

# July 2026 - OPC Land Schedule

5-26 Classroom 3 & Gym Schedule

650 Letica Drive • Rochester, MI 48307 • 248-656-1403 • [www.OPCcenter.org](http://www.OPCcenter.org)

|          | Monday |                         | Tuesday        |                          | Wednesday |                    | Thursday       |                   | Friday         |                  | Saturday       |                 |
|----------|--------|-------------------------|----------------|--------------------------|-----------|--------------------|----------------|-------------------|----------------|------------------|----------------|-----------------|
|          | Gym    | Exercise Room 3         | Gym            | Exercise Room 3          | Gym       | Exercise Room 3    | Gym            | Exercise Room 3   | Gym            | Exercise Room 3  | Gym            | Exercise Room 3 |
| 8:00 AM  |        |                         |                | Sunrise Yoga 8:00am      |           |                    |                |                   |                |                  |                |                 |
| 8:30 AM  |        |                         |                |                          |           |                    |                |                   |                |                  |                |                 |
| 9:00 AM  |        | Dynamic Mobility 9:00am | Cycling 9:00am |                          |           |                    |                |                   | Cycling 9:00am |                  | Cycling 8:30am |                 |
| 9:30 AM  |        |                         |                | Hatha Yoga 9:30am        |           |                    |                |                   |                |                  |                |                 |
| 10:00 AM |        |                         |                |                          |           |                    |                |                   |                |                  |                |                 |
| 10:30 AM |        |                         |                | Restorative Yoga 10:30am |           |                    |                | Yoga 26/2 10:30am |                | Yin Yoga 10:30pm |                |                 |
| 11:00 AM |        |                         |                |                          |           |                    |                |                   |                |                  |                |                 |
| 11:30 AM |        |                         |                |                          |           |                    |                |                   |                |                  |                |                 |
| 12:00PM  |        |                         |                |                          |           |                    |                |                   |                |                  |                |                 |
| 12:30 PM |        |                         |                |                          |           |                    |                |                   |                |                  |                |                 |
| 1:00 PM  |        |                         |                |                          |           |                    |                |                   |                |                  |                |                 |
| 1:30 PM  |        |                         |                |                          |           |                    |                |                   |                |                  |                |                 |
| 2:00 PM  |        |                         |                |                          |           |                    |                |                   |                |                  |                |                 |
| 2:30 PM  |        |                         |                |                          |           |                    |                |                   |                |                  |                |                 |
| 3:00 PM  |        |                         |                |                          |           |                    |                |                   |                |                  |                |                 |
| 3:30 PM  |        |                         |                |                          |           |                    |                |                   |                |                  |                |                 |
| 4:00 PM  |        | Yin Yoga 4:00pm         |                |                          |           |                    |                | Yin Yoga 4:00pm   |                |                  |                |                 |
| 4:30 PM  |        |                         |                |                          |           |                    |                |                   |                |                  |                |                 |
| 5:00 PM  |        |                         |                |                          |           | Sunset Yoga 5:00pm |                |                   |                |                  |                |                 |
| 5:30 PM  |        |                         |                |                          |           |                    |                |                   |                |                  |                |                 |
| 6:00 PM  |        |                         |                |                          |           |                    | Box Fit 6:00pm |                   |                |                  |                |                 |
| 6:30 PM  |        |                         |                |                          |           |                    |                |                   |                |                  |                |                 |
| 7:00 PM  |        |                         |                |                          |           |                    |                |                   |                |                  |                |                 |
| 7:30 PM  |        |                         |                |                          |           |                    |                |                   |                |                  |                |                 |

To locate the schedules at [www.opcseniorcenter.org](http://www.opcseniorcenter.org), go to the Activies tab and click on Fitness & Aquatics. The schedules are located on the right side of the Fitness & Aquatic page.

To register for classes online go to [www.myactivecenter.com](http://www.myactivecenter.com).

**OPC is closed Friday, Jul 3rd - Sunday, July 5th we will re-open at 8am on Monday, July 6th.**

Aquatic Desk: 248-608-0293 | Delaney: 248-608-0278 | Erin: 248-659-1021 | Night & Weekend Coordinator: 248-608-0247