




JANUARY 2022

EAGLECREST HEALTHY AGING CLASSES

NOTICE: ALL CLASSES ARE HELD

VIRTUALLY VIA ZOOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 E-Fit with Jillian 9:00a – 10:00a Enhanced Yoga with Kim 10:00a – 10:45a	4 Circuit with Kim 9:00a – 9:45a Yoga with Kim 10:00a – 10:45a	5 E-Fit with Barb 9:00a – 10:00a Tai Chi Beginner with Jillian 10:00a – 10:45a	6 Circuit with Jillian 9:00a – 9:45a Yoga with Kim 10:00a – 10:45a	7 SISU Seated with Barb 9:00a – 9:30a BOOM Muscle with Jillian 10:00a – 10:45a
10 E-Fit with Jillian 9:00a – 10:00a Enhanced Yoga with Kim 10:00a – 10:45a	11 Circuit with Kim 9:00a – 9:45a Yoga with Kim 10:00a – 10:45a	12 E-Fit with Barb 9:00a – 10:00a Tai Chi Beginner with Jillian 10:00a – 10:45a	13 Circuit with Jillian 9:00a – 9:45a Yoga with Kim 10:00a – 10:45a	14 SISU Seated with Barb 9:00a – 9:30a BOOM Muscle with Jillian 10:00a – 10:45a
17  NO CLASS	18 Circuit with Jillian 9:00a – 9:45a Yoga with Kim VIDEO	19 E-Fit with Barb 9:00a – 10:00a Tai Chi Beginner with Jillian 10:00a – 10:45a	20 Circuit with Kim 9:00a – 9:45a Yoga with Kim 10:00a – 10:45a	21 SISU Seated with Barb 9:00a – 9:30a BOOM Muscle with Jillian 10:00a – 10:45a
24 E-Fit with Jillian 9:00a – 10:00a Enhanced Yoga with Kim 10:00a – 10:45a	25 Circuit with Kim 9:00a – 9:45a Yoga with Kim 10:00a – 10:45a	26 E-Fit with Barb 9:00a – 10:00a Tai Chi Beginner with Jillian 10:00a – 10:45a	27 Circuit with Jillian 9:00a – 9:45a Yoga with Kim 10:00a – 10:45a	28 SISU Seated with Barb 9:00a – 9:30a BOOM Muscle with Jillian 10:00a – 10:45a
31 E-Fit with Jillian 9:00a – 10:00a Enhanced Yoga with Kim 10:00a – 10:45a	MONTHLY PROMOTIONS! NEW TO EAGLECREST HEALTHY AGING? Try our classes for one (1) week FREE!! Join us live on zoom for an entire week of classes to get to know instructors and class format BEFORE buying a package!			

CONTACT US :

(616) 588-2580 HEALTHYAGING@AAAWM.ORG
 VISIT OUR WEBSITE AT : WWW.AAAWM.ORG/HA
 LIKE US ON FACEBOOK : EAGLECREST HEALTHY AGING

EAGLECREST HEALTHY AGING

3215 EAGLECREST DR NE
 GRAND RAPIDS, MI 49525

CLASSES ARE NOT CURRENTLY HELD IN PERSON

ANNOUNCEMENTS

EAGLECREST EXTRAS

Eaglecrest Extras are videos created by our instructors to give you short bursts of personalized activity. These are perfect for creating your own daily workout OR to use when you have to miss a class!

SILVER&FIT AND SILVERSNEAKERS

If your insurance holds this benefit it *may* cover the cost of classes!

NUTRITION CLASSES

Interested in nutrition classes with our registered dietitian? Please contact Staci at (616) 588-2580

PAYMENT PER MONTH

**\$25 EAGLECREST HEALTHY AGING
MONTHLY MEMBERSHIP**

INCLUDES ACCESS TO:

ALL CLASSES

EAGLECREST EXTRAS VIDEOS

TO BE PAID ONLINE BY CREDIT/DEBIT:

<https://www.aaawm.org/HA>

Enhanced Yoga

Mondays

10:00a – 10:45a

Need to stretch and tone? Come join our 45-minute class to strengthen muscles and increase flexibility! This yoga class is designed for older adults. These movements are done standing as well as on the floor for a more advanced Yogi.

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

E-Fit

M / W

9:00a – 10:00a

Get one hour of physical activity all while having fun! The EnhanceFitness program is designed specifically for older adults and focuses on:

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

Yoga

T / TH

10:00a – 10:45a

Need to stretch and tone? Come join our 45-minute class to strengthen muscles and increase flexibility! This yoga class is designed for older adults. Modifications are made so that everybody can safely practice this form of exercise.

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

Tai Chi Beginner

Wednesdays

10:00a – 10:45a

This 45-minute non-aggressive martial art is proven to:

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

Circuit

T / TH

9:00a – 9:45

This 45-minute class offers standing, low-impact choreographed movement with muscle strengthening using weights and tubes

- Muscle strength
- Balance
- Endurance

BOOM Muscle

Fridays

10:00a – 10:45a

This 45-minute class incorporates athletic exercises that boost your overall fitness.

- Muscle strength
- Balance
- Endurance
- Functional Skill

SISU Seated

Fridays

9:00a – 9:30a

If you're a beginner or recovering from illness or injury, this 30-minute class allows you to work on your muscle strength and physical activity while seated!

- Muscle strength
- Endurance
- Balance
- Flexibility