






(616) 588-2580
 healthyaging@aaawm.org
www.aaawm.org/EW

November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 EnhanceFitness 9:00a	2 Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:00a	3 EnhanceFitness 9:00a Coffee Klatch 10:00a Virtual Weekend Videos
6 EnhanceFitness 9:00a Stability 10:15a	7 Circuit 9:00a Yoga 10:00a	8 EnhanceFitness 9:00a	9 Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:00a	10 NO CLASS  Virtual Weekend Videos
13 EnhanceFitness 9:00a Stability 10:15a	14 Circuit 9:00a Yoga 10:00a	15 EnhanceFitness 9:00a	16 Circuit 9:00a Yoga 10:00a Tai Chi Beginner CANCELED	17 EnhanceFitness 9:00a Coffee Klatch 10:00a Birthday Celebration Virtual Weekend Videos
20 EnhanceFitness 9:00a Stability 10:15a	21 Circuit 9:00a Yoga 10:00a	22 EnhanceFitness 9:00a	23 NO CLASS 	24 NO CLASS  Virtual Weekend Videos
27 EnhanceFitness 9:00a Stability 10:15a	28 Circuit 9:00a Yoga 10:00a	29 EnhanceFitness 9:00a	30 Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:00a	

EnhanceFitness
M / W / F
9:00a –10:00a

This physical activity class focuses on:

- Muscle strength
- Balance
- Endurance
- Flexibility
- FUN!

IN PERSON CLASS

Circuit
T / TH
9:00a –9:45a

low-impact movement with muscle strengthening using weights and tubes.

- Muscle strength
- Balance
- Endurance

IN PERSON CLASS

Yoga
T / TH
10:00a –10:45a

Come join our 45-minute class to strengthen muscles and increase flexibility!

- Improves mental clarity
- Relieves joint pain
- Restorative & Energizing

IN PERSON CLASS

LIVE ZOOM CLASSES

- Arthritis Foundation Exercise Program
- Gentle Yoga
- ZoomFit (Cardio)

Pre-registration is **REQUIRED**

Contact Julie Lake
with Senior Neighbors
at (616) 233-0283

Virtual Weekend
Variety VIDEO
Fridays

Videos shown are pre-recorded during the week by zoom instructors and will expire at 11:59p on Sunday night.

Video invites will only be sent if requested please email if you're interested.

ZOOM VIDEO

Tai Chi Beginner
Thursdays
11:00a –11:45a

This 45-minute graceful martial art is proven to:

- Improve balance
- Reduce falls
- Gain strength
- Increase flexibility
- Reduce pain
- Improve mental well-being

IN PERSON CLASS

Coffee Klatch
Fridays
10:00a –10:45a

This class is for all members to connect over coffee and goodies. This class is **NOT** an exercise program so dress comfortable and join us to catch up! If you're interested, please feel free to bring something good to share!

IN PERSON CLASS

Stability
Mondays
10:15a –10:45a

Get stronger and improve your balance through exercises that strengthens the ankle, knee, and hip joints, all in a fun and social setting. This class is designed specifically to help prevent falls.

IN PERSON CLASS

ANNOUNCEMENTS

SILVERSNEAKERS and Silver&Fit
If your insurance holds this benefit, it may cover the cost of classes. Please contact us for more information.

CONTACT US (616) 588-2580 | www.aawm.org/EW

Payment Options:

\$30 All Class Membership

\$20 ZOOM Membership

SILVERSNEAKERS and Silver&Fit

Payment can be made via Cash, Check or Credit Card

\$40 10 Class Punch Card

\$40 Couples Membership

\$5 Per Class Walk In