



CYCLING | BOXING | PARKINSON'S SCHEDULE

July, 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		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 OPC will be closed starting Thursday, July 4th and will reopen on Monday, July 8th.

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