

May 2019 - OPC Fitness Schedule

5-19 H&W Fitness Schedule

650 Letica Drive • Rochester, MI 48307 • 248-656-1403 • www.opcseniorcenter.org

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY
	Group Exercise 1	Group Exercise 2	Group Exercise 1	Group Exercise 2	Group Exercise 1	Group Exercise 2	Group Exercise 1	Group Exercise 2	Group Exercise 1	Group Exercise 2	Group Exercise 1
7:00	Adv. Strength & Balance 7:00-7:50 Peg				Adv. Strength & Balance 7:00-7:50 Peg				Adv. Strength & Balance 7:00-7:50 Peg		
7:30				Small Group Training (Adv.) 7:30-8:30 Dawn (pre-registration)							
8:00	Fitness in Motion 8:00-8:55 Dawn				Fitness in Motion 8:00-8:55 Dawn				Fitness in Motion 8:00-8:55 Dawn		
8:30		Pilates Strength Training 9:00-10:00 Dawn	Low Impact 8:30-9:30 Karen				Low Impact 8:30-9:30 Karen				
9:00	Muscles in Motion 9:00-9:55 Cheryl				Interval Training 9:00-9:55 Brenda	Pilates (Beg.) 9:00-10:00 Dawn			Muscles in Motion 9:00-9:55 Dawn	Flex-N-Foam Roll 9:00-10:00 Cheryl	Basic Yoga 9:00-10:00 Kay
9:30			Core Strength (Adv.) 9:30-10:30 Karen	Back Health 9:30-10:30 Dawn			Core Strength (Adv.) 9:30-10:30 Karen		ADS 10:00-10:30 Kathy		
10:00	ADS 10:00-10:30 Carol	Stretch & Balance 10:00-10:50 Dawn			ADS 10:00-10:30 TBD						
10:30	Zumba 10:30-11:30 Leah			Strengthen Bones (Int.) 10:30-11:25 Carol	Step Aerobics 10:45-11:30 Robin	^Beg. Low Impact Ballet 10:30-11:30 Lauren			Strengthen Bones (Int.) 10:30-11:25 Carol	Step Aerobics 10:45-11:30 Robin	^Tai Chi Beg. (Wu Style) 10:30-11:30 John
11:00		Functionally Fit 11:30-12:25 Dawn									
11:30	Core Strength (Beg.) 11:30-12:25 Karen			Yoga 11:35-12:50 Laura	Tone, Stretch & Balance 11:30-12:15 Dawn						
12:00											
12:30	Circuit Training 12:30-1:30 Karen	Chair Yoga 12:45-1:45 Norma		Strength & Stretch for Parkinson's 12:15-1:00 Dawn							
1:00				Resistance & Balance Training 1:15-2:15 Kathy		Core Strength (Inter.) 12:30-1:30 Heather					
1:30											
2:00	Basic Yoga 2:00-3:00 Norma										
2:30											
3:00											
3:30											
4:00											
4:30											
5:00											
5:30	Strengthen Your Bones (Adv.) 5:00-6:00 Robin										
6:00											
6:30	Essentrics Toning 6:25-7:25 Lauren										
7:00											
7:30											
8:00											
8:30											

The building will be closed from Friday, May 24th at 4:00pm and will reopen on Tuesday, May 28th.

To locate the Fitness Schedule at opcseniorcenter.org, go to the Activies tab and click on Fitness & Aquatics. The schedules are located to the right on the Fitness & Aquatic page.

To register for classes and passes online go to www.myactivecenter.com.

***Punch Cards can be used to drop-in to any fitness, aquatic, or cycling classes that offer a drop-in fee BUT THIS EXCLUDES PREMIUM CLASSES (Drop-in cost of above \$6) which includes: Beg. Low Impact Ballet, Beg. Tai Chi (Yang Style), Beg. Tai Chi (Wu Style), Dance for Parkinson's, Yoga (Tuesday at 11:35am) and Beg. Yoga on Thursday.**