



EAGLECREST HEALTHY AGING CLASSES

SEPTEMBER 2020 LIVE ZOOM CLASSES!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 SS Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a Tai Chi Advanced VIDEO	2 E-Fit 9:00a Tai Chi Practice 10:15a	3 SS Circuit 9:00a Yoga 10:00a Tai Chi Advanced 11:15a Tai Chi Beginner VIDEO	4 E-Fit VIDEO FRIDAY
7  E-Fit VIDEO MONDAY	8 SS Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a Tai Chi Advanced VIDEO	9 E-Fit 9:00a Tai Chi Practice 10:15a	10 SS Circuit 9:00a Yoga 10:00a Tai Chi Advanced 11:15a Tai Chi Beginner VIDEO	11 E-Fit VIDEO FRIDAY
14 E-Fit 9:00a Enhance Yoga 10:15a	15 SS Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a Tai Chi Advanced VIDEO	16 E-Fit 9:00a Tai Chi Practice 10:15a	17 SS Circuit 9:00a Yoga 10:00a Tai Chi Advanced 11:15a Tai Chi Beginner VIDEO	18 E-Fit VIDEO FRIDAY
21 E-Fit 9:00a Enhance Yoga 10:15a	22 SS Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a Tai Chi Advanced VIDEO	23 E-Fit 9:00a Tai Chi Practice 10:15a	24 SS Circuit 9:00a Yoga 10:00a Tai Chi Advanced 11:15a Tai Chi Beginner VIDEO	25 E-Fit VIDEO FRIDAY
28 E-Fit 9:00a Enhance Yoga 10:15a	29 SS Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a Tai Chi Advanced VIDEO	30 E-Fit 9:00a Tai Chi Practice 10:15a		

EnhanceFitness
M / W / F
9:00a – 10:00a



SilverSneakers
Circuit
T / TH
9:00a – 9:45a

Yoga
T / TH
10:00a – 10:45a

Yoga

Enhance Yoga
Mondays
10:15a – 11:00a

Yoga

Tai Chi Beginner
T / TH
11:15a – 12:00p
(see calendar)



Tai Chi Practice
Wednesdays
10:150a – 11:00a



Tai Chi Advanced
T / TH
11:15a – 12:00p
(see calendar)



EAGLECREST HEALTHY AGING

3215 EAGLECREST DRIVE NE GRAND RAPIDS MI 49525

CONTACT US :

(616) 588-2580 HEALTHYAGING@AAAWM.ORG

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!

SPECIAL : Buy 2 Get 1 FREE All Class Bundle for \$80!