

September 2026 - OPC Land Schedule

09-26 Schedule

650 Letica Drive • Rochester, MI 48307 • 248-656-1403 • www.OPCcenter.org

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	Kathy White	McCardell	Kathy White	McCardell	Kathy White	McCardell	Kathy White	McCardell	Kathy White	McCardell	Kathy White	McCardell
8:00 AM	Rise & Shine 8:00am				Rise & Shine 8:00am				Rise & Shine 8:00am		Silver Strong 8:00am	
8:30 AM		Strengthen, Lengthen, Balance 8:30am	Muscular Endurance 8:30am			Mat Pilates 8:20am				Strengthen, Lengthen, Balance 8:30am		Basic Yoga 8:30am
9:00 AM	Interval Training 9:00am			Silver Strong 9:00am	Interval Training 9:00am	Cardio Kickboxing 9:15am			Interval Training 9:00am			
9:30 AM		Mat Pilates 9:30am	Zumba 9:30am				Zumba 9:30am	Low Impact 9:30am		Mat Pilates 9:30am	Basic Yoga 9:30am	
10:00 AM				Dynamic Mobility 10:00am					Beg. Tai Chi 10:00am			
10:30 AM	Functionally Fit 10:30am	Barre Fusion 10:30am	Core Strength 10:30am		Functionally Fit 10:30am	Core Strength 10:15am	Barre Fusion 10:30am	Functionally Fit 10:30am				
11:00 AM									Beg. Tai Chi 11:00am			
11:30 AM	Dance for Parkinson's 11:30am	Functionally Fit 11:30am	NUROFIT: Brain & Body 11:30am	Chair Yoga 11:30am	Golden Swans Ballet 11:30am	Dance for Parkinson's 11:30am		Mat Pilates 11:30am		Functionally Fit 11:30am		
12:00PM							Yoga, a Gentle Beg. 11:45am		Qi Gong 12:00pm			
12:30 PM	Zumba 12:30pm	PWR! Boxing 12:30pm	Brain & Body Training 12:30pm	Strength & Confidence 12:30pm	PWR! Parkinsons 12:30pm	Strength & Confidence 12:30pm		Strength & Confidence 12:30pm				
1:00 PM												
1:30 PM		Pound Fitness 1:30pm	Resistance & Balance 1:30pm	Step 1:30pm	Qi Gong 1:30pm		Resistance & Balance 1:30pm	Pound Fitness 1:30pm				
2:00 PM	Chair Yoga 2:00pm											
2:30 PM			Resistance & Balance 2:30pm	Tang Soo Do 2:30pm		Chair Yoga 2:30pm		Tang Soo Do 2:30pm				
3:00 PM	Chair Yoga 3:00pm	Movement Party 3:00pm					Beg. Tai Chi 3:00pm					
3:30 PM												
4:00 PM	Tai Chi - Eight Brocades 4:00pm	Absolute Beginner Ballet 4:00pm	Beg. Tai Chi 4:00pm		Advanced Tai Chi 4:00pm							
4:30 PM												
5:00 PM								Small Group Training 5:00pm				
5:30 PM	Silver Strong 5:30pm		Cardio Dance Party 5:30pm		Silver Strong 5:30pm							
6:00 PM												
6:30 PM												
7:00 PM												
7:30 PM												

To locate the schedules at www.opcseniorcenter.org, go to the Activities 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.

OPC is closed Saturday, September 5th - Monday, September 7th for Labor Day

Pool Hours of Operation: Monday - Thursday: 8:00am-7:45pm Friday: 8:00am-3:45pm Saturday: 8:00am-1:45pm
 Aquatic Desk: 248-608-0293 | Delaney: 248-608-0278 | Erin: 248-659-1021 | Night & Weekend Coordinator: 248-608-0247