

JUNE 2017 - OPC Fitness Schedule

Cattell Auditorium: ^Dance for Parkinson's, Wednesdays from 12:30-1:30pm Instr: Ali

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY
	Kathy White	Dutch LaVere	Kathy White	Dutch LaVere	Kathy White	Dutch LaVere	Kathy White	Dutch LaVere	Kathy White	Dutch LaVere	Kathy White
7:00	Adv. Strength & Balance 7:00-7:50 Peg				Adv. Strength & Balance 7:00-7:50 Peg				Adv. Strength & Balance 7:00-7:50 Peg		
8:00	Fitness in Motion 8:00-8:55 Dawn	*Pilates Strength Training 9:00-10:00 Dawn	Low Impact 8:30-9:30 Deb	Get Golf Fit 8:15-9:15 Sherie <i>(pre-registration only)</i>	Fitness in Motion 8:00-8:55 Dawn				*Fitness in Motion 8:00-8:55 Dawn		
9:00	Muscles in Motion 9:00-9:55 Deb		Core Strength (Adv.) 9:30-10:30 Deb	*Back Health 9:30-10:30 Dawn	Muscles in Motion 9:00-9:55 Brenda	Pilates (Beg.) 9:00-10:00 Dawn				Muscles in Motion 9:00-9:55 Dawn	
10:00	ADS 10:00-10:30 Deb	Heart Healthy 10:00-11:15 Dawn	Strengthen Bones (Adv.) 10:30-11:25 Dawn	*Step Aerobics 10:45-11:30 Robin	ADS 10:00-10:30 Deb	Heart Healthy 10:00-11:15 Dawn	Core Strength (Adv.) 9:30-10:30 Deb	*Back Health 9:30-10:30 Dawn	ADS 10:00-10:30 Kathy	Stretch & Balance 10:00-10:50 Dawn	
10:30	Zumba 10:30-11:30 Leah	Functionally Fit 11:25-12:25 Dawn	*Yoga (B) 11:35-12:50 Tracy	Tone, Stretch & Balance 11:30-12:15 Dawn	*Beg. Low Impact Ballet 10:30-11:30 Lauren	*Core Strength (Beg.) 11:25-12:25 Carol	Strengthen Bones (Adv.) 10:30-11:25 Dawn	*Step Aerobics 10:45-11:30 Robin	*Tai Chi Beg. (Wu Style) 10:30-11:30 John		
11:00	*Core Strength (Beg.) 11:30-12:25 Deb						** (Beg.) Yoga (A) 11:45-12:45pm Tracy	Tone, Stretch & Balance 11:30-12:15 Dawn	Functionally Fit 11:30-12:25 Dawn	Chair Yoga 11:30-12:30 Carol	
12:00	*Circuit Training 12:30-1:30 Karen	Chair Yoga 12:45-1:45 Norma		Strength & Stretch for Parkinson's 12:15-1:00 Dawn	*Core Strength (Inter.) 12:30-1:30 Sue	Chair Yoga 12:45-1:45 Kim					Dutch LaVere
1:00			*Stretch & Strength 1:15-2:15 Kathy	Strengthen Your Bones (Beg.) 1:10-2:00 Dawn	Jazzercise Lite 1:30-2:30 Renee			*Stretch & Strength 1:15-2:15 Kathy	Strengthen Your Bones (Beg.) 1:10-2:00 Dawn	*Zumba 1:00-2:00 Leah	
2:00	Basic Yoga 2:00-3:00 Norma										
2:30											
3:00											
3:30											
4:00											
4:30											
5:00	Strengthen Your Bones 5:00-6:00 Dawn	Age Reversing Essentrics 5:30-6:10 Lauren									
5:30											
6:00	Essentrics Toning 6:15-7:15 Lauren	Small Group Personal Training (Adv.) 6:15-7:15 Dawn <i>(pre-registration only)</i>	Slow Flow Yoga 6:00-7:00 Kay	Step Aerobics 6:00-6:45 Robin				Age Reversing Essentrics 5:30-6:25 Lauren			
6:30								*Fit and 50 Barre 6:30-7:30 Lauren			
7:00			Zumba 7:05-8:05 Leah	Small Group Personal Training (Int.) 7:00-8:00 Susan <i>(pre-registration only)</i>	Small Group Personal Training (Beg.) 7:00-8:00 Ron <i>(pre-registration only)</i>						
7:30											
8:00											
8:30											

***Crittendon Fitness Challenge classes **Must pre-register and attend the (A) class first before attending a (B) class**

Small Group Personal Training is pre-registration only.

Summer Saturday Hours begin June 10th 7:00 am -11:45 am

^Punch Cards can be used to drop-in to any fitness, aquatic, or cycling classes that offer a drop-in fee BUT THIS EXCLUDES PREMIUM CLASSES (Drop-in cost of above \$6) which includes: Fit & 50 Barre, Beg. Low Impact Ballet, Beg. Tai Chi (Yang Style), Beg. Tai Chi (Wu Style), Dance for Parkinson's, Yoga (B) and (Beg.) Yoga (A).

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ADS (ADULT DAY SERVICE) CLASS IS NOT DROP-IN

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