



The Source for Seniors

SEPTEMBER 2019

EAGLECREST HEALTHY AGING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 	3 Tai Chi Beginner 9:30a Tai Chi Practice 10:30a Cardio Fit 11:30a Yoga 12:30p	4 EnhanceFitness 8:30a EnhanceFitness 10:00a EnhanceFitness 5:00p	5 Tai Chi Beginner 9:30a Yoga 10:30a Cardio Fit 11:30a A Matter of Balance 1:00p	6 EnhanceFitness 8:30a EnhanceFitness 10:00a
9 EnhanceFitness 8:30a EnhanceFitness 10:00a EnhanceFitness 5:00p	10 Cardio Fit 11:30a Yoga 12:30p	11 EnhanceFitness 8:30a EnhanceFitness 10:00a EnhanceFitness 5:00p	12 Yoga 10:30a Cardio Fit 11:30a A Matter of Balance 1:00p	13 EnhanceFitness 8:30a EnhanceFitness 10:00a
16 EnhanceFitness 8:30a EnhanceFitness 10:00a EnhanceFitness 5:00p CANCELED	17 Cardio Fit 11:30a Yoga 12:30p	18 EnhanceFitness 8:30a EnhanceFitness 10:00a EnhanceFitness 5:00p	19 Yoga 10:30a Cardio Fit 11:30a A Matter of Balance 1:00p	20 EnhanceFitness 8:30a EnhanceFitness 10:00a
23 EnhanceFitness 8:30a EnhanceFitness 10:00a EnhanceFitness 5:00p	24 Cardio Fit CANCELED OPEN HOUSE 10:30A Yoga 12:30p	25 EnhanceFitness 8:30a EnhanceFitness 10:00a EnhanceFitness 5:00p	26 Tai Chi Beginner 9:30a Yoga 10:30a Cardio Fit 11:30a A Matter of Balance 1:00p	27 EnhanceFitness 8:30a EnhanceFitness 10:00a
30 EnhanceFitness 8:30a EnhanceFitness 10:00a Tai Chi Advanced 11:15a EnhanceFitness 5:00p				

MONTHLY PROMOTIONS!

- RING A FRIEND TO CLASS!** Bring a friend to class and enter for a chance at a \$50 gift card! No need for friend to sign up! The more friends you bring the more chances you have to win!
- 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

SEPTEMBER 2 - 5, 2019

TAI CHI SESSION ENDS THIS WEEK

SEPTEMBER 16 - 17, 2019

A MATTER OF BALANCE COACH TRAINING
Interested in Becoming a Volunteer in the
Community? Ask us how!

SEPTEMBER 24, 2019

OPEN HOUSE
10:30A

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



3215 EAGLECREST DRIVE NE GRAND RAPIDS MI 49525

HEALTHY AGING DEPARTMENT (616) 588-2580

HEALTHYAGING@AAWM.ORG

VISIT OUR WEBSITE AT : WWW.AAWM.ORG

LIKE US ON FACEBOOK : EAGLECREST HEALTHY AGING