

31

9:00a

10:15a

11:15a

EnhanceFitness

Circuit

Yoga Movement

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

July 2023

Monday		Tuesday		Wednesday		Thursday		Friday	
NO CLASS	3	NO CLASS	4	EnhanceFitness Circuit Zoom Yoga	9:00a 10:15a VIDEO	Circuit Yoga	6 9:00a 10:00a	EnhanceFitness Full Body Strength Zoom Weekend Var	7 9:00a 10:15a iety VIDEO
EnhanceFitness Yoga Movement Circuit	10 9:00a 10:15a 11:15a	Circuit Yoga	11 9:00a 10:00a	EnhanceFitness Circuit Zoom Yoga	9:00a 10:15a VIDEO	Circuit Yoga	13 9:00a 10:00a	EnhanceFitness Full Body Strength Zoom Weekend Var	9:00a 10:15a iety VIDEO
EnhanceFitness Yoga Movement Circuit	17 9:00a 10:15a 11:15a	Circuit Yoga	18 9:00a 10:00a	EnhanceFitness Circuit Zoom Yoga	19 9:00a 10:15a VIDEO	Circuit Yoga	20 9:00a 10:00a	EnhanceFitness Full Body Strength Zoom Weekend Var	9:00a 10:15a iety VIDEO
EnhanceFitness Yoga Movement Circuit	24 9:00a 10:15a 11:15a	Circuit Yoga	25 9:00a 10:00a	EnhanceFitness Circuit Zoom Yoga	26 9:00a 10:15a VIDEO	Circuit Yoga	27 9:00a 10:00a	EnhanceFitness Full Body Strength Zoom Weekend Var	28 9:00a 10:15a iety VIDEO

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 strenath
- 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 prerecorded 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 <u>benefit</u>, 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 \$40 10 Class Punch Card \$40 Couples Membership \$5 Per Class Walk In

Payment can be made via Cash, Check or Credit Card