




(616) 588-2580  
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[www.aaawm.org/EW](http://www.aaawm.org/EW)

# December 2024

Monday		Tuesday		Wednesday		Thursday		Friday	
EnhanceFitness Stability	2 9:00a 10:15a	Circuit Yoga	3 9:00a 10:00a	EnhanceFitness AFEP Tai Chi Practice	4 9:00a 10:15a 11:05a	Circuit Yoga	5 9:00a 10:00a	EnhanceFitness Connection Café Weekend Virtual Videos	6 9:00a 10:00a
EnhanceFitness Stability	9 9:00a 10:15a	Circuit Yoga	10 9:00a 10:00a	EnhanceFitness AFEP Tai Chi Practice	11 9:00a 10:15a 11:05a	Circuit Yoga	12 9:00a 10:00a	EnhanceFitness <b>MEMBER CHRISTMAS PARTY</b> 10:00a (directly following class) Weekend Virtual Videos	13 9:00a
EnhanceFitness Stability	16 9:00a 10:15a	Circuit Yoga	17 9:00a 10:00a	EnhanceFitness AFEP	18 9:00a 10:15a	Circuit Yoga	19 9:00a 10:00a	EnhanceFitness Connection Café Weekend Virtual Videos	20 9:00a 10:00a
<b>NO CLASS</b>	23	<b>NO CLASS</b>	24	<b>NO CLASS</b>	25	<b>NO CLASS</b>	26	<b>NO CLASS</b>	27
EnhanceFitness Stability	30 9:00a 10:15a	Circuit Yoga	31 9:00a 10:00a	<b>NO CLASS</b> January 1 	January 1	Circuit Yoga	January 2 9:00a 10:00a	EnhanceFitness Connection Café Weekend Virtual Videos	January 3 9:00a 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

This class strengthens muscles and increases flexibility!

- Improves mental clarity
- Relieves joint pain

**IN PERSON CLASS**

AFEP  
(Arthritis Foundation  
Exercise Program)  
Wednesdays  
10:15a –11:00a

This class is designed for everyone, with or without arthritis.

- Gentle movement
- Improve flexibility
- Build muscle

**IN PERSON CLASS**

Virtual 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  
Wednesdays  
11:05a – 11:50a

This 40-minute graceful martial art is proven to:

- Improve balance
- Gain strength
- Increase flexibility
- Improve mental well-being

**IN PERSON CLASS**

Connection Cafe  
Fridays  
10:00a –10:45a

This class is for all members to connect over coffee and goodies. This class is **NOT** an exercise program so dress comfortable and join us to catch up! If you're interested, please feel free to bring something good to share!

**IN PERSON CLASS**

Stability  
Mondays  
10:15a –10:45a

Get stronger and improve your balance through exercises that strengthens the ankle, knee, and hip joints, all in a fun and social setting. This class is designed specifically to help prevent falls.

**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](http://www.aaawm.org/EW)

**Payment Options:**

\$30 All Class Membership

\$40 10 Class Punch Card

\$40 Couples Membership

\$5 Per Class Walk In

SILVERSNEAKERS, One Pass and Silver&Fit

Payment can be made via Cash, Check or Credit Card