



# December 2020 Fitness Classes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		1	2	3	4	5	
		<div style="border: 1px solid black; padding: 5px;"> <p><b>Classes cancelled per MDHHS</b> – If you were registered for a cancelled program, please refer to the homepage of the newsletter for cancellations details.</p> </div>					
6	7	8	9	10	11	12	
	<div style="border: 1px solid black; padding: 5px;"> <p><b>Classes cancelled per MDHHS</b></p> </div>		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 am - Cycling 10 am – Tai Chi 11 am – Tai Chi		
13	14	15	16	17	18	19	
	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	8:30 am – Muscular End. 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 am - Cycling 10 am – Tai Chi 11 am – Tai Chi		



# December 2020 Fitness Classes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20	21	22	23	24	25	26
	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	8:30 am – Muscular End. 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	<b>Building Closed</b>	<b>Building Closed</b>	
27	28	29	30	31		
	<b>Building Closed</b>	<b>Building Closed</b>	<b>Building Closed</b>	<b>Building Closed</b>		

**Registration Required! Register Early! Limited Capacity!**  
**MyActiveCenter** on the homepage of the OPC website or  
 Call 248.659.1029 Mon – Thurs. 9 am – 3 pm | Fri. 9 am to noon