



(616) 588-2580
 healthyaging@aaawm.org
www.aaawm.org/EW

August 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Circuit 9:00a Yoga 10:00a	2 EnhanceFitness 9:00a	3 Circuit 9:00a Yoga 10:00a	4 EnhanceFitness 9:00a Coffee Klatch 10:00a Zoom Weekend Variety VIDEO
7 EnhanceFitness 9:00a Yoga Movement 10:15a	8 Circuit 9:00a Yoga 10:00a	9 EnhanceFitness 9:00a	10 Circuit 9:00a Yoga 10:00a	11 EnhanceFitness 9:00a Coffee Klatch 10:00a Zoom Weekend Variety VIDEO
14 EnhanceFitness 9:00a Yoga Movement 10:15a	15 Circuit 9:00a Yoga 10:00a	16 EnhanceFitness 9:00a	17 Circuit 9:00a Yoga 10:00a	18 EnhanceFitness 9:00a Coffee Klatch 10:00a Zoom Weekend Variety VIDEO
21 EnhanceFitness 9:00a Yoga Movement 10:15a	22 Circuit 9:00a Yoga 10:00a	23 EnhanceFitness 9:00a	24 Circuit 9:00a Yoga 10:00a	25 EnhanceFitness 9:00a Coffee Klatch 10:00a Zoom Weekend Variety VIDEO
28 EnhanceFitness 9:00a Yoga Movement 10:15a	29 Circuit 9:00a Yoga 10:00a	30 EnhanceFitness 9:00a	31 Circuit 9:00a Yoga 10:00a	

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

This physical activity class focuses on:

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

IN PERSON CLASS

Circuit
T / TH
9:00a –9:45a

low-impact movement with muscle strengthening using weights and tubes.

- Muscle strength
- Balance
- Endurance

IN PERSON CLASS

Yoga
T / TH

10:00a –10:45a

Come join our 45-minute class to strengthen muscles and increase flexibility!

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

IN PERSON CLASS

Yoga Movement
Mondays

10:15a –11:00a

Come join our advanced yoga class to strengthen muscles and increase flexibility

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

IN PERSON CLASS

Zoom Weekend
Variety VIDEO
Fridays

Videos shown are pre-recorded during the week by zoom instructors and will expire at 11:59p on Sunday night.

Video invites will only be sent if requested please email if you're interested.

ZOOM VIDEO

Tai Chi

**LOOK OUT FOR TAI
CHI CLASSES IN
THE FALL!**

IN PERSON CLASS

A Matter of Balance

**8 WEEK
WORKSHOP
COMING SOON!**

IN PERSON CLASS

ANNOUNCEMENTS

SILVERSNEAKERS and Silver&Fit

If your insurance holds this benefit, it may cover the cost of classes. Please contact us for more information.

CONTACT US (616) 588-2580 | www.aaawm.org/EW

Payment Options:

\$30 All Class Membership

\$20 ZOOM Membership

SILVERSNEAKERS and Silver&Fit

Payment can be made via Cash, Check or Credit Card

\$40 10 Class Punch Card

\$40 Couples Membership

\$5 Per Class Walk In