

December 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			HIIT 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				Cycling 9:00am	Interval Training 9:00am					
9:30 AM			Mat Pilates 9:30am		Zumba 9:30am					Zumba 9:30am	Core Strength 9:30am			Total Body Sculpt 9:30am		Basic Yoga 9:30am		
10:00 AM									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								
11:00 AM						Small Group Training: Getting Started 11:00am							Beg. Tai Chi 11:00am			Chair Zumba 10:45am		
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						
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	Core & Toning 5:30pm			Zumba 5:30pm	Dynamic Stretch 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 close at 4p Friday Dec. 23rd & reopen Tuesday Dec 27th in observance of christmas. The OPC will also be closed Dec 31st & Jan 1st.

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