



EAGLECREST HEALTHY AGING CLASSES

AUGUST 2021 LIVE ZOOM CLASSES!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 E-Fit 9:00a	3 Circuit Yoga 9:00a 10:00a	4 E-Fit Tai Chi Practice ALED workshop 9:00a 10:15a 1:30p	5 Circuit Yoga 9:00a 10:00a	6 E-Fit Tai Chi Practice VIDEO VIDEO
9 E-Fit 9:00a	10 Circuit Yoga 9:00a 10:00a	11 E-Fit Tai Chi Practice ALED workshop 9:00a 10:15a 1:30p	12 Circuit Yoga 9:00a 10:00a	13 E-Fit Tai Chi Practice VIDEO VIDEO
16 E-Fit 9:00a	17 Circuit Yoga 9:00a 10:00a	18 E-Fit Tai Chi Practice ALED workshop 9:00a 10:15a 1:30p	19 Circuit Yoga 9:00a 10:00a	20 E-Fit Tai Chi Practice VIDEO VIDEO
23 E-Fit 9:00a	24 Circuit Yoga 9:00a 10:00a	25 E-Fit Tai Chi Practice ALED workshop 9:00a 10:15a 1:30p	26 Circuit Yoga 9:00a 10:00a	27 E-Fit Tai Chi Practice VIDEO VIDEO
30 E-Fit 9:00a	31 Circuit Yoga 9:00a 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>