

January 2022 - OPC Fitness Schedule

650 Leticia Drive | Rochester, MI 48307 | 248-656-1403 | www.opcseniorcenter.org

	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
	Gym	Kathy White Room	Dutch Lavere Room	Gym	Kathy White Room	Dutch Lavere Room	Gym	Kathy White Room	Dutch Lavere Room	Gym	Kathy White Room	Dutch Lavere Room	Gym	Kathy White Room	Dutch Lavere Room	Gym	Kathy White Room	Dutch Lavere Room
8:00 AM		Rise & Shine 8:00am				Sunrise Yoga 8:00am		Rise & Shine 8:00am					Rise & Shine 8:00am					
8:30 AM			Strengthen, Lengthen, & Balance 8:30am		Muscular Endurance 8:30am			Stretch & Balance 8:30am		Low Impact 8:30am	Muscular Endurance 8:30am			Strengthen, Lengthen & Balance 8:30am				
9:00 AM		Cardio Kickboxing 9:00am		Cycling 9:00am			Interval Training 9:00am					Cycling 9:00am			Cycling 9:00am	Basic Yoga 9-9:50		
9:30 AM					Strength/Stretch for Parkinson's 9:30am	Zumba 9:30am				Zumba 9:30am	Core Strength 9:30am			Interval Training 9:30am				
10:00 AM			Mat Pilates 10:00am					Core Strength 10:00am					Beg. Tai Chi 10:00am			Chair Zumba 10:00am		
10:30 AM		Functionally Fit 10:30am			Body Strong 10:30am	Balance & Core Strength 10:30am		Functionally Fit 10:30am		Cycling 10:30am	Barre Fusion 10:30am	Balance & Core Strength 10:30am						
11:00 AM													Beg. Tai Chi 11:00am					
11:30 AM		Dance for Parkinson's 11:30am	Tang Soo Do 11:30am		Low Impact 11:30am			Ballet 11:30am	Muscles in Motion 11:30pm		Yoga, a Gentle Beginning 11:45am				Muscles in Motion 1:00pm			
12:00 PM				Boxing for Parkinson's 12:00pm														
12:30 PM			Muscles in Motion 1:00pm					PWR! Parkinson Wellness Recovery 12:30pm										
1:00 PM		Zumba 1:00pm			Core Strength 12:30pm								Chair Yoga 1:00pm					
1:30 PM					Resistance & Balance 1:30pm			Adult Day Service Programming 1:30pm			Resistance & Balance 1:30pm							
2:00 PM		Chair Yoga 2:00pm																
2:30 PM								Chair Yoga 2:30pm										
3:00 PM																		
3:30 PM																		
4:00 PM					Beg. Tai Chi 4:00pm													
4:30 PM																		
5:00 PM																		
5:30 PM					Zumba 5:30pm													
6:00 PM										Box Fit 6:00pm								
6:30 PM																		
7:00 PM																		
7:30 PM																		

To Locate the Fitness Schedule at www.opcseniorcenter.org, go to the Activities tab and click on Fitness & Aquatics. The Schedules are located at the bottom of the Fitness & Aquatic Page

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To register for classes online go to www.myactivecenter.com

Building Hours of Operation: Monday-Thursday: 8:00am-8:00pm Friday: 8:00am-4:00pm Saturday 8:00am-2:00pm

Sports Desk: 248-659-1022 | **Mandy:** 248-608-0278 | **Heidi:** 248-659-1021 | **Night Coordinator:** 248-608-0247