



# February 2021 Pools | Weight & Cardio | Walking Track

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>45 Minute Sessions   Limited registration to 3 sessions per week</b> <b>Lap Pool:</b> Mon-Thurs. 8 am – 5 pm   Fri. 8 am – 2 pm <b>Therapy Pool:</b> Mon-Thurs. 8:15 am – 4 pm   Fri. 8:15 – 2 pm <b>Weight &amp; Cardio Rooms:</b> Mon-Thurs. 9 am – 3 pm   Fri. 8 am – 2 pm <b>Walking Track:</b> Mon-Thurs. 8 am – 4 pm   Fri. 8 am - noon					
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	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	
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
	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	
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
	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	
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
	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	
<b>28</b>						

**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**