



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

October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 Circuit Yoga 9:00a 10:00a</p>	<p>2 EnhanceFitness AFEP 9:00a 10:15a</p>	<p>3 Circuit Yoga 9:00a 10:00a</p>	<p>4 EnhanceFitness Connection Café Weekend Virtual Videos 9:00a 10:00a</p>
<p>7 EnhanceFitness Stability 9:00a 10:15a</p>	<p>8 Circuit Yoga 9:00a 10:00a</p>	<p>9 EnhanceFitness AFEP 9:00a CANCELLED</p>	<p>10 Circuit Yoga 9:00a 10:00a</p>	<p>11 EnhanceFitness Connection Café Weekend Virtual Videos 9:00a 10:00a</p>
<p>14 EnhanceFitness Stability 9:00a 10:15a</p>	<p>15 Circuit Yoga 9:00a 10:00a</p>	<p>16 EnhanceFitness AFEP Tai Chi Practice 9:00a 10:15a 11:05a</p>	<p>17 Circuit Yoga 9:00a 10:00a</p>	<p>18 EnhanceFitness Connection Café Weekend Virtual Videos 9:00a 10:00a</p>
<p>21 EnhanceFitness Stability 9:00a 10:15a</p>	<p>22 Circuit Yoga 9:00a 10:00a</p>	<p>23 EnhanceFitness AFEP Tai Chi Practice 9:00a 10:15a 11:05a</p>	<p>24 NO CLASS WELLNESS ROOM IS CLOSED!</p>	<p>25 EnhanceFitness Connection Cafe Virtual Weekend Videos 9:00a 10:00a</p>
<p>28 EnhanceFitness Stability 9:00a 10:15a</p>	<p>29 Circuit Yoga 9:00a 10:00a</p>	<p>30 EnhanceFitness AFEP Tai Chi Practice 9:00a 10:15a 11:05a</p>	<p>31 Circuit Yoga 9:00a 10:00a</p>	

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

AFEP
(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 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 **PRACTICE**
Wednesdays
11:05a – 11:45a
6 WEEK WORKSHOP
REGISTRATION REQUIRED

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 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 Couples Membership

SILVERSNEAKERS and Silver&Fit

Payment can be made via Cash, Check or Credit Card

\$40 10 Class Punch Card

\$5 Per Class Walk In