



(616) 588-2580
www.aawm.org/EW

February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 EnhanceFitness 9:00a EnhanceFitness 10:15a Zoom Circuit w/Kim 9:00a Zoom E-Fit w/ Penney 9:00a Zoom Yoga w/Kim 10:00a	2 SS Circuit w/Angie 9:00a Yoga w/Angie 10:15a	3 EnhanceFitness 9:00a Coffee Klatch 10:00a
6 EnhanceFitness 9:00a EnhanceFitness 10:15a Zoom SS Circuit w/Kim 9:00a Zoom Yoga w/Kim 10:00a	7 SS Circuit w/Angie 9:00a Yoga w/Angie 10:15a	8 EnhanceFitness 9:00a EnhanceFitness 10:15a Zoom Circuit w/Kim 9:00a Zoom E-Fit w/ Penney 9:00a Zoom Yoga w/Kim 10:00a	9 SS Circuit w/Angie 9:00a Yoga w/Angie 10:15a	10 EnhanceFitness 9:00a Coffee Klatch 10:00a
13 EnhanceFitness 9:00a EnhanceFitness 10:15a Zoom SS Circuit w/Kim 9:00a Zoom Yoga w/Kim 10:00a	14 SS Circuit w/Angie 9:00a Yoga w/Angie 10:15a	15 EnhanceFitness 9:00a EnhanceFitness 10:15a Zoom Circuit w/Kim 9:00a Zoom E-Fit w/ Penney 9:00a Zoom Yoga w/Kim 10:00a	16 SS Circuit w/Angie 9:00a Yoga w/Angie 10:15a	17 EnhanceFitness 9:00a Coffee Klatch 10:00a
20 EnhanceFitness 9:00a EnhanceFitness 10:15a Zoom SS Circuit w/Kim 9:00a Zoom Yoga w/Kim 10:00a	21 SS Circuit w/Angie 9:00a Yoga w/Angie 10:15a	22 EnhanceFitness 9:00a EnhanceFitness 10:15a Zoom Circuit w/Kim 9:00a Zoom E-Fit w/ Penney 9:00a Zoom Yoga w/Kim 10:00a	23 SS Circuit w/Angie 9:00a Yoga w/Angie 10:15a	24 EnhanceFitness 9:00a Coffee Klatch 10:00a
27 EnhanceFitness 9:00a EnhanceFitness 10:15a Zoom SS Circuit w/Kim 9:00a Zoom Yoga w/Kim 10:00a	28 SS Circuit w/Angie 9:00a Yoga w/Angie 10:15a	REMINDER: The winter weather is HERE! If Forest Hills Public Schools are closed DUE TO WEATHER, classes here will also be closed.		

EnhanceFitness

M / W / F

9:00a –10:00a

M / W

10:15a – 11:15a

This physical activity class focuses on:

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

IN PERSON CLASS

SS Circuit

Replacing Arthritis Foundation
Exercise Program

T / TH

9:00a –10:00a

This class offers standing, low-impact movement with muscle strengthening using weights and tubes

- Muscle strength
- Balance
- Endurance
- FUN!

IN PERSON CLASS

Yoga

T / TH

10:15a –11:00a

Come join our 45-minute class to strengthen muscles and increase flexibility!

- Improves mental clarity
- Relieves joint pain
- Restorative & Energizing

IN PERSON CLASS

Tai Chi Practice

~~Tuesdays~~

~~11:15a –12:00p~~

This 45-minute graceful martial art is proven to:

- Improve balance
- Reduce falls
- Gain strength
- Increase flexibility
- Reduce pain
- Improve mental well-being

NOT AVAILABLE AT THIS TIME

Coffee Klatch

Fridays

10:00a –10:45a

This class is for all members to connect over coffee and goodies. This class is **NOT** an exercise program so dress comfortable and join us to catch up! If you're interested, please feel free to bring something good to share!

IN PERSON CLASS

Yoga

M / W

10:00a –10:45a

Come join our class to strengthen muscles and increase flexibility!

- Improves mental clarity
- Relieves joint pain
- Restorative & Energizing

ZOOM CLASS

With Kim

SS Circuit

M / W

9:00a –9:45a

This class offers standing, low-impact movement with muscle strengthening using weights and tubes

- Muscle strength
- Balance
- Endurance
- FUN!

ZOOM CLASS

With Kim

NEW E-Fit

Wednesdays

9:00a –10:00a

This physical activity class focuses on:

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

ZOOM CLASS

With Penney

ANNOUNCEMENTS

SILVERSNEAKERS 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.aawm.org/EW

Payment Options:

\$30 All Class Membership

\$20 ZOOM Membership

SILVERSNEAKERS and Silver&Fit

Payment can be made via Cash, Check or Credit Card

\$40 10 Class Punch Card

\$40 Couples Membership

\$5 Per Class Walk In