



EAGLECREST HEALTHY AGING CLASSES

OCTOBER 2021 LIVE ZOOM CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 E-Fit VIDEO
4 E-Fit 9:00a Walktober 1:30p	5 Circuit 9:00a Yoga 10:00a	6 E-Fit 9:00a Tai Chi Practice VIDEO Tai Chi IN-PERSON 10:45a	7 Circuit 9:00a Yoga 10:00a	8 E-Fit VIDEO
11 E-Fit 9:00a Walktober 1:30p	12 Circuit 9:00a Yoga 10:00a	13 E-Fit 9:00a Tai Chi Practice VIDEO Tai Chi IN-PERSON 10:45a	14 Circuit 9:00a Yoga 10:00a	15 E-Fit VIDEO
18 E-Fit 9:00a Walktober 1:30p	19 Circuit VIDEO 10:00a Yoga	20 E-Fit 9:00a Tai Chi Practice VIDEO Tai Chi IN-PERSON 10:45a	21 Circuit 9:00a Yoga 10:00a	22 E-Fit VIDEO
25 E-Fit 9:00a Walktober 1:30p	26 Circuit 9:00a Yoga 10:00a	27 E-Fit 9:00a Tai Chi Practice VIDEO Tai Chi IN-PERSON 10:45a	28 Circuit 9:00a Yoga 10:00a	29 E-Fit VIDEO

<p>E-Fit</p> <p>M / W</p> <p>9:00a – 10:00a</p> <p>Friday VIDEO</p>	<p>Yoga</p> <p>T / TH</p> <p>10:00a – 10:45a</p>	<p>Enhanced Yoga</p> <p>Not currently scheduled</p>	<p>A Matter of Balance</p> <p>Not currently scheduled</p>
<p>Tai Chi In-Person (weather permitting) Wednesdays</p> <p>10:45a – 11:30a</p> <p>Location: Eaglecrest parking lot</p>	<p>Tai Chi Practice</p> <p>Wednesdays</p> <p>VIDEO</p>	<p>Circuit</p> <p>T / TH</p> <p>9:00a – 9:45</p>	<p>Active Living Every Day (ALED)</p> <p>Not currently scheduled</p>

EAGLECREST HEALTHY AGING

3215 EAGLECREST DRIVE NE GRAND RAPIDS MI 49525

CONTACT US :

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VISIT OUR WEBSITE AT : WWW.AAAWM.ORG/HA

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 Enhanced Yoga: \$30

Attend all Yoga for the month

Tai Chi Practice, Beginner and Advanced: \$15

Attend all Tai Chi for the month

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

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