

September 2026 - OPC Land Schedule

8-26 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		Sit Fit 10:00am				Sit Fit 10:00am			Yoga 26/2 10:30am				
10:30 AM				Restorative Yoga 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	
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.

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

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