





# EAGLECREST HEALTHY AGING CLASSES

## JANUARY 2021 LIVE ZOOM CLASSES!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 NO CLASS 
4 E-Fit 9:00a Enhance Yoga 10:15a	5 Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a Tai Chi Advanced VIDEO	6 E-Fit 9:00a Tai Chi Practice 10:15a Tai Chi Beginner VIDEO	7 Circuit 9:00a Yoga 10:00a Tai Chi Beginner VIDEO Tai Chi Advanced VIDEO	8 E-Fit VIDEO FRIDAY
11 E-Fit 9:00a Enhance Yoga 10:15a	12 Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a Tai Chi Advanced VIDEO	13 E-Fit 9:00a Tai Chi Practice 10:15a Tai Chi Beginner VIDEO	14 Circuit 9:00a Yoga 10:00a Tai Chi Beginner VIDEO Tai Chi Advanced VIDEO	15 E-Fit VIDEO FRIDAY
18 NO CLASS 	19 Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a Tai Chi Advanced VIDEO	20 E-Fit 9:00a Tai Chi Practice 10:15a Tai Chi Beginner VIDEO	21 Circuit 9:00a Yoga 10:00a Tai Chi Beginner VIDEO Tai Chi Advanced VIDEO	22 E-Fit VIDEO FRIDAY
25 E-Fit 9:00a Enhance Yoga 10:15a	26 Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a Tai Chi Advanced VIDEO	27 E-Fit 9:00a Tai Chi Practice 10:15a Tai Chi Beginner VIDEO	28 Circuit 9:00a Yoga 10:00a Tai Chi Beginner VIDEO Tai Chi Advanced VIDEO	29 E-Fit VIDEO FRIDAY

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

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>