

EnhanceFitness
M / W / F

9:00a –10:00a

This physical activity class focuses on:

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

IN PERSON CLASS

Circuit
Mondays
11:15a – 12:00p
T / TH

9:00a –9:45a

Wednesdays
10:15a – 11:00a

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

NEW 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

Yoga
VIDEO

Wednesdays

Come join our class to strengthen muscles and increase flexibility!

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

ZOOM VIDEO

NEW Full Body
Strength
Fridays

10:15a – 11:00a

Improves overall muscle strength and endurance, flexibility, and bone density by using various equipment including weights, bands, and balls.

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