

July 2017

OPC/Crittenton Fitness Challenge Classes

**Check out the CFC Referral Program on the back!*

Day	Time	Class	Instructor	Location	Benefits	Level of Intensity
Monday	9:00-10:00am	Pilates Strength Training*	Dawn Karbowski	Dutch	Strength/ Flexibility	2
	11:30am-12:25pm	Core Strength Beg.	Deb Lane	K. White	Strength/Balance	2
	12:30-1:30pm	Circuit Training	Karen Milam	K. White	Strength/Endurance	3-4
	2:00-2:50pm	H2O Aerobics	Robin Ingram	Lap Pool	Strength/Endurance	1
Tuesday	9:30-10:30am	Back Health	Dawn Karbowski	Dutch	Strength/Flexibility	1-2
	10:45-11:30am	Step Aerobics	Robin Ingram	Dutch	Cardio. endurance	4
	1:15-2:15pm	Stretch & Strength *	Kathy LeBlanc	K. White	Flexibility/Strength	2
	2:30-3:20pm	H2O Aerobics	Jeannie Leach	Lap Pool	Strength/Endurance	2
Wednesday	11:15am-12:15pm	Core Strength Beg.	Carol Smith	Dutch	Strength/Balance	2
	12:30-1:30pm	Inter. Core Strength *	Sue Misch	K. White	Strength/Balance	3
	2:00-2:50pm	H2O Aerobics	Robin Ingram	Lap Pool	Strength/Endurance	3
	5:45-6:35pm	Aqua Zumba	Ron Benbow	Lap Pool	Strength/Cardio	2-3
Thursday	8:30-9:30am	Low Impact	Deb Lane	K. White	Cardio. Endurance/Toning	4
	9:30-10:30am	Back Health	Dawn Karbowski	Dutch	Strength/Flexibility	1-2
	10:45-11:30am	Step Aerobics	Robin Ingram	Dutch	Cardio. Endurance	4
	1:15-2:15pm	Stretch & Strength *	Kathy LeBlanc	K. White	Flexibility/Strength	2
Friday	8:00-8:55am	Fitness in Motion	Dawn Karbowski	K. White	Cardio/Endurance	3
	11:45 am-12:30pm	Cycle to the Beat	Kathy LeBlanc	Gym	Endurance/Strength	2
	1:00-2:00pm	Zumba	Leah Berdy	K. White	Cardio. Endurance	2
	2:00-2:50pm	H2O Aerobics	Robin Ingram	Lap Pool	Strength/Endurance	1
Saturday	8:00-9:00am	Liquid Boot Camp	Peg Grodecki	Lap Pool	Cardio. Strength/Endurance	3

OPC/CFC Perks (Free)

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| <ul style="list-style-type: none"> • Open Swimming • Cardio Room / HUR Weight Room |
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MEETING DATES: Tuesday, July 18 Wrap-up Lunch

New Crittenton Fitness Challenge attendees need to schedule an appointment with Nurse Cindy for an initial assessment. Call Nurse Cindy at 248-601-2888

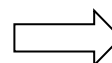
The use of the cardio room, weight room and open swimming is now free to CFC members! Remember, to use the weight room, you must complete a one-time orientation.

**Exercise Mat Required*

**Schedule subject to change*

**OPC will be closed for Independence Day on July 3rd and 4th.*

TURN OVER FOR MORE ACTIVITIES & SEMINARS



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