

# So much to do at the OCC! September, October & November Adult Programs

## Dancercise

Mondays & Wednesdays  
Time: 9:00 A.M. — 10:15 A.M.  
September session: 9/4/24 — 9/30/24  
Fees: \$72 (M), \$108 (NM), \$144 (NR)  
October session: 10/2/24 — 10/30/24  
Fees: \$81 (M), \$121 (NM), \$162 (NR)  
November session: 11/4/24 — 11/25/24  
Fees: \$54 (M), \$81 (NM), \$108 (NR)  
Instructor: Karen Hochwalt  
Location: OCC Great Room

## **Tai Chi — Beginner**

Tuesdays  
Time: 7:00 P.M. — 8:00 P.M.  
September session: 9/24/24 — 10/29/24  
November sessions: 11/12/24 — 12/10/24  
Fees: \$22 (M), \$33 (NM), \$44 (NR)  
Instructor: Judy Wilson  
Location: OCC Great Room

## **Tai Chi — Intermediate**

Thursdays  
Time: 7:00 P.M. — 8:00 P.M.  
September session: 9/19/24 — 10/17/24  
October session: 10/31/24 — 12/5/24  
Fees: \$22 (M), \$33 (NM), \$44 (NR)  
Instructor: Judy Wilson  
Location: OCC Great Room

## PIYO

Tuesdays  
Time: 6:00 P.M. — 7:00 P.M.  
September session: 9/17/24 — 10/15/24  
October session: 10/22/24 — 11/26/24  
Fees: \$50 (M), \$75 (NM), \$100 (NR)  
Instructor: LaTonia McCane  
Location: OCC Teen Center

## Upper Body Conditioning

Tuesdays & Thursdays  
9:30 A.M. — 10:00 A.M.  
September session: 9/5/24 — 9/24/24  
September fees: \$36 (M), \$54 (NM), \$72 (NR)  
October session: 10/1/24 — 10/31/24  
October fees: \$60 (M), \$90 (NM), \$120 (NR)  
November session: 11/7/24 — 11/26/24  
November fees: \$36 (M), \$54 (NM), \$72 (NR)  
Instructor: Karen Hochwalt  
Location: OCC Great Room

## Dog Obedience Training with Paula's Paws

**September session:** Tuesdays  
9/3/24 — 9/24/24

Time: 5:00 P.M. - 6:00 P.M.

**October session:** Wednesdays  
10/9/24 — 10/30/24

Time: 5:00 P.M. - 6:00 P.M.

**November session:** Wednesdays  
November 11/6/24 — 12/4/24

Time: 5:00 P.M. - 6:00 P.M.

Fees: \$75 (M), \$113 (NM), \$150 (NR)  
Instructor: Paula Hosford  
Location: OCC Teen Center



## CPR Class

**Instructed by the Oakwood Public  
Safety Department**

## **October Session:**

Time: 5:30 P.M. — 8:30 P.M.  
Thursday, October 10, 2024

Fees: \$15 (Adult Oakwood Residents Only)  
Location: OCC Teen Center

## **November Session:**

Time: 8:30 A.M. — 11:30 A.M.  
Monday, November 4, 2024

Fees: \$15 (Adult Oakwood Residents Only)  
Location: OCC Teen Center

## Core Strength

Tuesdays & Fridays

Times: 10:10 A.M. — 11:10 A.M.

September session: 9/5/24 — 9/24/24  
September fees: \$54 (M), \$81 (NM), \$108 (NR)

October session: 10/1/24 — 10/31/24

October fees: \$90 (M), \$135 (NM), \$180 (NR)

November session: 11/7/24 — 11/26/24

November fees: \$54 (M), \$81 (NM), \$108 (NR)

Instructor: Karen Hochwalt  
Location: OCC Great Room

## Over 50 Fitness

Tuesdays & Thursdays

Time: 8:30 A.M. — 9:20 A.M.

September session: 9/3/24 — 10/3/24

October session: 10/8/24 — 11/12/24

November session: 11/14/24 — 12/19/24

Fees: \$65

Instructor: Coach Anderson  
Location: OCC Great Room

## Indoor Spinning

Mondays & Wednesdays

Times: 6:30 P.M. — 7:30 P.M.

October session: 10/2/24 — 10/30/24

October fees: \$54 (M), \$81 (NM), \$108 (NR)

November session: 11/4/24 — 11/25/24

November fees: \$30 (M), \$45 (NM), \$60 (NR)

Instructor: Nate Buckner  
Location: OCC Teen Center



**FOR MORE INFORMATION, PLEASE VISIT OUR  
WEBSITE AT:**

<https://oakwoodoh.myrec.com/info/default.aspx>  
Or scan the QR code.

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