



November 2020 Fitness Classes in the Gym

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	7 am – Rise & Shine #1 8:30 am – Strength/Length/Bal 10:30 am – Functionally Fit 11:30 am – Tang Soo Do 1 pm - Zumba	7 am – Sunrise Yoga 8:30 am – Muscular End. 9 am – Bike (outdoors) 9:30 am – Cycling 11:30 am – Low Impact 10:30 am – Body Strong 12:30 pm – Core Strength 1:30 pm – Resist/Balance 4 pm – Tai Chi 6 pm – Restorative Yoga	7 am – Rise & Shine #1 8:30 am – Stretch & Balance 10:30 am – Functionally Fit	7 am – Sunrise Yoga 8:30 am – Muscular End. 9:30 am – Cycling 10:30 am – Body Balance 11:30 am – Low Impact 12:30 pm – Core Strength 1:30 pm – Resist/Balance	7 am – Rise & Shine #1 9:30 am - Cycling 10 am – Tai Chi 11 am – Tai Chi	
8	9	10	11	12	13	14
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15	16	17	18	19	20	21
	7 am – Rise & Shine #2 8:30 am – Strength/Length/Bal 10:30 am – Functionally Fit 11:30 am – Tang Soo Do 1 pm - Zumba	7 am – Sunrise Yoga 8:30 am – Muscular End. 9 am – Bike (outdoors) 9:30 am – Cycling 11:30 am – Low Impact 10:30 am – Body Strong 12:30 pm – Core Strength 1:30 pm – Resist/Balance 4 pm – Tai Chi 6 pm – Restorative Yoga	7 am – Rise & Shine #2 8:30 am – Stretch & Balance 10:30 am – Functionally Fit	7 am – Sunrise Yoga 8:30 am – Muscular End. 9:30 am – Cycling 10:30 am – Body Balance 11:30 am – Low Impact 12:30 pm – Core Strength 1:30 pm – Resist/Balance	7 am – Rise & Shine #2 9:30 am - Cycling 10 am – Tai Chi 11 am – Tai Chi	

November 2020 Fitness Classes in the Gym

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
22	23	24	25	26	27	28	
	7 am – Rise & Shine #2 8:30 am – Strength/Length/Bal 10:30 am – Functionally Fit 11:30 am – Tang Soo Do 1 pm - Zumba	7 am – Sunrise Yoga 8:30 am – Muscular End. 9 am – Bike (outdoors) 9:30 am – Cycling 11:30 am – Low Impact 10:30 am – Body Strong 12:30 pm – Core Strength 1:30 pm – Resist/Balance 4 pm – Tai Chi 6 pm – Restorative Yoga	7 am – Rise & Shine #2 8:30 am – Stretch & Balance 10:30 am – Functionally Fit	Building Closed for Thanksgiving Holiday	Building Closed for Thanksgiving Holiday		
29	30						
	7 am – Rise & Shine #2 8:30 am – Strength/Length/Bal 10:30 am – Functionally Fit 11:30 am – Tang Soo Do 1 pm - Zumba	Registration Required! Register Early! Limited Capacity! <i>MyActiveCenter</i> on the homepage of the OPC website or Call 248.659.1029 Mon – Thurs. 9 am – 3 pm Fri. 9 am to noon					