

September 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	McCardell Room	Gym	Kathy White Room	McCardell Room	Gym	Kathy White Room	McCardell Room	Gym	Kathy White Room	McCardell Room	Gym	Kathy White Room	McCardell Room	Gym	Kathy White Room	McCardell 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					Muscular Endurance 8:30am	Low Impact 8:30am				Strengthen, Lengthen & Balance 8:30am	Cycling 8:30am	Basic Yoga 8:30am	
9:00 AM		Cardio Kickboxing 9:00am						Interval Training 9:00am						Cycling 9:00am	Interval Training 9:00am			
9:30 AM					Zumba 9:30am					Zumba 9:30am	Core Strength 9:30am				Total Body Sculpt 9:30am		Basic Yoga 9:30am	
10:00 AM			Mat Pilates 10:00am					Core Strength 10:15am						Beg. Tai Chi 10:00am				
10:30 AM		Functionally Fit 10:30am			Body Strong 10:30am			Functionally Fit 10:30am		Barre Fusion 10:30am				Beg. Tai Chi 11:00am	Hatha Yoga 10:30am			
11:00 AM						Small Group Training: Getting Started 11:00am					Yin Yoga 11:00am			Beg. Tai Chi 11:00am			Chair Zumba 11:00am	
11:30 AM		Dance for Parkinson's 11:30am	Tang Soo Do 11:30am		Low Impact 11:30am			Ballet 11:30am	Dance for Parkinson's 11:30am		Yoga, a Gentle Beginning 11:45am				Meditation 11:30am			
12:00 PM				Boxing for Parkinson's 12:00pm														
12:30 PM					Core Strength 12:30pm	Essentrics 12:30pm		PWRI Parkinson Wellness Recovery 12:30pm										
1:00 PM		Zumba 1:00pm						Strength & Confidence 1:00pm										
1:30 PM					Resistance & Balance 1:30pm			Adult Day Service Programming 1:30pm			Resistance & Balance 1:30pm				Chair Yoga 1:00pm			
2:00 PM		Chair Yoga 2:00pm	Step 2:00pm												Small Group Training: Building Strength 2:00pm			
2:30 PM					Chair Zumba 2:30pm			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		Core & Toning 5:45pm			Zumba 5:30pm			HIIT 5:30pm			Zumba 5:30pm							
6:00 PM									Box Fit 6:00pm									
6:30 PM																		
7:00 PM								Sunset Yoga 6:30pm										
7:30 PM											Pound Fitness 7:00pm							

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

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