

March 2019 - OPC Fitness Schedule

650 Clifton Drive • Rochester, NY 14630 • 248-656-1400 • www.opcseniorcenter.org
 Gymnasium • Dance for Parkinson's, Wednesdays from 1:00-2:00pm Instr. All

	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											
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			Low Impact 8:30-9:30 Karen				Low Impact 8:30-9:30 Karen				
9:00	Muscles in Motion 9:00-9:55 Cheryl	Pilates Strength Training 9:00-10:00 Dawn			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											
10:00	ADS 10:00-10:30 Carol	Stretch & Balance 10:00-10:50 Dawn	Core Strength (Adv.) 9:30-10:30 Karen	Back Health 9:30-10:30 Dawn	ADS 10:00-10:30 TBD	Heart Healthy 10:00-11:15 Dawn		Core Strength (Adv.) 9:30-10:30 Karen	Back Health 9:30-10:30 Dawn	ADS 10:00-10:30 Kathy	
10:30	Zumba 10:30-11:30 Leah	Functionally Fit 11:30-12:25 Dawn	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											
11:30	Core Strength (Beg.) 11:30-12:25 Karen		Yoga 11:35-12:50 Laura	Tone, Stretch & Balance 11:30-12:15 Dawn				Beg. Yoga 11:45-12:45pm Tracy	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 (In Gym on 3/15)	
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					
2:30											
3:00			^Tai Chi Beg. (Wu Style) 2:20-3:20 John								
3:30											
4:00			Full Body Blast 4:15-5:00 Emily								
4:30											
5:00								Drums & More 4:30-5:20 Mila			
5:30	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			
6:00	Essentrics Toning 6:25-7:25 Lauren							Muscular Endurance 6:45-7:30 Fabiola			
6:30			Slow Flow Yoga 6:00-7:00 Kay								
7:00			Zumba 7:05-8:05 Leah		Zumba 6:30-7:30 Fabiola						
7:30											
8:00											
8:30											

Due to Staff Development Day, the OPC will close at 12:00pm on Friday, March 1st.

For Spring into Action, which takes place from March 11-16th, OPC will be offering free activities for any 50+ Rochester, Rochester Hills & Oakland Township Residents. Those activities include any class with a

To locate the Fitness Schedule at opcseniorcenter.org, go to the Activities 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.

^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.