

# JULY 2017 - OPC CYCLING SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30						
7:00						
7:30						
8:00						
8:30						
9:00		Cycle to the Beat 9:15-10:00 Kathy		Cycle to the Beat 9:15-10:00 Kathy		
9:30						
10:00		FREE Cycling Demo 10:00-10:30				
10:30						
11:00						
11:30					*Cycle to the Beat 11:45-12:30pm Kathy	
12:00						
12:30						
1:00						
1:30						
2:00						
2:30						
3:00						
3:30						
4:00						
4:30						
5:00						
5:30						
6:00						
6:30	Power Pedal					
7:00	6:30-7:15 Therese					
7:30						
8:00						
9:00						

*\*Crittenton Fitness Challenge classes*

***OPC is closed Monday, July 3rd and Tuesday, July 4th***

Summer Saturday 7:00 am - 11:45 am

**Punch Cards can be used to drop-in to 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 (Wu Style), Beg. Tai Chi (Yang Style), Dance for Parkinson's, Yoga (B), and (Beg.) Yoga (A).**

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