

May 2023 - 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												
8:30 AM			Strengthen, Lengthen, & Balance 8:30am		Muscular Endurance 8:30am						Muscular Endurance 8:30am	Low Impact 8:30am		Rise & Shine 8:00am				
9:00 AM		Interval Training 9:00am				Hatha Yoga 9:00am								Cycling 9:00am	Interval Training 9:00am			Cycling 8:30am
9:30 AM			Mat Pilates 9:30am		Zumba 9:30am						Zumba 9:30am	Core Strength 9:30am						Basic Yoga 9:30am
10:00 AM						Rotating Meditation 10:00am												
10:30 AM		Functionally Fit 10:30am			Body Strong 10:30am									Beg. Tai Chi 10:00am				
11:00 AM						Small Group Training 10:45am					Functionally Fit 10:30am	Core Strength 10:15am						Zumba Gold 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						
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													
2:00 PM		Chair Yoga 2:00pm										Resistance & Balance 1:30pm						
2:30 PM						Step 2:30pm												
3:00 PM		Chair Yoga 3:00pm																
3:30 PM																		
4:00 PM			Small Group Training 4:00pm		Beg. Tai Chi 4:00pm													
4:30 PM																		
5:00 PM																		
5:30 PM					Zumba 5:30pm													
6:00 PM																		
6:30 PM																		
7:00 PM																		
7:30 PM																		

The OPC will close at 4pm on Friday May 26th and reopen at 8am Tuesday May 30th in observance of Memorial Day.

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