



# CYCLING | BOXING | PARKINSON'S SCHEDULE

## August, 2019

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Ride, Rock &amp; Roll</b> 10:15-11:00 am Heather	<b>Cycle to the Beat</b> 9:15-10:00 am Kathy	<b>Dance for Parkinson's</b> 1:00-2:00 pm Ali	<b>Cycle to the Beat</b> 9:15-10:00 am Kathy	<b>Cycle to the Beat</b> 10:15-11:00 pm Kathy	<b>Energy Ride</b> 8:00-8:45 am Therese
<b>Power Pedal</b> 6:30-7:15 pm Therese	<b>FREE Cycling Demo</b> 10:00-10:30 am		<b>Boxing for Parkinson's-A</b> 12:00-1:00pm Carol		
			<b>Boxing for Parkinson's-B</b> 1:00-2:00pm Carol		
			<b>Box Fit 101</b> 6:30-7:30 pm Carol		

### Questions about a class?

Contact Jeremy Ridky, Fitness & Aquatics Coordinator at [jridky@opcseniorcenter.org](mailto:jridky@opcseniorcenter.org) or call 248.608.0295

### NEWS you can USE!

The OPC will close at 4:00pm on Friday, August 30th and will reopen on Tuesday, September 3rd.

Due to MSO cycling classes will be canceled on Saturday, August 10th & Monday, August 12th & Friday, August 16th.

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

