



CYCLING | BOXING | PARKINSON'S SCHEDULE

September, 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!

<p>The OPC will close at 4:00pm on Friday, August 30th and will reopen on Tuesday, September 3rd.</p>	<p>For costs and payment options, please see the OPC Newsletter available at the cashiers window or on our website</p>
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