

October 2022 - OPC Fitness Schedule

650 Letica 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 | Dynamic Stretch 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 | | Interval Training 9:00am | | | Cycling 9:00am | | | Interval Training 9:00am | Small Group Training: Muscular Endurance 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 | | | | | | | | | | | | | | | | | | |
| 10:30 AM | | Functionally Fit 10:30am | | | Body Strong 10:30am | | | Functionally Fit 10:30am | | | Barre Fusion 10:30am | | | Beg. Tai Chi 10:00am | | | Hatha Yoga 10:30am | |
| 11:00 AM | | | | | | | | | | | | Yin Yoga 11:00am | | Beg. Tai Chi 11:00am | | | | Chair Zumba 10:45am |
| 11:30 AM | | Dance for Parkinson's 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 | | | | | | | | Cardio Kickboxing 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 | | | Mat Pilates 1:00pm | | 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 | | | | | | | | | | | | | Small Group Training: Building Strength 2:00pm | | | |
| 2:30 PM | | | | | Chair Zumba 2:30pm | Step 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 | | | | | Zumba 5:30pm | | | HIIT 5:30pm | Low Impact 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