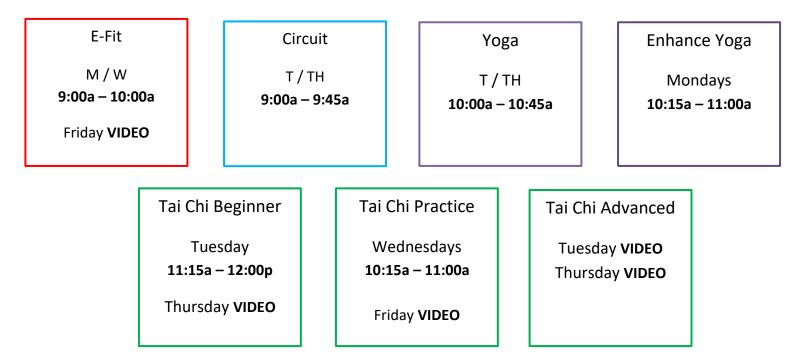


EAGLECREST HEALTHY AGING CLASSES

## MARCH 2021 LIVE ZOOM CLASSES!

Monday		TUESDAY		WEDNESDAY		Thursday		Friday
1 E-Fit Enhance Yoga	<mark>9:00a</mark> 10:15a	2 Circuit Yoga Tai Chi Beginner Tai Chi Advanced	9:00a 10:00a VIDEO VIDEO	3 E-Fit Tai Chi Practice	<mark>9:00a</mark> 10:15a	4 Circuit Yoga Tai Chi Beginner Tai Chi Advanced	9:00a 10:00a VIDEO VIDEO	5 VIDEO FRIDAY E-Fit Tai Chi Practice
8 <mark>E-Fit</mark> Enhance Yoga	<mark>9:00a</mark> 10:15a	9 Circuit Yoga Tai Chi Beginner Tai Chi Advanced	9:00a 10:00a 11:15a VIDEO	10 E-Fit Tai Chi Practice	9:00a 10:15a	11 Circuit Yoga Tai Chi Beginner Tai Chi Advanced	9:00a 10:00a VIDEO VIDEO	12 VIDEO FRIDAY E-Fit Tai Chi Practice
15 E-Fit Enhance Yoga	<mark>9:00a</mark> 10:15a	16 Circuit Yoga Tai Chi Beginner Tai Chi Advanced	9:00a 10:00a 11:15a VIDEO	17 E-Fit Tai Chi Practice	<mark>9:00</mark> a 10:15a	18 Circuit Yoga Tai Chi Beginner Tai Chi Advanced	9:00a 10:00a VIDEO VIDEO	19 VIDEO FRIDAY E-Fit Tai Chi Practice
22 E-Fit Enhance Yoga	<mark>9:00a</mark> 10:15a	23 Circuit Yoga Tai Chi Beginner Tai Chi Advanced	9:00a 10:00a 11:15a VIDEO	24 E-Fit Tai Chi Practice	<mark>9:00a</mark> 10:15a	25 Circuit Yoga Tai Chi Beginner Tai Chi Advanced	9:00a 10:00a VIDEO VIDEO	26 VIDEO FRIDAY E-Fit Tai Chi Practice
29 E-Fit Enhance Yoga	<mark>9:00a</mark> 10:15a	30 Circuit Yoga Tai Chi Beginner Tai Chi Advanced	9:00a 10:00a 11:15a VIDEO	31 E-Fit Tai Chi Practice	<mark>9:00a</mark> 10:15a			



## **EAGLECREST HEALTHY AGING**

3215 EAGLECREST DRIVE NE GRAND RAPIDS MI 49525

## CONTACT US :

(616) 588-2580 HEALTHYAGING@AAAWM.ORG

VISIT OUR WEBSITE AT : WWW.AAAWM.ORG/HA

LIKE US ON FACEBOOK : EAGLECREST HEALTHY AGING

## PAYMENT

TO ATTEND ANY AND ALL CLASSES MONTHLY FEE : \$40.00

WE ARE A SILVER & FIT AND SILVERSNEAKERS

FACILITY. PLEASE CALL OR EMAIL TO CHECK YOUR

ELIGIBILITY AND SIGN UP!

OR E-Fit and Circuit: \$30 Attend all E-Fit and SS Circuit for the month

> Yoga and Enhance Yoga: \$30 Attend all Yoga for the month

Tai Chi Practice, Beginner and Advanced: \$15 Attend all Tai Chi for the month

TO BE PAID ONLINE BY CREDIT/DEBIT: <a href="https://www.aaawm.org/HA">https://www.aaawm.org/HA</a>