



January 2021 Pools | Weight & Cardio | Walking Track

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	45 Minute Sessions Limited registration to 3 sessions per week Lap Pool: Mon-Thurs. 8 am – 5 pm Fri. 8 am – noon Therapy Pool: Mon-Thurs. 8:15 am – 3:15 pm Fri. 8:15 – 11:15 am Weight & Cardio Rooms: Mon-Thurs. 9 am – 3 pm Fri. 8 am – 2 pm Walking Track: Mon-Thurs. 8 am – 4 pm Fri. 8 am - noon				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
	Therapy & Lap Pools Weight & Cardio Rooms Walking Track	Therapy & Lap Pools Weight & Cardio Rooms Walking Track	Therapy & Lap Pools Weight & Cardio Rooms Walking Track	Therapy & Lap Pools Weight & Cardio Rooms Walking Track	Therapy & Lap Pools Weight & Cardio Rooms Walking Track	
17	18	19	20	21	22	23
	Therapy & Lap Pools Weight & Cardio Rooms Walking Track	Therapy & Lap Pools Weight & Cardio Rooms Walking Track	Therapy & Lap Pools Weight & Cardio Rooms Walking Track	Therapy & Lap Pools Weight & Cardio Rooms Walking Track	Therapy & Lap Pools Weight & Cardio Rooms Walking Track	
24	25	26	27	28	29	30
	Therapy & Lap Pools Weight & Cardio Rooms Walking Track	Therapy & Lap Pools Weight & Cardio Rooms Walking Track	Therapy & Lap Pools Weight & Cardio Rooms Walking Track	Therapy & Lap Pools Weight & Cardio Rooms Walking Track	Therapy & Lap Pools Weight & Cardio Rooms Walking Track	
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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