS
(CONTINUE TO CHECK THE SCHEDULE FOR UPDATES)

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

THE SILVER&FIT BENEFIT INCLUDES :
A MATTER OF BALANCE
ENHANCEFITNESS; TAI CHI
ZUMBA GOLD; YOGA FIT

NUTRITION CLASSES

IF YOU ARE INTERESTED IN NUTRITION CLASSES
WITH OUR REGISTERED DIETITIAN, PLEASE
CONTACT STACI AT (616) 222-7007

MULTI-CLASS DISCOUNT AVAILABLE!

EnhanceFitness

M / W / F

8:30a – 9:30a

M / W

10:00a – 11:00a

8 classes for \$24



Zumba Gold

Tuesdays

11:30a – 12:15p

8 classes for \$40



Yoga

Tuesday

8:30a – 9:15a

Friday

10:00a – 10:45a

8 classes for \$40

Yoga

Tai Chi

T / TH

Beginner Class

9:30a – 10:15a

9/13/18 – 11/20/18

\$60 / 10 week session



Tai Chi

T / TH

Advanced Class

10:30a – 11:15a

9/13/18 – 11/20/18

No class 10/16, 10/23

8 classes for \$24



Tai Chi

Mondays

Practice Class

11:15a – 12:00p

10/8/18 – 11/19/18

8 classes for \$24



3215 EAGLECREST DRIVE NE GRAND RAPIDS MI 49525

HEALTHY AGING DEPARTMENT (616) 588-2580



PLEASE SEE JILLIAN IF YOU HAVE QUESTIONS REGARDING SILVER&FIT OR TO CHECK YOUR ELIGIBILITY!