

November 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		Interval Training 9:00am	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					Cycling 9:00am				Interval Training 9:00am	Small Group Training: Muscular Endurance 9:00am		Zumba 9:30am	Core Strength 9:30am			Total Body Sculpt 9:30am		Basic Yoga 9:30am
9:30 AM					Zumba 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					
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							
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																
1:30 PM					Resistance & Balance 1:30pm			Adult Day Service Programming 1:30pm										
2:00 PM		Chair Yoga 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																		

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

Note: The OPC Will Be Close at 4pm on Wednesday November 23rd and reopen Monday November 28th in observance of Thanksgiving

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

Closed

Closed