



EAGLECREST HEALTHY AGING CLASSES

SEPTEMBER 2020 LIVE ZOOM CLASSES!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 SS Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a	2 E-Fit 9:00a Tai Chi Practice 10:15a	3 SS Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a	4 E-Fit VIDEO FRIDAY
7 	8 SS Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a	9 E-Fit 9:00a Tai Chi Practice 10:15a	10 SS Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a	11 E-Fit VIDEO FRIDAY
14 E-Fit 9:00a Enhance Yoga 10:15a	15 SS Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a	16 E-Fit 9:00a Tai Chi Practice 10:15a	17 SS Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a	18 E-Fit VIDEO FRIDAY
21 E-Fit 9:00a Enhance Yoga 10:15a	22 SS Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a	23 E-Fit 9:00a Tai Chi Practice 10:15a	24 SS Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a	25 E-Fit VIDEO FRIDAY
28 E-Fit 9:00a Enhance Yoga 10:15a	29 SS Circuit 9:00a Yoga 10:00a Tai Chi Beginner 11:15a	30 E-Fit 9:00a Tai Chi Practice 10:15a		

EnhanceFitness
M / W / F
9:00a – 10:00a



Tai Chi Beginner
T / TH
11:15a – 12:00p



Tai Chi Practice
Wednesdays
10:150a – 11:00a



SilverSneakers
Circuit
T / TH
9:00a – 9:45a

Yoga
T / TH
10:00a – 10:45a

Yoga

Enhance Yoga
Mondays
10:15a – 11:00a

Yoga

EAGLECREST HEALTHY AGING

3215 EAGLECREST DRIVE NE GRAND RAPIDS MI 49525

CONTACT US :

(616) 588-2580 HEALTHYAGING@AAAWM.ORG

VISIT OUR WEBSITE AT : WWW.AAAWM.ORG

LIKE US ON FACEBOOK : EAGLECREST HEALTHY AGING

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

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 and Beginner: \$15

Attend all Tai Chi for the month

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

OR SCHEDULE A TIME TO DROP A CHECK TO JILLIAN

CHECK MADE OUT TO AAAWM