



(616) 588-2580  
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[www.aaawm.org/EW](http://www.aaawm.org/EW)

# November 2025

| Monday                                                                                                       | Tuesday                                                                                                      | Wednesday                                                                                                     | Thursday                                                                                                       | Friday                                                                                                         |
|--------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
| 3<br>EnhanceFitness 9:00a<br>Stability 10:15a                                                                | 4<br>Circuit 9:00a<br>Yoga 10:00a                                                                            | 5<br>EnhanceFitness 9:00a<br>AFEP 10:15a                                                                      | 6<br>Power Sculpt 9:00a<br>Yoga 10:00a                                                                         | 7<br>EnhanceFitness 9:00a<br>Weekend Virtual Videos                                                            |
| 10<br>EnhanceFitness 9:00a<br>Stability 10:15a                                                               | 11<br><b>NO CLASS</b><br>   | 12<br>EnhanceFitness 9:00a<br>AFEP 10:15a                                                                     | 13<br>Power Sculpt 9:00a<br>Yoga 10:00a                                                                        | 14<br>EnhanceFitness 9:00a<br>Weekend Virtual Videos                                                           |
| 17<br>EnhanceFitness 9:00a<br>Stability 10:15a                                                               | 18<br>Circuit 9:00a<br>Yoga 10:00a                                                                           | 19<br>EnhanceFitness 9:00a<br>AFEP 10:15a                                                                     | 20<br>Power Sculpt 9:00a<br>Yoga 10:00a                                                                        | 21<br>EnhanceFitness 9:00a<br>Weekend Virtual Videos                                                           |
| 24<br><b>NO CLASS</b><br> | 25<br><b>NO CLASS</b><br> | 26<br><b>NO CLASS</b><br> | 27<br><b>NO CLASS</b><br> | 28<br><b>NO CLASS</b><br> |

WINTER WEATHER IS COMING...

If Forest Hills Public Schools are closed DUE TO WEATHER, all classes are canceled!

If Forest Hills Public Schools are delayed due to weather, we are open and NOT delayed.

If classes are canceled due to weather, we will send an email to all members and post it on our Engaging Wellness Facebook

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

This physical activity class focuses on:

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

Circuit  
Tuesdays  
**9:00a –9:45a**

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

- Muscle strength
- Balance
- Endurance

Yoga  
T / TH  
**10:00a –10:45a**

This class strengthens muscles and increases flexibility!

- Improves mental clarity
- Relieves joint pain

AFEP  
(Arthritis Foundation  
Exercise Program)  
Wednesdays  
**10:15a –11:00a**

This class is designed for everyone, with or without arthritis.

- Gentle movement
- Improve flexibility
- Build muscle

Power Sculpt  
Thursdays  
**9:00a – 9:45a**

This 45-minute class aims to:

- Sculpt muscles
- Increase strength
- Improve overall fitness

With a fun and effective workout!

**COMING IN 2026**

Tai Chi **Beginner**  
M / W  
**11:15a – 12:00p**

This 45-minute graceful martial art is proven to:

- Improve balance
- Gain strength
- Increase flexibility
- Improve mental well-being

**COMING IN 2026**

Gentle Joints Yoga  
Mondays  
**11:00a – 11:45a**

A beginning yoga class focused on alignment, breath, and use of props. Includes gentle standing, seated, and mat based poses.

Please bring your own yoga blanket

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.

**ANNOUNCEMENTS**

SILVERSNEAKERS, One Pass 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.aaawm.org/EW](http://www.aaawm.org/EW)

**Payment Options:**

\$30 All Class Membership

\$40 10 Class Punch Card

\$40 Couples Membership

\$5 Per Class Walk In

SILVERSNEAKERS, One Pass and Silver&Fit

Payment can be made via Cash, Check or Credit Card