




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

June 2023

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Circuit 9:00a Yoga 10:00a Zoom EnhanceFitness 9:00a	2 EnhanceFitness 9:00a Full Body Strength 10:15a Zoom Video Friday 11:00a
5 EnhanceFitness 9:00a Yoga Movement 10:15a Circuit 11:15a	6 SS Circuit w/Angie 9:00a Yoga w/Angie 10:00a	7 EnhanceFitness 9:00a Circuit 10:15a Zoom Yoga VIDEO	8 Circuit 9:00a Yoga 10:00a Zoom EnhanceFitness 9:00a	9 EnhanceFitness 9:00a Full Body Strength 10:15a Zoom Video Friday 11:00a
12 EnhanceFitness 9:00a Yoga Movement 10:15a Circuit 11:15a	13 SS Circuit w/Angie 9:00a Yoga w/Angie 10:00a	14 EnhanceFitness 9:00a Circuit 10:15a Zoom Yoga VIDEO	15 Circuit 9:00a Yoga 10:00a Zoom EnhanceFitness 9:00a	16 EnhanceFitness 9:00a Full Body Strength 10:15a Zoom Video Friday 11:00a
NO CLASS 	20 SS Circuit w/Angie 9:00a Yoga w/Angie 10:00a	21 EnhanceFitness 9:00a Circuit 10:15a Zoom Yoga VIDEO	22 Circuit 9:00a Yoga 10:00a Zoom EnhanceFitness 9:00a	23 EnhanceFitness 9:00a Full Body Strength 10:15a Zoom Video Friday 11:00a
26 EnhanceFitness 9:00a Yoga Movement 10:15a Circuit 11:15a	27 SS Circuit w/Angie 9:00a Yoga w/Angie 10:00a	28 EnhanceFitness 9:00a Circuit 10:15a Zoom Yoga VIDEO	29 Circuit 9:00a Yoga 10:00a Zoom EnhanceFitness 9:00a	30 EnhanceFitness 9:00a Full Body Strength 10:15a Zoom Video Friday 11:00a

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

This physical activity class focuses on:

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

IN PERSON CLASS

Circuit
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

VIDEO
Friday
11:00a

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

EnhanceFitness
Thursdays
9:00a –10:00a

This physical activity class focuses on:

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

ZOOM CLASS

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

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.aawm.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