



EAGLECREST HEALTHY AGING CLASSES

MARCH 2021 LIVE ZOOM CLASSES!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|
| 1 E-Fit 9:00a Enhance Yoga 10:15a | 2 Circuit 9:00a Yoga 10:00a Tai Chi Beginner VIDEO Tai Chi Advanced VIDEO | 3 E-Fit 9:00a Tai Chi Practice 10:15a | 4 Circuit 9:00a Yoga 10:00a Tai Chi Beginner VIDEO Tai Chi Advanced VIDEO | 5 VIDEO FRIDAY E-Fit Tai Chi Practice |
| 8 E-Fit 9:00a Enhance Yoga 10:15a | 9 Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a Tai Chi Advanced VIDEO | 10 E-Fit 9:00a Tai Chi Practice 10:15a | 11 Circuit 9:00a Yoga 10:00a Tai Chi Beginner VIDEO Tai Chi Advanced VIDEO | 12 VIDEO FRIDAY E-Fit Tai Chi Practice |
| 15 E-Fit 9:00a Enhance Yoga 10:15a | 16 Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a Tai Chi Advanced VIDEO | 17 E-Fit 9:00a Tai Chi Practice 10:15a | 18 Circuit 9:00a Yoga 10:00a Tai Chi Beginner VIDEO Tai Chi Advanced VIDEO | 19 VIDEO FRIDAY E-Fit Tai Chi Practice |
| 22 E-Fit 9:00a Enhance Yoga 10:15a | 23 Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a Tai Chi Advanced VIDEO | 24 E-Fit 9:00a Tai Chi Practice 10:15a | 25 Circuit 9:00a Yoga 10:00a Tai Chi Beginner VIDEO Tai Chi Advanced VIDEO | 26 VIDEO FRIDAY E-Fit Tai Chi Practice |
| 29 E-Fit 9:00a Enhance Yoga 10:15a | 30 Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a Tai Chi Advanced VIDEO | 31 E-Fit 9:00a Tai Chi Practice 10:15a | | |

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
Thursday VIDEO

Tai Chi Practice
Wednesdays
10:15a – 11:00a
Friday VIDEO

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/HA

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

TO BE PAID ONLINE BY CREDIT/DEBIT: <https://www.aaawm.org/HA>

WE ARE A **SILVER & FIT AND SILVERSNEAKERS**
FACILITY. PLEASE CALL OR EMAIL TO CHECK YOUR
ELIGIBILITY AND SIGN UP!