



CYCLING | BOXING | PARKINSON'S SCHEDULE

April, 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-A 12:00-1:00 pm Carol		
			Boxing for Parkinson's-B 1:00-2:00 pm Carol		
			Box Fit 101 6:30-7:30 pm Carol		

Questions about a class?

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

NEWS you can USE!

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

For costs and payment options, please see the OPC Newsletter available at the cashiers window or on our website