




CYCLING | BOXING | PARKINSON'S SCHEDULE


March, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ride, Rock & Roll 10:15-11:00 am Heather	Cycle to the Beat 9:15-10:00 am Kathy	Dance for Parkinson's 1:00-2:00 pm Ali	Cycle to the Beat 9:15-10:00 am Kathy	Cycle to the Beat 10:15-11:00 pm Kathy	Energy Ride 8:00-8:45 am Therese
Power Pedal 6:30-7:15 pm Therese	 FREE Cycling Demo 10:00-10:30 am	Power Pedal 6:30-7:15 pm Paul	Boxing for Parkinson's 12:20-1:30 pm Carol		
	Kickboxing 1:10-2:05 am Dawn		Box Fit 101 6:30-7:30 pm Carol Starts March 21		

Questions about a class?

Contact Jeremy Ridky, Fitness & Aquatics Coordinator at jridky@opcseniorcenter.org or call 248.608.0295

NEWS you can USE!

The OPC will close at 12:00pm on Friday, March 1st for Staff Development Day.	For Spring into Action (March 11-16th), OPC is offering free activities for any 50+ Rochester, Rochester Hills & Oakland Township Residents. Those activities include any class with a 	For costs and payment options, please see the OPC Newsletter available at the cashiers window or on our website
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