



(616) 588-2580
 healthyaging@aaawm.org
www.aaawm.org/EW

September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
NO CLASS 1 	2 Circuit Yoga 9:00a-10:00a	3 EnhanceFitness AFEP 9:00a-10:15a	4 Power Sculpt Yoga 9:00a-10:00a	5 EnhanceFitness 9:00a CRAZY T-SHIRT DAY Connection Café 10:00a Weekend Virtual Videos
8 EnhanceFitness 9:00a Stability 10:15a Tai Chi Beginner 11:15a	9 Circuit Yoga 9:00a-10:00a	10 EnhanceFitness AFEP 9:00a-10:15a Tai Chi Beginner 11:15a	11 Power Sculpt Yoga 9:00a-10:00a	12 EnhanceFitness 9:00a CRAZY T-SHIRT DAY Connection Café 10:00a Weekend Virtual Videos
15 EnhanceFitness 9:00a Stability 10:15a Tai Chi Beginner 11:15a	16 Circuit Yoga 9:00a-10:00a	17 EnhanceFitness AFEP 9:00a-10:15a Tai Chi Beginner 11:15a	18 Power Sculpt Yoga 9:00a-10:00a	19 EnhanceFitness 9:00a CRAZY T-SHIRT DAY PRESENTATION 10:00a "Think First to Prevent Falls" Weekend Virtual Videos
22 EnhanceFitness 9:00a Stability 10:15a Tai Chi Beginner CANCELLED	23 Circuit Yoga 9:00a-10:00a	24 EnhanceFitness AFEP 9:00a-10:15a Tai Chi Beginner 11:15a	25 Power Sculpt Yoga 9:00a-10:00a	26 EnhanceFitness 9:00a CRAZY T-SHIRT DAY Connection Café 10:00a Weekend Virtual Videos
29 EnhanceFitness 9:00a Stability 10:15a Tai Chi Beginner 11:15a	30 Circuit Yoga 9:00a-10:00a	PLEASE BE PREPARED TO SHOW YOUR CARD AT EVERY CLASS Card Possibilities: Member Benefit Card, 30-Day Membership Card, 10-Class Punch Card		

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

This physical activity class focuses on:

- Muscle strength
- Balance
- Endurance
- Flexibility
- FUN!

Circuit
Tuesdays
9:00a –9:45a

low-impact movement with muscle strengthening using weights and tubes.

- Muscle strength
- Balance
- Endurance

Yoga
T / TH
10:00a –10:45a

This class strengthens muscles and increases flexibility!

- Improves mental clarity
- Relieves joint pain

AFEP
(Arthritis Foundation
Exercise Program)
Wednesdays
10:15a –11:00a

This class is designed for everyone, with or without arthritis.

- Gentle movement
- Improve flexibility
- Build muscle

Power Sculpt
Thursdays
9:00a – 9:45a

This 45-minute class aims to:

- Sculpt muscles
- Increase strength
- Improve overall fitness

With a fun and effective workout!

Tai Chi **Beginner**
M / W
11:15a – 12:00p

Tai Chi **Advanced**
Wednesday
10:15a – 11:00a

This 45-minute graceful martial art is proven to:

- Improve balance
- Gain strength
- Increase flexibility
- Improve mental well-being

COMING IN 2026

Gentle Joints Yoga

A beginning yoga class focused on alignment, breath, and use of props. Includes gentle standing, seated, and mat based poses.

Please bring your own
yoga blanket

Stability
Mondays
10:15a –10:45a

Get stronger and improve your balance through exercises that strengthens the ankle, knee, and hip joints, all in a fun and social setting. This class is designed specifically to help prevent falls.

ANNOUNCEMENTS

SILVERSNEAKERS, One Pass and Silver&Fit
If your insurance holds this benefit, it may cover the cost of classes. Please contact us for more information.

CONTACT US (616) 588-2580 | www.aaawm.org/EW

Payment Options:

\$30 All Class Membership

\$40 10 Class Punch Card

\$40 Couples Membership

\$5 Per Class Walk In

SILVERSNEAKERS, One Pass and Silver&Fit

Payment can be made via Cash, Check or Credit Card