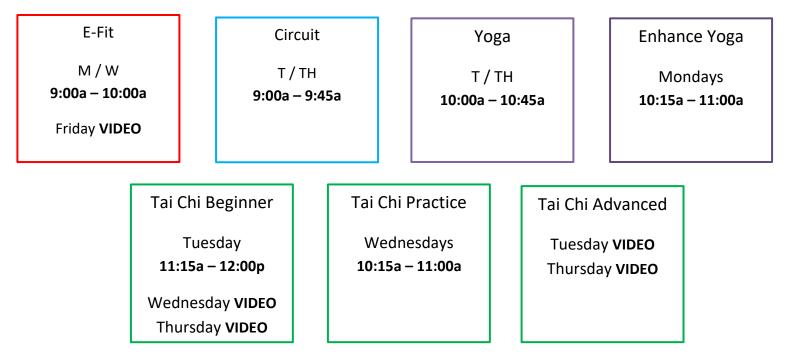


EAGLECREST HEALTHY AGING CLASSES

OCTOBER 2020 LIVE ZOOM CLASSES!

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



EAGLECREST HEALTHY AGING

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VISIT OUR WEBSITE AT : <u>WWW.AAAWM.ORG</u>

LIKE US ON FACEBOOK : EAGLECREST HEALTHY AGING

PAYMENT

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

WE ARE A SILVER & FIT AND SILVERSNEAKERS

FACILITY. PLEASE CALL OR EMAIL TO CHECK YOUR ELIGIBILITY AND SIGN UP!

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