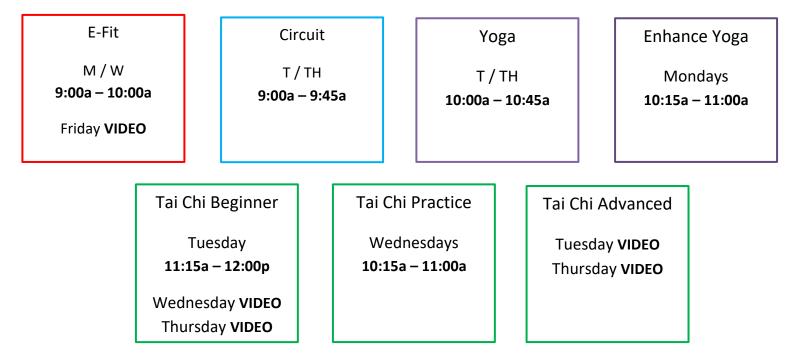


EAGLECREST HEALTHY AGING CLASSES

JANUARY 2021 LIVE ZOOM CLASSES!

Monday		TUESDAY		WEDNESDAY		Thursday		Friday
								1 NO CLASS
4 E-Fit	9:00a	5 Circuit	9:00a	6 E-Fit	9:00a	7 Circuit	9:00a	8 E-Fit
Enhance Yoga	10:15a	Yoga Tai Chi Beginner Tai Chi Advanced	10:00a 11:15a VIDEO	Tai Chi Practice Tai Chi Beginner	10:15a VIDEO	Yoga Tai Chi Beginner Tai Chi Advanced	10:00a VIDEO VIDEO	VIDEO FRIDAY
11	0.00	12	0.00	13		14	0.00	15
E-Fit Enhance Yoga	<mark>9:00a</mark> 10:15a	Circuit Yoga	9:00a 10:00a	E-Fit Tai Chi Practice	9:00a 10:15a	Circuit Yoga	9:00a 10:00a	E-Fit VIDEO FRIDAY
	10.100	Tai Chi Beginner Tai Chi Advanced	11:15a VIDEO	Tai Chi Beginner	VIDEO	Tai Chi Beginner Tai Chi Advanced	VIDEO VIDEO	VIDEO FRIDAT
18		19		20		21		22
		Circuit	9:00a 10:00a	E-Fit Tai Chi Practice	9:00a 10:15a	Circuit	9:00a 10:00a	E-Fit
NO CLASS	A REF	Yoga Tai Chi Beginner Tai Chi Advanced	11:15a VIDEO	Tai Chi Beginner	VIDEO	Yoga Tai Chi Beginner Tai Chi Advanced	VIDEO VIDEO	VIDEO FRIDAY
25		26		27		28		29
E-Fit	9:00a	Circuit	9:00a	E-Fit	9:00a	Circuit	9:00a	E-Fit
Enhance Yoga	10:15a	Yoga Tai Chi Beginner	10:00a 11:15a	Tai Chi Practice Tai Chi Beginner	10:15a VIDEO	Yoga Tai Chi Beginner	10:00a VIDEO	VIDEO FRIDAY
		Tai Chi Advanced	VIDEO			Tai Chi Advanced	VIDEO	



EAGLECREST HEALTHY AGING

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CONTACT US :

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VISIT OUR WEBSITE AT : <u>WWW.AAAWM.ORG</u>

LIKE US ON FACEBOOK : EAGLECREST HEALTHY AGING

PAYMENT

TO ATTEND ANY AND ALL CLASSES MONTHLY FEE : \$40.00

WE ARE A SILVER & FIT AND SILVERSNEAKERS

FACILITY. PLEASE CALL OR EMAIL TO CHECK YOUR

ELIGIBILITY AND SIGN UP!

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