

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

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

Summer Saturday Hours 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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