

# OV & CC FITNESS CALENDAR—MAY 2025

| SUNDAY                                                                                                                                                                                                                  | MONDAY                                                                                                                                                                                                                                                                                                   | TUESDAY                                                                                                                                                                                                                                                                                                                                                                             | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                    | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                              | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                            | SATURDAY                                                                                                                                                                                                                                                                                                                                                                             |
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| <b>COLOR CODE:</b><br><b>RED</b> —Zoomed LIVE<br><b>BLUE</b> —Water Instruction / OV Pool<br><b>GREEN</b> —CC Pool<br><b>PURPLE</b> —Special Fitness Programming<br><b>BLACK</b> —Regular Classes<br><b>ORANGE</b> —@CC |                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                              | <b>8:15-9:00 Lap Swim</b><br><b>9:00-9:45 High Intensity Water Aerobics</b><br><b>10:15-11:00 Water Aerobics</b><br><b>11:00-11:45 Lap Swim</b><br><b>9:00 Stretch &amp; Balance FS</b><br><b>10:00 Yoga FS</b><br><b>11:00 @FH Parkinson's Exercise</b><br><b>1:00 Strength &amp; Balance HFP</b><br><b>2:00 Men's Strength &amp; Balance HFP</b><br><b>4:00 @CC Oneness Meditation</b>              | <b>8:15-9:00 Lap Swim</b><br><b>9:00-9:45 Water Aerobics</b><br><b>9:00-9:45 Floor Cardio/Str HFP</b><br><b>9:00-9:45 Chair Cardio/Str HTL</b><br><b>10:00-10:45 Floor Cardio HFP</b><br><b>10:00-10:45 Chair Cardio/Str HFP</b><br><b>11:00 T'ai Chi w/Teresa</b><br><b>1:00 Move &amp; Groove HFP</b><br><b>2:00-3:00 Open/Lap Swim</b><br><b>2:00 Chair Yoga &amp; Stretch FS</b>              | <b>8:15-9:00 Lap Swim</b><br><b>9:00-9:45 Water Aerobics</b><br><b>9:00-9:45 Floor Cardio/Str HFP</b><br><b>9:00-9:45 Chair Cardio/Str HTL</b><br><b>10:00-10:45 Floor Cardio HFP</b><br><b>10:00-10:45 Chair Cardio/Str HFP</b><br><b>11:00 T'ai Chi w/Teresa</b><br><b>1:00 Move &amp; Groove HFP</b><br><b>2:00-3:00 Open/Lap Swim</b><br><b>2:00 Chair Yoga &amp; Stretch FS</b> |
| <b>4</b><br><b>Floor Cardio &amp; Strength Mon-Wed-Fri 9am+10am</b>                                                                                                                                                     | <b>5</b><br><b>8:15-9:00 Lap Swim</b><br><b>9:00-9:45 Water Aerobics</b><br><b>9:00-9:45 Floor Cardio/Str HTL</b><br><b>10:00-10:45 SHORT CIR-CUITS HFP</b><br><b>10:00-10:45 Chair Cardio/Str HFP</b><br><b>1:00 Total Body Boxing HFP</b><br><b>2:00-3:00 Open/Lap Swim</b><br><b>2:00 Pilates HFP</b> | <b>6</b><br><b>8:15-9:00 Lap Swim</b><br><b>9:00-9:45 High Intensity Water Aerobics</b><br><b>10:15-11:00 Water Aerobics</b><br><b>11:00-11:45 Lap Swim</b><br><b>9:00 Chair Mobility FS</b><br><b>10:00 Yoga FS</b><br><b>11:00 Oneness Meditation FS</b><br><b>1:00 Strength &amp; Balance HFP</b><br><b>1:00-2:00 Open/Lap Swim</b><br><b>2:00 Men's Strength &amp; Bal HFP</b>  | <b>7</b><br><b>OV Pool Closed for Maintenance 7:00-9:30a</b><br><b>9:00-9:45 Floor Cardio/Str HFP</b><br><b>9:00-9:45 Chair Cardio/Str HTL</b><br><b>10:00-10:45 Floor Cardio HFP</b><br><b>10:00-10:45 Chair Cardio/Str HTL</b><br><b>1:15 Open /Lap Swim</b><br><b>1:45 Spin Class FS</b><br><b>2:30 @CC NW Stretch &amp; Balance</b>                                                                      | <b>8</b><br><b>8:15-9:00 Lap Swim</b><br><b>9:00-9:45 High Intensity Water Aerobics</b><br><b>10:15-11:00 Water Aerobics</b><br><b>11:00-11:45 Lap Swim</b><br><b>9:00 Stretch &amp; Balance FS</b><br><b>10:00 Yoga FS</b><br><b>11:00 @FH Parkinson's Exercise</b><br><b>1:00 Strength &amp; Balance HFP</b><br><b>2:00 Men's Strength &amp; Balance HFP</b><br><b>4:00 @CC Oneness Meditation</b>  | <b>9</b><br><b>8:15-9:00 Lap Swim</b><br><b>9:00-9:45 Water Aerobics</b><br><b>9:00-9:45 Floor Cardio/Str HFP</b><br><b>9:00-9:45 Chair Cardio/Str HTL</b><br><b>10:00-10:45 Floor Cardio HFP</b><br><b>10:00-10:45 Chair Cardio/Str HFP</b><br><b>11:00 T'ai Chi w/Teresa</b><br><b>1:00 Move &amp; Groove HFP</b><br><b>2:00-3:00 Open/Lap Swim</b><br><b>2:00 Chair Yoga &amp; Stretch FS</b>  | <b>10</b><br><b>LOCATION CODES:</b><br><b>FS</b> —Fitness Studio,<br><b>HTL</b> —Hilltop Lower Level<br><b>HFP</b> —Hager Fitness Pavilion<br><b>HTL</b> —Community Room in Hilltop Lodge<br><b>@FH</b> —Falmouth House<br><b>NW</b> —Northwind Farm<br><b>@CC</b>                                                                                                                   |
| <b>11</b><br><b>Pilates Mondays 2:00 PM</b>                                                                                                                                                                             | <b>12</b><br><b>8:15-9:00 Lap Swim</b><br><b>9:00-9:45 Water Aerobics</b><br><b>9:00-9:45 Floor Cardio/Str HFP</b><br><b>9:00-9:45 Chair Cardio/Str HTL</b><br><b>10:00-10:45 SHORT CIR-CUITS HFP</b><br><b>1:00 Total Body Boxing HFP</b><br><b>2:00-3:00 Open/Lap Swim</b><br><b>2:00 Pilates HFP</b>  | <b>13</b><br><b>8:15-9:00 Lap Swim</b><br><b>9:00-9:45 High Intensity Water Aerobics</b><br><b>10:15-11:00 Water Aerobics</b><br><b>11:00-11:45 Lap Swim</b><br><b>9:00 Chair Mobility FS</b><br><b>10:00 Yoga FS</b><br><b>11:00 Oneness Meditation FS</b><br><b>1:00 Strength &amp; Balance HFP</b><br><b>1:00-2:00 Open/Lap Swim</b><br><b>2:00 Men's Strength &amp; Bal HFP</b> | <b>14</b><br><b>OV Pool Closed for Maintenance 7:00-9:30a</b><br><b>9:00-9:45 Floor Cardio/Str HFP</b><br><b>9:00-9:45 Chair Cardio/Str HTL</b><br><b>10:00-10:45 Floor Cardio HFP</b><br><b>10:00-10:45 Chair Cardio/Str HTL</b><br><b>1:15 Open /Lap Swim</b><br><b>1:45 Spin Class FS</b><br><b>2:30 @CC NW Stretch &amp; Balance</b>                                                                     | <b>15</b><br><b>8:15-9:00 Lap Swim</b><br><b>9:00-9:45 High Intensity Water Aerobics</b><br><b>10:15-11:00 Water Aerobics</b><br><b>11:00-11:45 Lap Swim</b><br><b>9:00 Stretch &amp; Balance FS</b><br><b>10:00 Yoga FS</b><br><b>11:00 @FH Parkinson's Exercise</b><br><b>1:00 Strength &amp; Balance HFP</b><br><b>2:00 Men's Strength &amp; Balance HFP</b><br><b>3:00 @CC Oneness Meditation</b> | <b>16</b><br><b>8:15-9:00 Lap Swim</b><br><b>9:00-9:45 Water Aerobics</b><br><b>9:00-9:45 Floor Cardio/Str HFP</b><br><b>9:00-9:45 Chair Cardio/Str HTL</b><br><b>10:00-10:45 Floor Cardio HFP</b><br><b>10:00-10:45 Chair Cardio/Str HTL</b><br><b>11:00 T'ai Chi w/Teresa</b><br><b>1:00 Move &amp; Groove HFP</b><br><b>2:00-3:00 Open/Lap Swim</b><br><b>2:00 Chair Yoga &amp; Stretch FS</b> | <b>17</b><br><b>Classes that are listed in RED &amp; BOLD will be Zoomed live.</b>                                                                                                                                                                                                                                                                                                   |
| <b>18</b><br><b>Strength &amp; Balance Tuesdays &amp; Thursdays 1:00PM</b>                                                                                                                                              | <b>19</b><br><b>8:15-9:00 Lap Swim</b><br><b>9:00-9:45 Water Aerobics</b><br><b>9:00-9:45 Floor Cardio/Str HTL</b><br><b>10:00-10:45 SHORT CIR-CUITS HFP</b><br><b>1:00 Total Body Boxing HFP</b><br><b>2:00-3:00 Open/Lap Swim</b><br><b>2:00 Pilates HFP</b>                                           | <b>20</b><br><b>8:15-9:00 Lap Swim</b><br><b>9:00-9:45 High Intensity Water Aerobics</b><br><b>10:15-11:00 Water Aerobics</b><br><b>11:00-11:45 Lap Swim</b><br><b>9:00 Chair Mobility FS</b><br><b>10:00 Yoga FS</b><br><b>11:00 Oneness Meditation FS</b><br><b>1:00 Strength &amp; Balance HFP</b><br><b>1:00-2:00 Open/Lap Swim</b><br><b>2:00 Men's Strength &amp; Bal HFP</b> | <b>21</b><br><b>OV Pool Closed for Maintenance 7:00-9:30a</b><br><b>9:00-9:45 Floor Cardio/Str HFP</b><br><b>9:00-9:45 Chair Cardio/Str HTL</b><br><b>10:00-10:45 Floor Cardio HFP</b><br><b>10:00-10:45 Chair Cardio/Str HTL</b><br><b>1:30 Fitness Presentation: Exercising with Osteoarthritis</b><br><b>2:30 @CC NW Stretch &amp; Balance</b>                                                            | <b>22</b><br><b>8:15-9:00 Lap Swim</b><br><b>9:00-9:45 High Intensity Water Aerobics</b><br><b>10:15-11:00 Water Aerobics</b><br><b>11:00-11:45 Lap Swim</b><br><b>9:00 Stretch &amp; Balance FS</b><br><b>10:00 Yoga FS</b><br><b>11:00 @FH Parkinson's Exercise</b><br><b>1:00 Strength &amp; Balance HFP</b><br><b>2:00 Men's Strength &amp; Balance HFP</b><br><b>4:00 @CC Oneness Meditation</b> | <b>23</b><br><b>8:15-9:00 Lap Swim</b><br><b>9:00-9:45 Water Aerobics</b><br><b>9:00-9:45 Floor Cardio/Str HFP</b><br><b>9:00-9:45 Chair Cardio/Str HTL</b><br><b>10:00-10:45 Floor Cardio HFP</b><br><b>10:00-10:45 Chair Cardio/Str HTL</b><br><b>11:00 T'ai Chi w/Teresa</b><br><b>1:00 Move &amp; Groove HFP</b><br><b>2:00-3:00 Open/Lap Swim</b><br><b>2:00 Chair Yoga &amp; Stretch FS</b> | <b>24</b><br><b>PWL Fitness</b><br><b>Wednesdays 5/7 and 5/21</b><br><b>10:00-10:45 Chair Cardio/Str</b><br><b>Fridays 5/9 and 5/23</b><br><b>9:00-9:45 Water Aerobics</b><br><b>10:00-10:45 Floor Cardio HFP</b>                                                                                                                                                                    |
| <b>25</b><br><b>Fitness Hike to Wolfes Neck State Park On May 29th Sign Up!</b>                                                                                                                                         | <b>26</b><br><b>8:15-9:00 Lap Swim</b><br><b>9:00-9:45 Water Aerobics</b><br><b>9:00-9:45 Floor Cardio/Str HTL</b><br><b>10:00-10:45 SHORT CIR-CUITS HFP</b><br><b>1:00 Total Body Boxing HFP</b><br><b>2:00-3:00 Open/Lap Swim</b><br><b>2:00 Pilates HFP</b>                                           | <b>27</b><br><b>8:15-9:00 Lap Swim</b><br><b>9:00-9:45 High Intensity Water Aerobics</b><br><b>10:15-11:00 Water Aerobics</b><br><b>11:00-11:45 Lap Swim</b><br><b>9:00 Chair Mobility FS</b><br><b>10:00 Yoga FS</b><br><b>11:00 Oneness Meditation FS</b><br><b>1:00 Strength &amp; Balance HFP</b><br><b>1:00-2:00 Open/Lap Swim</b><br><b>2:00 Men's Strength &amp; Bal HFP</b> | <b>28</b><br><b>OV Pool Closed for Maintenance 7:00-9:30a</b><br><b>9:00-9:45 Floor Cardio/Str HFP</b><br><b>9:00-9:45 Chair Cardio/Str HTL</b><br><b>10:00-10:45 Floor Cardio HFP</b><br><b>10:00-10:45 Chair Cardio/Str HTL</b><br><b>12:45 Fitness Hike: Wolfe's Neck Farm muster location tbd</b><br><b>1:15 Open /Lap Swim</b><br><b>1:45 Spin Class FS</b><br><b>2:30 @CC NW Stretch &amp; Balance</b> | <b>29</b><br><b>8:15-9:00 Lap Swim</b><br><b>9:00-9:45 High Intensity Water Aerobics</b><br><b>10:15-11:00 Water Aerobics</b><br><b>11:00-11:45 Lap Swim</b><br><b>9:00 Stretch &amp; Balance FS</b><br><b>10:00 Yoga FS</b><br><b>11:00 @FH Parkinson's Exercise</b><br><b>1:00 Strength &amp; Balance HFP</b><br><b>2:00 Men's Strength &amp; Balance HFP</b><br><b>4:00 @CC Oneness Meditation</b> | <b>30</b><br><b>8:15-9:00 Lap Swim</b><br><b>9:00-9:45 Water Aerobics</b><br><b>9:00-9:45 Floor Cardio/Str HFP</b><br><b>9:00-9:45 Chair Cardio/Str HTL</b><br><b>10:00-10:45 Floor Cardio HFP</b><br><b>10:00-10:45 Chair Cardio/Str HTL</b><br><b>11:00 T'ai Chi w/Teresa</b><br><b>1:00 Move &amp; Groove HFP</b><br><b>2:00-3:00 Open/Lap Swim</b><br><b>2:00 Chair Yoga &amp; Stretch FS</b> | <b>31</b>                                                                                                                                                                                                                                                                                                                                                                            |