

# March 2023 - 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				
8:30 AM			HIIT 8:30am		Muscular Endurance 8:30am					Muscular Endurance 8:30am	Low Impact 8:30am			Rise & Shine 8:00am	Strengthen, Lengthen & Balance 8:30am	Cycling 8:30am	Basic Yoga 8:30am	
9:00 AM		Interval Training 9:00am		Cycling 9:00am		Hatha Yoga 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						Rotating Meditation 10:00am												
10:30 AM		Functionally Fit 10:30am			Body Strong 10:30am			Core Strength 10:15am		Functionally Fit 10:30am				Beg. Tai Chi 10:00am				
11:00 AM						Small Group Training 10:45am					Barre Fusion 10:30am	Chair Yoga 10:45am		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							
12:00 PM																		
12:30 PM			PWR! Boxing 12:30pm		Core Strength 12:30pm	Essentrics 12:30pm				PWR! Parkinson Wellness Recovery 12:30pm								
1:00 PM		Zumba 1:00pm									Strength & Confidence 1:00pm							
1:30 PM					Resistance & Balance 1:30pm					Get Ready For Golf 1:30pm				Chair Yoga 1:00pm				
2:00 PM		Chair Yoga 2:00pm																
2:30 PM						Step 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							
6:00 PM																		
6:30 PM										Box Fit 6:00pm								
7:00 PM																		
7:30 PM										Sunset Yoga 6:30pm								

To Locate the Fitness Schedule at [www.opcseniorcenter.org](http://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](http://www.myactivecenter.com)

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