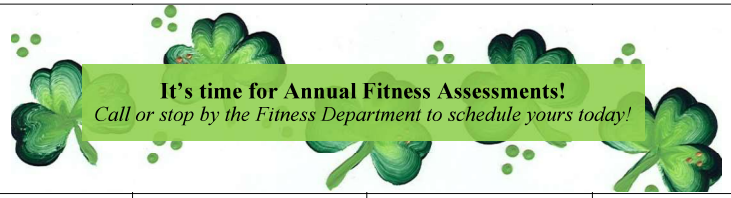
OV & CC FITNESS CALENDAR—MARCH 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
COLOR CODE: RED—Zoomed LIVE BLUE—Water Instruction at OV Pool GREEN—CC Pool PURPLE—Special Fitness Programming BLACK—Regular Classes ORANGE—OV Pool Maint.					1 *8:15-9:00 Lap Swim* *9:00-9:45 Water Aerobics* **9:00-9:45 Floor Cardio/Str HFP** 9:00-9:45 Chair Cardio/Str **HTL** 10:00-10:45 Floor Cardio **HFP** **10:00-10:45 Chair Cardio/Str HTL** ***11:00 T'ai Chi w/Teresa HTL*** ***1:00 Move & Groove HFP*** ***2:00—3:00 Lap Swim***	2
Daylight Saving Time Begins 3 **New Class!** **Swing Into Spring** **Thursdays 11am** **HFP**	4 *8:15-9:00 Lap Swim* *9:00-9:45 Water Aerobics* **9:00-9:45 Floor Cardio/Str HFP** 9:00-9:45 Chair Cardio/Str **HTL** **10:00-10:45 SHORT CIRCUITS HFP** **10:00-10:45 Chair Cardio/Str HTL** **1:00 Lift Heavy Circuit HFP** **2:00 Total Body Boxing HFP**	5 *8:15-9:00 Lap Swim* *9:00-9:45 High Intensity Water Aerobics* *10:15-11:00 Water Aerobics* *11:00-11:45 Lap Swim* ***9:00 Chair Mobility FS*** ***10:00 Yoga FS*** 1:00 Strength & Balance HFP **2:00 Men's Strength & Balance HFP** **2:15 Water Volleyball**	6 *OV Pool Closed for Maintenance 7:00-9:30a* **9:00-9:45 Floor Cardio/Str** HFP 9:00-9:45 Chair Cardio/Str **HTL** 10:00-10:45 Floor Cardio **HFP** **10:00-10:45 Chair Cardio/Str HTL** **1:15-2:00 Aqua Stretch and Balance** ***2:00-3:00 Lap Swim*** ***2:00 Spin Class– FS***	7 *8:15-9:00 Lap Swim* *9:00-9:45 High Intensity Water Aerobics* *10:15-11:00 Water Aerobics* *11:00-11:45 Lap Swim* ***9:00 Stretch & Balance FS*** ***10:00 Yoga FS*** ***11:00 @FH Parkinson's Exercise Group*** ***11:00 Swing into Spring HFP*** 1:00 Strength & Balance HFP **2:00 Men's Strength & Balance HFP**	8 *8:15-9:00 Lap Swim* *9:00-9:45 Water Aerobics* **9:00-9:45 Floor Cardio/Str HFP** 9:00-9:45 Chair Cardio/Str **HTL** 10:00-10:45 Floor Cardio **HFP** **10:00-10:45 Chair Cardio/Str HTL** ***11:00 T'ai Chi w/Teresa HTL*** ***1:00 Move & Groove HFP*** ***2:00—3:00 Lap Swim***	9
10 **New Class!** **Lift Heavy Circuit** **Mondays 1pm** **Hager** **Fitness Pavilion**	11 *8:15-9:00 Lap Swim* *9:00-9:45 Water Aerobics* **9:00-9:45 Floor Cardio/Str HFP** 9:00-9:45 Chair Cardio/Str **HTL** **10:00-10:45 SHORT CIRCUITS HFP** **10:00-10:45 Chair Cardio/Str HTL** **1:00 Lift Heavy Circuit HFP** **2:00 Total Body Boxing HFP**	12 *8:15-9:00 Lap Swim* *9:00-9:45 High Intensity Water Aerobics* *10:15-11:00 Water Aerobics* *11:00-11:45 Lap Swim* ***9:00 Chair Mobility FS*** ***10:00 Yoga FS*** 1:00 Strength & Balance HFP **2:00 Men's Strength & Balance HFP** **2:15 Water Volleyball**	13 *OV Pool Closed for Maintenance 7:00-9:30a* **9:00-9:45 Floor Cardio/Str** HFP 9:00-9:45 Chair Cardio/Str **HTL** 10:00-10:45 Floor Cardio **HFP** **10:00-10:45 Chair Cardio/Str HTL** **1:15-2:00 Aqua Stretch and Balance** ***2:00-3:00 Lap Swim*** ***2:00 Spin Class FS***	14 *8:15-9:00 Lap Swim* *9:00-9:45 High Intensity Water Aerobics* *10:15-11:00 Water Aerobics* *11:00-11:45 Lap Swim* ***9:00 Stretch & Balance FS*** ***10:00 Yoga FS*** ***11:00 @FH Parkinson's Exercise Group*** ***11:00 Swing into Spring HFP*** 1:00 Strength & Balance HFP **2:00 Men's Strength & Balance HFP**	15 *8:15-9:00 Lap Swim* *9:00-9:45 Water Aerobics* **9:00-9:45 Floor Cardio/Str HFP** 9:00-9:45 Chair Cardio/Str **HTL** 10:00-10:45 Floor Cardio **HFP** **10:00-10:45 Chair Cardio/Str HTL** ***11:00 T'ai Chi w/Teresa HTL*** ***1:00 Move & Groove HFP*** ***2:00—3:00 Lap Swim***	16
17 **Classes that are listed in RED & BOLD will be Zoomed live.**	18 *8:15-9:00 Lap Swim* *9:00-9:45 Water Aerobics* **9:00-9:45 Floor Cardio/Str HFP** 9:00-9:45 Chair Cardio/Str **HTL** **10:00-10:45 Chair Cardio/Str HFP** **10:00-10:45 SHORT CIRCUITS HFP** **1:00 Lift Heavy Circuit HFP** **2:00 Total Body Boxing HFP**	19 *8:15-9:00 Lap Swim* *9:00-9:45 High Intensity Water Aerobics* *10:15-11:00 Water Aerobics* *11:00-11:45 Lap Swim* ***9:00 Chair Mobility FS*** ***10:00 Yoga FS*** 1:00 Strength & Balance HFP **2:00 Men's Strength & Balance HFP** **2:15 Water Volleyball**	20 *OV Pool Closed for Maintenance 7:00-9:30a* **9:00-9:45 Floor Cardio/Str** HFP 9:00-9:45 Chair Cardio/Str **HTL** 10:00-10:45 Floor Cardio **HFP** **10:00-10:45 Chair Cardio/Str HTL** **1:15-2:00 Aqua Stretch and Balance** ***2:00-3:00 Lap Swim*** ***2:00 Spin Class FS***	21 *8:15-9:00 Lap Swim* *9:00-9:45 High Intensity Water Aerobics* *10:15-11:00 Water Aerobics* *11:00-11:45 Lap Swim* ***9:00 Stretch & Balance FS*** ***10:00 Yoga FS*** ***11:00 @FH Parkinson's Exercise Group*** ***11:00 Swing into Spring HFP*** 1:00 Strength & Balance HFP **2:00 Men's Strength & Balance HFP**	22 *8:15-9:00 Lap Swim* *9:00-9:45 Water Aerobics* **9:00-9:45 Floor Cardio/Str HFP** 9:00-9:45 Chair Cardio/Str **HTL** 10:00-10:45 Floor Cardio **HFP** **10:00-10:45 Chair Cardio/Str HTL** ***11:00 T'ai Chi w/Teresa HTL*** ***1:00 Move & Groove HFP*** ***2:00—3:00 Lap Swim***	23 **LOCATION CODES:** **FS**—Fitness Studio, Hilltop Lower Level **HFP**—Hager Fitness Pavilion **HTL**—Community Room in Hilltop Lodge **@FH**—Falmouth House
24 31	25 *8:15-9:00 Lap Swim* *9:00-9:45 Water Aerobics* **9:00-9:45 Floor Cardio/Str HFP** 9:00-9:45 Chair Cardio/Str **HTL** **10:00-10:45 Chair Cardio/Str HFP** **10:00-10:45 SHORT CIRCUITS HFP** **1:00 Lift Heavy Circuit HFP** **2:00 Total Body Boxing HFP**	26 *8:15-9:00 Lap Swim* *9:00-9:45 High Intensity Water Aerobics* *10:15-11:00 Water Aerobics* *11:00-11:45 Lap Swim* ***9:00 Chair Mobility FS*** ***10:00 Yoga FS*** 1:00 Strength & Balance HFP **2:00 Men's Strength & Balance HFP** **2:15 Water Volleyball**	27 *OV Pool Closed for Maintenance 7:00-9:30a* **9:00-9:45 Floor Cardio/Str** HFP 9:00-9:45 Chair Cardio/Str **HTL** 10:00-10:45 Floor Cardio **HFP** **10:00-10:45 Chair Cardio/Str HTL** **1:15-2:00 Aqua Stretch and Balance** **2:00 Fitness Talk: The Fountain of Youth w/Doug BBC**	28 *8:15-9:00 Lap Swim* *9:00-9:45 High Intensity Water Aerobics* *10:15-11:00 Water Aerobics* *11:00-11:45 Lap Swim* ***9:00 Stretch & Balance FS*** ***10:00 Yoga FS*** ***11:00 @FH Parkinson's Exercise Group*** ***11:00 Swing into Spring HFP*** 1:00 Strength & Balance HFP **2:00 Men's Strength & Balance HFP**	29 *8:15-9:00 Lap Swim* *9:00-9:45 Water Aerobics* **9:00-9:45 Floor Cardio/Str HFP** 9:00-9:45 Chair Cardio/Str **HTL** 10:00-10:45 Floor Cardio **HFP** **10:00-10:45 Chair Cardio/Str HTL** ***11:00 T'ai Chi w/Teresa HTL*** ***1:00 Move & Groove HFP*** ***2:00—3:00 Lap Swim***	30