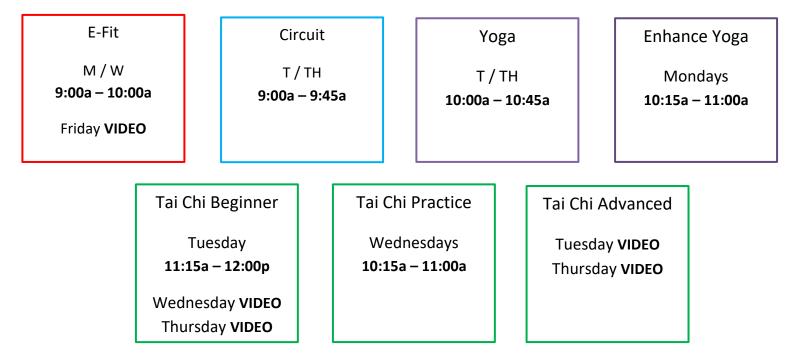


EAGLECREST HEALTHY AGING CLASSES

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