



# April 2021 Fitness Classes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b>	<b>2</b>	<b>3</b>
<div style="border: 2px solid purple; padding: 5px; display: inline-block;"> <b>See the April 2021 Newsletter for class descriptions and costs.</b> </div>				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	<b>BUILDING CLOSED</b>	
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
	<b>BUILDING CLOSED</b>	<b>Feb. 16 Snow Day            Fitness Class Make-up            Day see pg. 14 of NL</b> 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 5 pm – Healthy Joints 5:45 pm – Aqua Zomba	7 am – Rise & Shine #1 8 am – The Deep 8:30 am – Stretch & Balance 9:30 am – Parkinson Recovery 10:30 am – Functionally Fit	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 5 pm – Healthy Joints 5:45 pm – Aqua Zomba	7 am – Rise & Shine #1 9 am – Cycling 10 am – Tai Chi 11 am – Tai Chi	
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
	7 am – Rise & Shine #1 8:30 am – Strength/Length/Bal 10:30 am – Functionally Fit 11:00 am – Dance/Parkinsons 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 5 pm – Healthy Joints 5:15 pm – Limits Cycling 5:45 pm – Aqua Zomba	7 am – Rise & Shine #1 8 am – The Deep 8:30 am – Stretch & Balance 9:30 am – Parkinson Recovery 10:30 am – Functionally Fit	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 5 pm – Healthy Joints 5:45 pm – Aqua Zomba	7 am – Rise & Shine #1 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**

18	19	20	21	22	23	24
	7 am – Rise & Shine #2 8:30 am – Strength/Length/Bal 10:30 am – Functionally Fit 11:00 am – Dance/Parkinsons 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 5 pm – Healthy Joints 5:15 pm – Limits Cycling 5:45 pm – Aqua Zoomba	7 am – Rise & Shine #2 8 am – The Deep 8:30 am – Stretch & Balance 9:30 am – Parkinson Recovery 10:30 am – Functionally Fit	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 5 pm – Healthy Joints 5:45 pm – Aqua Zoomba	7 am – Rise & Shine #2 9 am - Cycling 10 am – Tai Chi 11 am – Tai Chi	
25	26	27	28	29	30	
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