




NOVEMBER 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 EnhanceFitness 10:00a
4 EnhanceFitness 8:30a EnhanceFitness 10:00a Tai Chi Advanced 11:15a	5 Tai Chi Beginner 9:30a Tai Chi Practice 10:30a Cardio Fit 11:30a Yoga 12:30p	6 EnhanceFitness 8:30a EnhanceFitness 10:00a Tai Chi Advanced 11:15a	7 Tai Chi Beginner 9:30a Yoga 10:30a Cardio Fit 11:30a A Matter of Balance 1:00p	8 EnhanceFitness 8:30a EnhanceFitness 10:00a
11  NO CLASS	12 Tai Chi Beginner 9:30a Tai Chi Practice 10:30a Cardio Fit 11:30a YOGA CANCELED	13 EnhanceFitness 8:30a EnhanceFitness 10:00a Tai Chi Advanced 11:15a	14 Tai Chi Beginner 9:30a Yoga 10:30a Cardio Fit 11:30a A Matter of Balance 1:00p	15 EnhanceFitness 8:30a EnhanceFitness 10:00a
18 EnhanceFitness 8:30a EnhanceFitness 10:00a	19 Cardio Fit 11:30a YOGA CANCELED	20 EnhanceFitness 8:30a EnhanceFitness 10:00a	21 Yoga 10:30a Cardio Fit 11:30a A Matter of Balance 1:00p	22 EnhanceFitness 8:30a EnhanceFitness 10:00a
25 EnhanceFitness 8:30a EnhanceFitness 10:00a	26 Cardio Fit 11:30a Yoga 12:30p	27 EnhanceFitness 8:30a EnhanceFitness 10:00a	28  NO CLASS	29  NO CLASS

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!

UPCOMING EVENTS

OCTOBER 31 – JANUARY 2

A MATTER OF BALANCE WORKSHOP!

REGISTRATION REQUIRED

NOVEMBER 2019

ENHANCEFITNESS M/W 5:00P
CANCELED UNTIL SPRING OF 2020

NOVEMBER 12 -14, 2019

LAST WEEK OF TAI CHI

DECEMBER 3, 2019

TAI CHI PRACTICE CLASS STARTS ON TUESDAYS AT 10:30A. THIS CLASS WILL BE FOR ALL TAI CHI PARTICIPANTS (BEGINNER AND ADVANCED) TO CONTINUE PRACTICING UNTIL THE NEW SESSION IN THE NEW YEAR!

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, Cardio Fit, Tai Chi
and Yoga

NUTRITION CLASSES

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



PLEASE SEE JILLIAN TO CHECK YOUR ELIGIBILITY!

MULTI-CLASS DISCOUNT AVAILABLE!

Tai Chi
T / TH

Beginner Class

9:30a – 10:15a

8 classes for \$24



Tai Chi
M / W

Advanced Class

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

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



Cardio Fit

T / TH

11:30a – 12:10p

8 classes for \$24



3215 EAGLECREST DRIVE NE GRAND RAPIDS MI 49525

HEALTHY AGING DEPARTMENT (616) 588-2580

HEALTHYAGING@AAWM.ORG

VISIT OUR WEBSITE AT : WWW.AAWM.ORG

LIKE US ON FACEBOOK : EAGLECREST HEALTHY AGING