

August 2026 - OPC Land Schedule

5-26 Classroom 3 & Gym Schedule

650 Letica Drive • Rochester, MI 48307 • 248-656-1403 • 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					
11:00 AM																
11:30 AM																
12:00PM																
12:30 PM																
1:00 PM																
1:30 PM								Yin Yoga 1:30pm								
2:00 PM																
2:30 PM																
3:00 PM																
3:30 PM																
4:00 PM		Yin Yoga 4:00pm						Yin Yoga 4:00pm	Closed		Closed					
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, 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.

Aquatic