

July 2019 - OPC Fitness Schedule

7-19 H&W Fitness Schedule

650 Letica Drive • Rochester, MI 48307 • 248-656-1403 • 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		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 Kay	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.) 10:30-11:30 Robin		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		Yoga 11:35-12:50 Laura	Tone, Stretch & Balance 11:30-12:15 Dawn	*No class on 7/24 & 7/31	Core Strength (Beg.) 11:25-12:25 Carol	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 Dawn	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					Yoga: Stretch & Strength 2:00-3:00 Kim	Tai Chi with Chair 2:15-3:15 John				
2:30											
3:00			^Tai Chi Beg. (Wu Style) 2:20-3:20 John								
3:30											
4:00											
4:30			Full Body Blast 4:00-4:50 Emily								
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		Drums & More 4:30-5:20 Mila				
5:30							Age Reversing Essentrics 5:30-6:25 Lauren				
6:00	Essentrics Toning 6:25-7:25 Lauren		Slow Flow Yoga 6:00-7:00 Kay				Muscular Endurance 6:45-7:30 Fabiola				
6:30						Zumba 6:30-7:30 Fabiola					
7:00			Zumba 7:05-8:05 Leah								
7:30											
8:00											
8:30											

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

To locate the Fitness Schedule at 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.

***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.**