



# OCTOBER 2019

## EAGLECREST HEALTHY AGING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Tai Chi Beginner 9:30a Tai Chi Practice 10:30a Cardio Fit 11:30a Yoga 12:30p	<b>2</b> EnhanceFitness 8:30a EnhanceFitness 10:00a Tai Chi Advanced 11:15a EnhanceFitness 5:00p	<b>3</b> Tai Chi Beginner 9:30a Yoga 10:30a Cardio Fit 11:30a A Matter of Balance 1:00p	<b>4</b> EnhanceFitness 8:30a EnhanceFitness 10:00a
<b>7</b> EnhanceFitness 8:30a EnhanceFitness 10:00a Tai Chi Advanced 11:15a EnhanceFitness 5:00p	<b>8</b> Tai Chi Beginner 9:30a Tai Chi Practice 10:30a Cardio Fit 11:30a Yoga 12:30p	<b>9</b> EnhanceFitness 8:30a EnhanceFitness 10:00a Tai Chi Advanced 11:15a EnhanceFitness 5:00p	<b>10</b> Tai Chi Beginner 9:30a Yoga 10:30a Cardio Fit 11:30a A Matter of Balance 1:00p	<b>11</b> EnhanceFitness 8:30a EnhanceFitness 10:00a
<b>14</b> EnhanceFitness 8:30a EnhanceFitness 10:00a Tai Chi Advanced 11:15a EnhanceFitness 5:00p	<b>15</b> Tai Chi Beginner 9:30a Tai Chi Practice 10:30a Cardio Fit 11:30a Yoga 12:30p	<b>16</b> EnhanceFitness 8:30a EnhanceFitness 10:00a Tai Chi Advanced 11:15a EnhanceFitness 5:00p	<b>17</b> Tai Chi Beginner 9:30a Yoga 10:30a Cardio Fit 11:30a	<b>18</b> EnhanceFitness 8:30a EnhanceFitness 10:00a
<b>21</b> EnhanceFitness 8:30a EnhanceFitness 10:00a Tai Chi Advanced 11:15a EnhanceFitness 5:00p	<b>22</b> <b>ALL CLASSES CANCELED</b> Tai Chi Beginner Tai Chi Practice Cardio Fit Yoga	<b>23</b> EnhanceFitness 8:30a EnhanceFitness 10:00a Tai Chi Advanced 11:15a EnhanceFitness 5:00p	<b>24</b> Tai Chi Beginner 9:30a Yoga 10:30a Cardio Fit 11:30a	<b>25</b> EnhanceFitness 8:30a EnhanceFitness 10:00a
<b>28</b> EnhanceFitness 8:30a EnhanceFitness 10:00a Tai Chi Advanced 11:15a EnhanceFitness 5:00p	<b>29</b> Tai Chi Beginner 9:30a Tai Chi Practice 10:30a Cardio Fit 11:30a Yoga 12:30p	<b>30</b> EnhanceFitness 8:30a EnhanceFitness 10:00a Tai Chi Advanced 11:15a EnhanceFitness 5:00p	<b>31</b> Tai Chi Beginner 9:30a Yoga 10:30a Cardio Fit 11:30a A Matter of Balance 1:00p	

### 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!



PLEASE SEE JILLIAN TO CHECK YOUR ELIGIBILITY!

## MULTI-CLASS DISCOUNT AVAILABLE!

### UPCOMING EVENTS

**OCTOBER 31 – JANUARY 2**  
A MATTER OF BALANCE WORKSHOP!  
**REGISTRATION REQUIRED**

**NOVEMBER 6, 2019**  
AFTER CLASS CHAT  
WITH STACI GERKEN, RD  
FAD DIETS CONTINUED  
11:00A – 11:30A

### 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


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**  
M / W  
**5:00P – 6:00P**  
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



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HEALTHY AGING DEPARTMENT (616) 588-2580

[HEALTHYAGING@AAWM.ORG](mailto:HEALTHYAGING@AAWM.ORG)

VISIT OUR WEBSITE AT : [WWW.AAWM.ORG](http://WWW.AAWM.ORG)

LIKE US ON FACEBOOK : EAGLECREST HEALTHY AGING