

# March 2020 - OPC 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 2-3 7:00-7:50 Peg				Adv. Strength & Balance 2-3 7:00-7:50 Peg				Adv. Strength & Balance 2-3 7:00-7:50 Peg		
7:30				Small Group Training (Adv.) 5 7:30-8:30 Dawn (pre-registration)							
8:00	Fitness in Motion 3-4 8:00-8:55 Dawn		Low Impact 3-4 8:30-9:30 Karen		Fitness in Motion 3-4 8:00-8:55 Dawn				Fitness in Motion 3-4 8:00-8:55 Dawn		
8:30		Pilates Strength Training 2-3 9:00-10:00 Dawn					Low Impact 3-4 8:30-9:30 Karen				
9:00	Muscles in Motion 2-3 9:00-9:55 Cheryl		Core Strength (Adv.) 4 9:30-10:30 Karen	Back Health 1-2 9:30-10:30 Dawn	Interval Training 9:00-9:55 Brenda	Pilates (Beg.) 2 9:00-10:00 Dawn		Core Strength (Adv.) 4 9:30-10:30 Karen	Muscles in Motion 2-3 9:00-9:55 Dawn	Rolling Yagalates 3 9:00-10:00 Cheryl	Basic Yoga 1-2 9:00-10:00 Kay
9:30					ADS 10:00-10:30 Carol S.	Heart Healthy 1 10:00-11:15 Dawn					
10:00	ADS 10:00-10:30 Anna	Stretch & Balance 2-3 10:00-10:50 Dawn		Strengthen Bones (Int.) 3 10:30-11:25 Carol					ADS 10:00-10:30 Kay	Stretch & Balance 2-3 10:00-10:50 Dawn	Karate Club 3-4 10:00-11:30 Paul
10:30	Zumba 2-3 10:30-11:30 Leah			Step Aerobics 4 10:45-11:30 Robin				Strengthen Bones (Int.) 3 10:30-11:25 Carol	Step Aerobics 4 10:45-11:30 Robin		
11:00		Functionally Fit 2 11:30-12:25 Dawn									
11:30	Core Strength (Beg.) 2 11:30-12:25 Karen			Tone, Stretch & Balance 1 11:30-12:15 Dawn		Core Strength (Beg.) 2 11:25-12:25 Carol					
12:00					Classical Ballet 2-3 12:30-1:30 Karen			<b>Beg. Yoga 2 11:45-12:45pm Tracy</b>			
12:30	Circuit Training 3-4 12:30-1:30 Karen	Chair Yoga 1-2 12:45-1:45 Norma		Strength & Stretch for Parkinson's 1-2 12:15-1:00 Dawn		Chair Yoga 1-2 12:45-1:45 Kim			Tone, Stretch & Balance 1 11:30-12:15 Dawn	Functionally Fit 2 11:30-12:25 Dawn	Chair Yoga 1-2 11:30-12:30 Carol
1:00											Group Exercise 2
1:30			Resistance & Balance Training 2 1:15-2:15 Kathy						Hard Core Strength Training 4 12:20-1:05 Dawn		
2:00	Basic Yoga 1-2 2:00-3:00 Norma				Zumba 2-3 1:45-2:45 Leah	Yoga: Stretch & Strength 1-2 2:00-3:00 Kim			Strengthen Your Bones (Beg.) 2 1:10-2:00 Dawn	Zumba 2-3 1:00-2:00 Leah	
2:30											
3:00											
3:30											
4:00											
4:30											
5:00	Strengthen Your Bones (Adv.) 4 5:00-6:00 Robin			Step Aerobics 4 5:15-6:00 Robin	Strengthen Your Bones (Adv.) 4 5:00-6:00 Robin						
5:30											
6:00	Essentrics Toning 3 6:25-7:25 Carol		Slow Flow Yoga 2 6:00-7:00 Kay								
6:30											
7:00						Zumba 2-3 6:30-7:30 Fabiola					
7:30											
8:00											
8:30											

\*Number next to class name indicates difficulty level

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.**