




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

June 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| <p>3</p> <p>EnhanceFitness 9:00a Stability 10:15a EnhanceFitness 11:00a</p> | <p>4</p> <p>Circuit 9:00a Yoga 10:00a</p> | <p>5</p> <p>EnhanceFitness 9:00a Yoga 10:15a AFEP 11:15a</p> | <p>6</p> <p>Circuit 9:00a Yoga 10:00a</p> | <p>7</p> <p>EnhanceFitness 9:00a Connection Café 10:00a Weekend Virtual Videos</p> |
| <p>10</p> <p>EnhanceFitness 9:00a Stability 10:15a EnhanceFitness 11:00a</p> | <p>11</p> <p>Circuit 9:00a Yoga 10:00a</p> | <p>12</p> <p>EnhanceFitness 9:00a Yoga 10:15a AFEP 11:15a</p> | <p>13</p> <p>NO CLASS AAAWM ANNUAL CELEBRATION REGISTER AT WWW.AAAWM.ORG</p> | <p>14</p> <p>EnhanceFitness 9:00a Connection Café 10:00a Weekend Virtual Videos</p> |
| <p>17</p> <p>EnhanceFitness 9:00a Stability 10:15a EnhanceFitness 11:00a</p> | <p>18</p> <p>Circuit 9:00a Yoga 10:00a</p> | <p>19</p> <p>NO CLASS</p>  | <p>20</p> <p>Circuit 9:00a Yoga 10:00a</p> | <p>21</p> <p>EnhanceFitness 9:00a Connection Café 10:00a Weekend Virtual Videos</p> |
| <p>24</p> <p>EnhanceFitness 9:00a Stability 10:15a EnhanceFitness 11:00a</p> | <p>25</p> <p>Circuit 9:00a Yoga 10:00a</p> | <p>26</p> <p>EnhanceFitness 9:00a Tai Chi 10:15a Yoga 10:15a AFEP 11:15a</p> | <p>27</p> <p>Circuit 9:00a Yoga 10:00a</p> | <p>28</p> <p>EnhanceFitness 9:00a Connection Cafe 10:00a Virtual Weekend Videos</p> |
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EnhanceFitness
M / W / F
9:00a –10:00a
Mondays
11:00a –12:00a

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
Wednesdays
10:15a –11:00a

This class strengthens muscles and increases flexibility!

- Improves mental clarity
- Relieves joint pain

IN PERSON CLASS

AFEP
(Arthritis Foundation Exercise Program)
GREAT START FOR BEGINNERS
Wednesdays
11:15a –12:00p

Gentle joint-friendly movements for those with or without arthritis.

- Muscle strength
- Balance
- Endurance

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 Beginner
Wednesdays
10:15a –11:00a

This 45-minute graceful martial art is proven to:

- Improve balance
- Reduce falls
- Gain strength
- Increase flexibility
- Reduce pain
- 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
GREAT START FOR BEGINNERS
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

Payment Options:

\$30 All Class Membership

\$40 10 Class Punch Card

\$40 Couples Membership

\$5 Per Class Walk In

SILVERSNEAKERS and Silver&Fit

Payment can be made via Cash, Check or Credit Card