



January 2021 Fitness Classes in the Gym

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|----------|
| | | | | | 1 | 2 |
| | | | | | BUILDING CLOSED | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | BUILDING CLOSED | BUILDING CLOSED | BUILDING CLOSED | BUILDING CLOSED | BUILDING CLOSED | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| | 7 am – Rise & Shine #1 8:30 am – Strength/Length/Bal 10:30 am – Functionally Fit 11:30 am – Tang Soo Do 1 pm - Zumba | 8:30 am – Muscular End. 9:30 am – Cycling 11:30 am – Low Impact 10:30 am – Body Strong 12:30 pm – Core Strength 1:30 pm – Resist/Balance 4 pm – Tai Chi 6 pm – Restorative Yoga | 7 am – Rise & Shine #1 8:30 am – Stretch & Balance 10:30 am – Functionally Fit | 7 am – Sunrise Yoga 8:30 am – Muscular End. 9:30 am – Cycling 10:30 am – Body Balance 11:30 am – Low Impact 12:30 pm – Core Strength 1:30 pm – Resist/Balance | 7 am – Rise & Shine #1 9 am - Cycling 10 am – Tai Chi 11 am – Tai Chi | |

Registration Required! Register Early! Limited Capacity!
MyActiveCenter on the homepage of the OPC website or
Call 248.659.1029 Mon – Thurs. 9 am – 3 pm | Fri. 9 am to noon

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------|----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------|
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| | 7 am – Rise & Shine #1 8:30 am – Strength/Length/Bal 10:30 am – Functionally Fit 11:30 am – Tang Soo Do 1 pm - Zumba | 8:30 am – Muscular End. 9:30 am – Cycling 11:30 am – Low Impact 10:30 am – Body Strong 12:30 pm – Core Strength 1:30 pm – Resist/Balance 4 pm – Tai Chi 6 pm – Restorative Yoga | 7 am – Rise & Shine #1 8:30 am – Stretch & Balance 10:30 am – Functionally Fit | 7 am – Sunrise Yoga 8:30 am – Muscular End. 9:30 am – Cycling 10:30 am – Body Balance 11:30 am – Low Impact 12:30 pm – Core Strength 1:30 pm – Resist/Balance | 7 am – Rise & Shine #2 9 am - Cycling 10 am – Tai Chi 11 am – Tai Chi | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | 7 am – Rise & Shine #2 8:30 am – Strength/Length/Bal 10:30 am – Functionally Fit 11:30 am – Tang Soo Do 1 pm - Zumba | 8:30 am – Muscular End. 9:30 am – Cycling 11:30 am – Low Impact 10:30 am – Body Strong 12:30 pm – Core Strength 1:30 pm – Resist/Balance 4 pm – Tai Chi 6 pm – Restorative Yoga | 7 am – Rise & Shine #2 8:30 am – Stretch & Balance 10:30 am – Functionally Fit | 7 am – Sunrise Yoga 8:30 am – Muscular End. 9:30 am – Cycling 10:30 am – Body Balance 11:30 am – Low Impact 12:30 pm – Core Strength 1:30 pm – Resist/Balance | 7 am – Rise & Shine #2 9 am - Cycling 10 am – Tai Chi 11 am – Tai Chi | |

31

Registration Required! Register Early! Limited Capacity!
MyActiveCenter on the homepage of the OPC website or
Call 248.659.1029 Mon – Thurs. 9 am – 3 pm | Fri. 9 am to noon