



February 2021 Fitness Classes in the Gym

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|--|--|--|---|--|-----------|
| | | | | | | |
| | 1 | 2 | 3 | 4 | 5 | 6 |
| | 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 | |
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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

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|-----------|--|--|---|---|--|-----------|
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| | 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 | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
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