

February 2020 - OPC Fitness Schedule

2-20 F&A 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	Rolling Yogalates 9:00-10:00 Cheryl
9:30	ADS 10:00-10:30 Harlene	Stretch & Balance 10:00-10:50 Dawn	Core Strength (Adv.) 9:30-10:30 Karen	Back Health 9:30-10:30 Dawn		ADS 10:00-10:30 Kay	Heart Healthy 10:00-11:15 Dawn	Core Strength (Adv.) 9:30-10:30 Karen			
10:00	Zumba 10:30-11:30 Leah			Strengthen Bones (Int.) 10:30-11:25 Carol	Step Aerobics 10:45-11:30 Robin			Core Strength (Beg.) 11:25-12:25 Carol	Strengthen Bones (Int.) 10:30-11:25 Carol	Step Aerobics 10:45-11:30 Robin	^Tai Chi Beg. (Wu Style) 10:30-11:30 John
10:30	Core Strength (Beg.) 11:30-12:25 Karen	Functionally Fit 11:30-12:25 Dawn		Yoga 11:35-12:50 Carole	Tone, Stretch & Balance 11:30-12:15 Dawn			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
11:00						Classical Ballet 12:30-1:30 Karen					
11:30		Chair Yoga 12:45-1:45 Norma		Strength & Stretch for Parkinson's 12:15-1:00 Dawn			Chair Yoga 12:45-1:45 Kim		Hard Core Strength Training 12:20-1:05 Dawn		
12:00	Circuit Training 12:30-1:30 Karen		Resistance & Balance Training 1:15-2:15 Kathy					Resistance & Balance Training 1:15-2:15 Fabiola	Strengthen Your Bones (Beg.) 1:10-2:00 Dawn	Zumba 1:00-2:00 Leah	Group Exercise 2
12:30											
1:00											
1:30											
2:00	Basic Yoga 2:00-3:00 Norma						Yoga: Stretch & Strength 2:00-3:00 Kim				
2:30								^Tai Chi with Chair 2:15-3:15 John			
3:00											
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 Carol			
6:00	Essentrics Toning 6:25-7:25 Carol		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											
7:30			Zumba 7:05-8:05 Leah/Mila								
8:00											
8:30											

The OPC will close at 11:45am on Friday, February 28th for Staff Development day.

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, Tai Chi w/chair, Boxing classes, Beg. Tai Chi (Wu Style), Dance for Parkinson's, Yoga (Tuesday at 11:35am) and Beg. Yoga on Thursday and Classical Ballet.