

# April 2019 - OPC Fitness Schedule

4-19 H&W Fitness Schedule

650 Letica Drive • Rochester, MI 48307 • 248-656-1403 • [www.opcseniorcenter.org](http://www.opcseniorcenter.org)

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY
	Group Exercise 1	Group Exercise 2	Group Exercise 1	Group Exercise 2	Group Exercise 1	Group Exercise 2	Group Exercise 1	Group Exercise 2	Group Exercise 1	Group Exercise 2	Group Exercise 1
7:00	Adv. Strength & Balance 7:00-7:50 Peg				Adv. Strength & Balance 7:00-7:50 Peg				Adv. Strength & Balance 7:00-7:50 Peg		
7:30				Small Group Training (Adv.) 7:30-8:30 Dawn (pre-registration)							
8:00	Fitness in Motion 8:00-8:55 Dawn				Fitness in Motion 8:00-8:55 Dawn				Fitness in Motion 8:00-8:55 Dawn		
8:30		Pilates Strength Training 9:00-10:00 Dawn	Low Impact 8:30-9:30 Karen				Low Impact 8:30-9:30 Karen				
9:00	Muscles in Motion 9:00-9:55 Cheryl				Interval Training 9:00-9:55 Brenda	Pilates (Beg.) 9:00-10:00 Dawn			Muscles in Motion 9:00-9:55 Dawn	Flex-N-Foam Roll 9:00-10:00 Cheryl	Basic Yoga 9:00-10:00 Kay
9:30			Core Strength (Adv.) 9:30-10:30 Karen	Back Health 9:30-10:30 Dawn			Core Strength (Adv.) 9:30-10:30 Karen				
10:00	ADS 10:00-10:30 Carol	Stretch & Balance 10:00-10:50 Dawn			ADS 10:00-10:30 TBD	Heart Healthy 10:00-11:15 Dawn			ADS 10:00-10:30 Kathy		
10:30	Zumba 10:30-11:30 Leah		Strengthen Bones (Int.) 10:30-11:25 Carol	Step Aerobics 10:45-11:30 Robin	^Beg. Low Impact Ballet 10:30-11:30 Lauren		Strengthen Bones (Int.) 10:30-11:25 Carol	Step Aerobics 10:45-11:30 Robin	^Tai Chi Beg. (Wu Style) 10:30-11:30 John	Stretch & Balance 10:00-10:50 Dawn	
11:00		Functionally Fit 11:30-12:25 Dawn									
11:30	Core Strength (Beg.) 11:30-12:25 Karen		<b>Yoga 11:35-12:50 Laura</b>	Tone, Stretch & Balance 11:30-12:15 Dawn		Core Strength (Beg.) 11:25-12:25 Carol	<b>Beg. Yoga 11:45-12:45pm Tracy</b>	Tone, Stretch & Balance 11:30-12:15 Dawn	Functionally Fit 11:30-12:25 Dawn	Chair Yoga 11:30-12:30 Carol	
12:00											
12:30	Circuit Training 12:30-1:30 Karen	Chair Yoga 12:45-1:45 Norma		Strength & Stretch for Parkinson's 12:15-1:00	Core Strength (Inter.) 12:30-1:30 Heather	Chair Yoga 12:45-1:45 Kim		Hard Core Strength Training 12:20-1:05 Dawn			Group Exercise 2
1:00			Resistance & Balance Training 1:15-2:15 Kathy				Resistance & Balance Training 1:15-2:15 Kathy		Zumba 1:00-2:00 Leah		
1:30								Strengthen Your Bones (Beg.) 1:10-2:00 Dawn			
2:00	Basic Yoga 2:00-3:00 Norma				Qigong & Tai Chi Teresa 1:45-2:45	Yoga: Stretch & Strength 2:00-3:00 Kim	Tai Chi with Chair 2:15-3:15 John				
2:30				^Tai Chi Beg. (Wu Style) 2:20-3:20 John							
3:00											
3:30											
4:00											
4:30			Full Body Blast 4:15-5:00 Emily					Drums & More 4:30-5:20 Mila			
5:00	Strengthen Your Bones (Adv.) 5:00-6:00 Robin			Step Aerobics 5:15-6:00 Robin	Strengthen Your Bones (Adv.) 5:00-6:00 Robin			Age Reversing Essentrics 5:30-6:25 Lauren			
5:30								Muscular Endurance 6:45-7:30 Fabiola			
6:00	Essentrics Toning 6:25-7:25 Lauren		Slow Flow Yoga 6:00-7:00 Kay								
6:30					Zumba 6:30-7:30 Fabiola						
7:00			Zumba 7:05-8:05 Leah								
7:30											
8:00											
8:30											

**The building will be closed from Thursday, April 18th at 4:00pm through Monday, April 22nd.**

To locate the Fitness Schedule at [opcseniorcenter.org](http://opcseniorcenter.org), go to the Activies tab and click on Fitness & Aquatics. The schedules are located to the right on the Fitness & Aquatic page.

To register for classes and passes online go to [www.myactivecenter.com](http://www.myactivecenter.com).

**\*Punch Cards can be used to drop-in to any fitness, aquatic, or cycling classes that offer a drop-in fee BUT THIS EXCLUDES PREMIUM CLASSES (Drop-in cost of above \$6) which includes: Beg. Low Impact Ballet, Beg. Tai Chi (Yang Style), Beg. Tai Chi (Wu Style), Dance for Parkinson's, Yoga (Tuesday at 11:35am) and Beg. Yoga on Thursday.**