

August 2022 - OPC Fitness Schedule

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

	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
	Gym	Kathy White Room	McCardell Room	Gym	Kathy White Room	McCardell Room	Gym	Kathy White Room	McCardell Room	Gym	Kathy White Room	McCardell Room	Gym	Kathy White Room	McCardell Room	Gym	Kathy White Room	McCardell Room
8:00 AM		Rise & Shine 8:00am				Sunrise Yoga 8:00am		Rise & Shine 8:00am					Rise & Shine 8:00am					
8:30 AM		Strengthen, Lengthen, & Balance 8:30am			Muscular Endurance 8:30am			Small Group Training: Sports/Agility 8:30am		Low Impact 8:30am	Muscular Endurance 8:30am		Strengthen, Lengthen & Balance 8:30am		Cycling 8:30am	Basic Yoga 8:30am		
9:00 AM					Cycling 9:00am				Interval Training 9:00am									
9:30 AM					Zumba 9:30am					Zumba 9:30am	Core Strength 9:30am					Total Body Sculpt 9:30am	Basic Yoga 9:30am	
10:00 AM																		
10:30 AM		Functionally Fit 10:30am			Body Strong 10:30am			Functionally Fit 10:30am		Barre Fusion 10:30am			Beg. Tai Chi 10:00am			Hatha Yoga 10:30am		
11:00 AM											Yin Yoga 11:00am		Beg. Tai Chi 11:00am				Chair Zumba 11:00am	
11:30 AM		Dance for Parkinson's 11:30am	Tang Soo Do 11:30am		Low Impact 11:30am			Ballet 11:30am		Yoga, a Gentle Beginning 11:45am								
12:00 PM				Boxing for Parkinson's 12:00pm														
12:30 PM					Core Strength 12:30pm			PWRI Parkinson Wellness Recovery 12:30pm										
1:00 PM		Zumba 1:00pm																
1:30 PM					Resistance & Balance 1:30pm			Adult Day Service Programming 1:30pm		Resistance & Balance 1:30pm						Chair Yoga 1:00pm		
2:00 PM		Chair Yoga 2:00pm																
2:30 PM								Chair Yoga 2:30pm										
3:00 PM																		
3:30 PM																		
4:00 PM					Beg. Tai Chi 4:00pm													
4:30 PM																		
5:00 PM																		
5:30 PM		Core & Toning 5:45pm			Zumba 5:30pm					Zumba 5:30pm								
6:00 PM																		
6:30 PM										Box Fit 6:00pm								
7:00 PM								Sunset Yoga 6:30pm										
7:30 PM																		

To Locate the Fitness Schedule at www.opcseniorcenter.org, go to the Activities tab and click on Fitness & Aquatics. The Schedules are located on the right side of the Fitness & Aquatic Page

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

Building Hours of Operation: Monday-Thursday: 8:00am-8:00pm Friday: 8:00am-4:00pm Saturday 8:00am-12:00pm

Sports Desk: 248-659-1022 | Mandy: 248-608-0278 | Heidi: 248-659-1021 | Night Coordinator: 248-608-0247