




EAGLECREST HEALTHY AGING CLASSES

SEPTEMBER 2021

LIVE ZOOM CLASSES!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|------------------------------------|---|------------------------------------|---|
| | | 1 E-Fit 9:00a Tai Chi Practice 10:15a ALED workshop 1:30p | 2 Circuit 9:00a Yoga 10:00a | 3 E-Fit VIDEO Tai Chi Practice VIDEO |
| 6  | 7 Circuit 9:00a Yoga 10:00a | 8 E-Fit 9:00a Tai Chi Practice 10:15a ALED workshop 1:30p | 9 Circuit 9:00a Yoga 10:00a | 10 E-Fit VIDEO Tai Chi Practice VIDEO |
| 13 E-Fit 9:00a | 14 Circuit 9:00a Yoga 10:00a | 15 E-Fit 9:00a Tai Chi Practice 10:15a ALED workshop 1:30p | 16 Circuit 9:00a Yoga 10:00a | 17 E-Fit VIDEO Tai Chi Practice VIDEO |
| 20 E-Fit 9:00a | 21 Circuit 9:00a Yoga 10:00a | 22 E-Fit 9:00a Tai Chi Practice 10:15a | 23 Circuit 9:00a Yoga 10:00a | 24 E-Fit VIDEO Tai Chi Practice VIDEO |
| 27 E-Fit 9:00a | 28 Circuit 9:00a Yoga 10:00a | 29 E-Fit 9:00a Tai Chi Practice 10:15a | 30 Circuit 9:00a Yoga 10:00a | |

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

Yoga
T / TH
10:00a – 10:45a

Enhance Yoga
Not currently
scheduled

A Matter of
Balance
Not currently
scheduled

Tai Chi
Not currently
scheduled

Tai Chi Practice
Wednesdays
10:15a – 11:00a
Friday **VIDEO**

Circuit
T / TH
9:00a – 9:45

Active Living
Every Day
(ALED)
Wednesdays
1:30p – 2:30p
REGISTRATION REQUIRED

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 Enhance 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>