

R.I.S.E.

Active Aging



CLASS SCHEDULE:

Monday

8:00 AM - 9:00 AM | Aqua Combo | Pool
9:00 AM - 10:00 AM | Aqua Zumba | Pool
10:30 AM - 11:15 AM | TRX Foundations | Thrive
11:30 AM - 12:15 PM | R.I.S.E. Functional Strength | Balance
12:30 PM - 1:15 PM | Zumba Gold | Balance

Tuesday

8:00 AM - 9:00 AM | Aqua Combo | Pool
9:00 AM - 10:00 AM | Aqua Combo | Pool
10:15 AM - 11:00 AM | R.I.S.E. Balance Fusion | Thrive
11:15 AM - 12:00 PM | R.I.S.E. Balance & Stability | Balance
12:15 PM - 1:00 PM | R.I.S.E. Power & Strength | Pulse

Wednesday

8:00 AM - 9:00 AM | Aqua Combo | Pool
9:00 AM - 10:00 AM | Aqua Combo | Pool
10:15 AM - 11:00 AM | R.I.S.E. Functional Strength | Balance
10:15 AM - 11:00 AM | R.I.S.E. Boxing for Life | Impact
11:15 AM - 12:00 PM | R.I.S.E. Core Fusion | Balance

Thursday

9:00 AM - 10:00 AM | Aqua Deep | Pool
10:00 AM - 11:00 AM | Aqua Zumba | Pool
10:15 AM - 11:00 AM | R.I.S.E. Balance Fusion | Thrive
11:15 AM - 12:00 PM | R.I.S.E. Balance for Functional Living | Balance
12:15 PM - 1:00 PM | R.I.S.E. Dance Fitness | Balance

Friday

8:00 AM - 9:00 AM | Aqua Combo | Pool
9:00 AM - 10:00 AM | Aqua Fusion | Pool
9:30 AM - 10:15 AM | TRX | Thrive
10:30 AM - 11:15 AM | R.I.S.E. Functional Strength | Balance
11:30 AM - 12:15 PM | R.I.S.E. Mat Core | Balance

Saturday

9:00 AM - 10:00 AM | Aqua Combo | Pool



Melissa Petro
Senior Programming Lead

Meet Melissa Petro

The R.I.S.E. Program is led by Melissa Petro, a dedicated fitness and wellness professional passionate about helping people move better, feel stronger, and build lasting healthy habits.

As a Certified Personal Trainer, Group Exercise Instructor, Functional Aging Specialist, Master Certified Health Coach, and Peak Pilates Certified Instructor, Melissa brings an individualized approach to functional movement and healthy aging. She creates a supportive environment where participants can build strength, confidence, mobility, and independence while thriving in everyday life.

Sign-Up on the OAC App!

Designed for Life in Motion in Every Stage of Life.