



March 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	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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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	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	

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

21	22	23	24	25	26	27
	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	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	
28	29	30	31			
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