

OV & CC FITNESS CALENDAR—APRIL 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>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.</p>	<p>8:15-9:00 Lap Swim 1 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 CIR-CUITS HFP 10:00-10:45 Chair Cardio/Str HTL 2:00 Total Body Boxing HFP</p>	<p>8:15-9:00 Lap Swim 2 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</p>	<p>OV Pool Closed for Maintenance 7:00-9:30a 3 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</p>	<p>8:15-9:00 Lap Swim 9:00-9:45 High Intensity Water Aerobics 4 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</p>	<p>8:15-9:00 Lap Swim 9:00-9:45 Water Aerobics 5 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 Tai Chi w/Teresa HTL 1:00 Move & Groove HFP 2:00-3:00 Lap Swim</p>	<p style="text-align: center;">6</p>
<p style="text-align: center;">7</p> <p style="text-align: center;">New Class! Swing Into Spring Thursdays 11am HFP</p>	<p>8:15-9:00 Lap Swim 8 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 CIR-CUITS HFP 10:00-10:45 Chair Cardio/Str HTL 2:00 Total Body Boxing HFP</p>	<p>8:15-9:00 Lap Swim 9 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</p>	<p>OV Pool Closed for Maintenance 7:00-9:30a 10 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</p>	<p>8:15-9:00 Lap Swim 11 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</p>	<p>8:15-9:00 Lap Swim 12 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 Tai Chi w/Teresa *FS 1:00 Move & Groove HFP 2:00-3:00 Lap Swim</p>	<p style="text-align: center;">13</p> <div style="border: 1px solid black; padding: 5px;"> <p>LOCATION CODES: FS—Fitness Studio, Hilltop Lower Level HFP—Hager Fitness Pavilion HTL—Community Room in Hilltop Lodge @FH—Falmouth House NW—Northwind Farm @ CC</p> </div>
<p style="text-align: center;">14</p> <p style="text-align: center;">New Class! Bodyweight, Bands, and Balance BEGINS MON 4/15 1:15pm NW@CC</p>	<p>8:15-9:00 Lap Swim 15 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 CIR-CUITS HFP 10:00-10:45 Chair Cardio/Str HTL 1:15 @CC NW Bodyweight, Bands, & Balance 2:00 Total Body Boxing HFP</p>	<p>8:15-9:00 Lap Swim 16 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</p>	<p>OV Pool Closed for Maintenance 7:00-9:30a 17 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</p>	<p>8:15-9:00 Lap Swim 9:00-9:45 High Intensity Water Aerobics 18 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</p>	<p>8:15-9:00 Lap Swim 19 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 Tai Chi w/Teresa HTL 1:00 Move & Groove HFP 2:00-3:00 Lap Swim</p>	<p style="text-align: center;">14</p>
<p style="text-align: center;">21</p> <p style="text-align: center;">Watch Your Email for more info: Tai Chi at CC! Coming Soon!</p>	<p>8:15-9:00 Lap Swim 22 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 HTL 10:00-10:45 SHORT CIR-CUITS HFP 1:15 @CC NW Bodyweight, Bands, & Balance 2:00 Total Body Boxing HFP</p>	<p>8:15-9:00 Lap Swim 23 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</p>	<p>OV Pool Closed for Maintenance 7:00-9:30a 24 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: Fitness 101 or Something for Everyone! <i>Bring all of your questions!!! with Ryan—BBC</i></p>	<p>8:15-9:00 Lap Swim 9:00-9:45 High Intensity Water Aerobics 25 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</p>	<p>8:15-9:00 Lap Swim 26 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 Tai Chi w/Teresa HTL 1:00 Move & Groove HFP 2:00-3:00 Lap Swim</p>	<p style="text-align: center;">21</p>
<p style="text-align: center;">28</p> <p style="text-align: center;">Classes that are listed in RED & BOLD will be Zoomed live.</p>	<p>8:15-9:00 Lap Swim 29 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 HTL 10:00-10:45 SHORT CIRCUITS HFP 1:15 @CC NW Bodyweight, Bands, & Balance 2:00 Total Body Boxing HFP</p>	<p>8:15-9:00 Lap Swim 30 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</p>	<p>OV Pool Closed for Maintenance 7:00-9:30a 31 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</p>	<p>8:15-9:00 Lap Swim 9:00-9:45 High Intensity Water Aerobics 32 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</p>	<p>8:15-9:00 Lap Swim 33 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 Tai Chi w/Teresa HTL 1:00 Move & Groove HFP 2:00-3:00 Lap Swim</p>	<p style="text-align: center;">28</p>