




# EAGLECREST HEALTHY AGING CLASSES

## DECEMBER 2020 LIVE ZOOM CLASSES!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a Tai Chi Advanced VIDEO	<b>2</b> E-Fit 9:00a Tai Chi Practice 10:15a Tai Chi Beginner VIDEO	<b>3</b> Circuit 9:00a Yoga 10:00a Tai Chi Beginner VIDEO Tai Chi Advanced VIDEO	<b>4</b> E-Fit <b>VIDEO FRIDAY</b>
<b>7</b> E-Fit 9:00a Enhance Yoga 10:15a	<b>8</b> Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a Tai Chi Advanced VIDEO	<b>9</b> E-Fit 9:00a Tai Chi Practice 10:15a Tai Chi Beginner VIDEO	<b>10</b> Circuit 9:00a Yoga 10:00a Tai Chi Beginner VIDEO Tai Chi Advanced VIDEO	<b>11</b> E-Fit <b>VIDEO FRIDAY</b>
<b>14</b> E-Fit 9:00a Enhance Yoga 10:15a	<b>15</b> Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a Tai Chi Advanced VIDEO	<b>16</b> E-Fit 9:00a Tai Chi Practice 10:15a Tai Chi Beginner VIDEO	<b>17</b> Circuit 9:00a Yoga 10:00a Tai Chi Beginner VIDEO Tai Chi Advanced VIDEO	<b>18</b> E-Fit 9:00a <b>HOLIDAY PARTY!</b> LIVE on ZOOM 10:30a
<b>21</b> E-Fit 9:00a Enhance Yoga 10:15a	<b>22</b> Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a Tai Chi Advanced VIDEO	<b>23</b> E-Fit 9:00a Tai Chi Practice 10:15a Tai Chi Beginner VIDEO	<b>24</b> Circuit 9:00a Yoga 10:00a Tai Chi Beginner VIDEO Tai Chi Advanced VIDEO	<b>25</b>  <b>NO CLASS</b>
<b>28</b> E-Fit VIDEO Enhance Yoga VIDEO	<b>29</b> Circuit VIDEO Yoga VIDEO Tai Chi Beginner VIDEO Tai Chi Advanced VIDEO	<b>30</b> E-Fit VIDEO Tai Chi Practice VIDEO Tai Chi Beginner VIDEO	<b>31</b> Circuit VIDEO Yoga VIDEO Tai Chi Beginner VIDEO Tai Chi Advanced VIDEO	

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

Circuit  
T / TH  
9:00a – 9:45a

Yoga  
T / TH  
10:00a – 10:45a

Enhance Yoga  
Mondays  
10:15a – 11:00a

Tai Chi Beginner  
Tuesday  
11:15a – 12:00p  
Wednesday VIDEO  
Thursday VIDEO

Tai Chi Practice  
Wednesdays  
10:15a – 11:00a

Tai Chi Advanced  
Tuesday VIDEO  
Thursday VIDEO

## EAGLECREST HEALTHY AGING

3215 EAGLECREST DRIVE NE GRAND RAPIDS MI 49525

### CONTACT US :

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VISIT OUR WEBSITE AT : [WWW.AAAWM.ORG](http://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!