

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

March 2025

Monday		Tuesday		Wednesday		Thursday		Friday
EnhanceFitness Stability	3 9:00a 10:15a	Circuit Yoga	9:00a 10:00a	EnhanceFitness AFEP Tai Chi Practice	5 9:00a 10:15a 11:05a	Circuit Yoga	6 9:00a 10:00a	EnhanceFitness 9:00a Connection Café 10:00a Weekend Virtual Videos
EnhanceFitness Stability	10 9:00a 10:15a	Circuit Yoga	11 9:00a 10:00a	EnhanceFitness AFEP Tai Chi Practice	9:00a 10:15a CANCELLED	Circuit Yoga	13 9:00a 10:00a	EnhanceFitness 9:00a Connection Café 10:00a Weekend Virtual Videos
EnhanceFitness Stability	17 9:00a 10:15a	Circuit Yoga	18 9:00a 10:00a	EnhanceFitness AFEP Tai Chi Practice	19 9:00a 10:15a 11:05a	Circuit Yoga	20 9:00a 10:00a	EnhanceFitness 9:00a Connection Café 10:00a Weekend Virtual Videos
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EnhanceFitness M/W/F 9:00a –10:00a

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**

This class strengthens muscles and increases flexibility!

- Improves mental clarity
- Relieves joint pain

IN PERSON CLASS

AFFP

(Arthritis Foundation Exercise Program)

Wednesdays **10:15a –11:00a**

This class is designed for everyone, with or without arthritis.

- Gentle movement
- Improve flexibility
- Build muscle

IN PERSON CLASS

Virtual 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

Tai Chi Practice Wednesdays 11:05a – 11:50a

This 40-minute graceful martial art is proven to:

- Improve balance
- Gain strength
- Increase flexibility
- 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
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 <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 \$40 Couples Membership \$40 10 Class Punch Card \$5 Per Class Walk In

SILVERSNEAKERS, One Pass and Silver&Fit Payment can be made via Cash, Check or Credit Card