






EAGLECREST HEALTHY AGING CLASSES

NOVEMBER 2021

LIVE ZOOM CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 E-Fit 9:00a	2 Circuit Yoga 9:00a 10:00a	3 E-Fit 9:00a	4 Circuit Yoga 9:00a 10:00a	5 E-Fit VIDEO
8 E-Fit 9:00a	9 Circuit Yoga 9:00a 10:00a	10 E-Fit 9:00a	11  NO CLASS	12 E-Fit VIDEO
15 E-Fit 9:00a	16 Circuit Yoga 9:00a 10:00a	17 E-Fit 9:00a	18 Circuit Yoga 9:00a 10:00a	19 E-Fit VIDEO
22 E-Fit 9:00a	23 Circuit Yoga VIDEO 10:00a	24 E-Fit 9:00a	25  NO CLASS	26  NO CLASS
29 E-Fit 9:00a	30 Circuit Yoga 9:00a 10:00a	Need a good workout on a day off? Looking for short videos for empty spaces in your schedule? Try Eaglecrest Extras! Videos made by us instructors to offer you the ability to work out when it's convenient for you! Videos last anywhere from 5 to 30 minutes and the variety allows you to create the workout YOU want when you want it!		

<p>E-Fit</p> <p>M / W</p> <p>9:00a – 10:00a</p> <p>Friday VIDEO</p>	<p>Yoga</p> <p>T / TH</p> <p>10:00a – 10:45a</p>	<p>Enhanced Yoga</p> <p>Not currently scheduled</p>	<p>A Matter of Balance</p> <p>Not currently scheduled</p>
<p>Tai Chi In-Person</p> <p>Not currently scheduled</p>	<p>Tai Chi Practice</p> <p>Not currently scheduled</p>	<p>Circuit</p> <p>T / TH</p> <p>9:00a – 9:45</p>	<p>Active Living Every Day (ALED)</p> <p>Not currently scheduled</p>

EAGLECREST HEALTHY AGING

3215 EAGLECREST DRIVE NE GRAND RAPIDS MI 49525

CONTACT US :

(616) 588-2580 HEALTHYAGING@AAAWM.ORG

VISIT OUR WEBSITE AT : WWW.AAAWM.ORG/HA

LIKE US ON FACEBOOK : EAGLECREST HEALTHY AGING

PAYMENT

TO ATTEND ANY AND ALL CLASSES **MONTHLY FEE : \$40.00**

OR E-Fit and Circuit: \$30

Attend all E-Fit and SS Circuit for the month

Yoga and Enhanced Yoga: \$30

Attend all Yoga for the month

WE ARE A **SILVER & FIT AND SILVERSNEAKERS**
FACILITY. PLEASE CALL OR EMAIL TO CHECK YOUR
ELIGIBILITY AND SIGN UP!

TO BE PAID ONLINE BY CREDIT/DEBIT: <https://www.aaawm.org/HA>