June 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		Rise & Shine 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		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			Core Strength 10:15am					Beg. Tai Chi 10:00am				
10:30 AM		Functionally Fit 10:30am			Body Strong 10:30am	Small Group Training 10:45am		Functionally Fit 10:30am			Barre Fusion 10:30am	Chair Yoga 10:45am			Yin Yoga 10:30am			
11:00 AM														Beg. Tai Chi 11:00am				
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				Tang Soo Do 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					Chair Yoga 1:00pm				
1:30 PM					Resistance & Balance 1:30pm						Resistance & Balance 1:30pm							
2:00 PM		Chair Yoga 2:00pm														Closed		
2:30 PM						Step 2:30pm		Chair Yoga 2:30pm										
3:00 PM		Chair Yoga 3:00pm									Beg. Tai Chi 3:00pm							
3:30 PM																		
4:00 PM					Beg. Tai Chi 4:00pm								Closed					
4:30 PM																		
5:00 PM						Small Group Training 5:00pm												
5:30 PM					Zumba 5:30pm						Zumba 5:30pm							
6:00 PM										Box Fit 6:00pm								
6:30 PM								Sunset Yoga 6:30pm										
7:00 PM											Pound Fitness 7:00pm							
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

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