



EAGLECREST HEALTHY AGING CLASSES

OCTOBER 2020 LIVE ZOOM CLASSES!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Circuit 9:00a Yoga 10:00a Tai Chi Beginner VIDEO Tai Chi Advanced VIDEO	2 E-Fit VIDEO FRIDAY
5 E-Fit 9:00a Enhance Yoga 10:15a	6 Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a Tai Chi Advanced VIDEO	7 E-Fit 9:00a Tai Chi Practice 10:15a Tai Chi Beginner VIDEO	8 Circuit 9:00a Yoga 10:00a Tai Chi Beginner VIDEO Tai Chi Advanced VIDEO	9 E-Fit VIDEO FRIDAY
12 E-Fit 9:00a Enhance Yoga 10:15a	13 Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a Tai Chi Advanced VIDEO	14 E-Fit 9:00a Tai Chi Practice 10:15a Tai Chi Beginner VIDEO	15 Circuit 9:00a Yoga 10:00a Tai Chi Beginner VIDEO Tai Chi Advanced VIDEO	16 E-Fit VIDEO FRIDAY
19 E-Fit 9:00a Enhance Yoga 10:15a	20 Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a Tai Chi Advanced VIDEO	21 E-Fit 9:00a Tai Chi Practice 10:15a Tai Chi Beginner VIDEO	22 Circuit 9:00a Yoga 10:00a Tai Chi Beginner VIDEO Tai Chi Advanced VIDEO	23 E-Fit VIDEO FRIDAY
26 E-Fit 9:00a Enhance Yoga 10:15a	27 Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a Tai Chi Advanced VIDEO	28 E-Fit 9:00a Tai Chi Practice 10:15a Tai Chi Beginner VIDEO	29 Circuit 9:00a Yoga 10:00a Tai Chi Beginner VIDEO Tai Chi Advanced VIDEO	30 E-Fit VIDEO FRIDAY

E-Fit
M / W
9:00a – 10:00a
Friday VIDEO

Circuit
T / TH
9:00a – 9:45a

Yoga
T / TH
10:00a – 10:45a

Enhance Yoga
Mondays
10:15a – 11:00a

Tai Chi Beginner
Tuesday
11:15a – 12:00p
Wednesday VIDEO
Thursday VIDEO

Tai Chi Practice
Wednesdays
10:15a – 11:00a

Tai Chi Advanced
Tuesday VIDEO
Thursday VIDEO

EAGLECREST HEALTHY AGING

3215 EAGLECREST DRIVE NE GRAND RAPIDS MI 49525

CONTACT US :

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VISIT OUR WEBSITE AT : WWW.AAAWM.ORG

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 Enhance Yoga: \$30

Attend all Yoga for the month

Tai Chi Practice, Beginner and Advanced: \$15

Attend all Tai Chi for the month

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

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