



# CYCLING | BOXING | PARKINSON'S SCHEDULE

## January, 2020

| Monday                                                    | Tuesday                                            | Wednesday                                           | Thursday                                                  | Friday                                              | Saturday                                      |
|-----------------------------------------------------------|----------------------------------------------------|-----------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------|-----------------------------------------------|
| <b>Ride, Rock &amp; Roll</b><br>10:15-11:00 am<br>Heather | <b>Cycle to the Beat</b><br>9:15-10:00 am<br>Kathy | <b>Dance for Parkinson's</b><br>1:00-2:00 pm<br>Ali | <b>Cycle to the Beat</b><br>9:15-10:00 am<br>Kathy        | <b>Cycle to the Beat</b><br>10:15-11:00 pm<br>Kathy | <b>Energy Ride</b><br>8:00-8:45 am<br>Therese |
| <b>Power Pedal</b><br>6:30-7:15 pm<br>Therese             | <b>FREE Cycling Demo</b><br>10:00-10:30 am         |                                                     | <b>Boxing for Parkinson's-A</b><br>12:00-1:00 pm<br>Carol |                                                     |                                               |
|                                                           |                                                    |                                                     | <b>Boxing for Parkinson's-B</b><br>1:00-2:00 pm<br>Carol  |                                                     |                                               |
|                                                           |                                                    |                                                     | <b>Box Fit 101</b><br>6:30-7:30 pm<br>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 building is closed on December 31st and January 1st for New Years.

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