

OV & CC FITNESS CALENDAR—JUNE 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
COLOR CODE: RED —Zoomed LIVE BLUE —Water Instruction / OV Pool GREEN —CC Pool PURPLE —Special Fitness Programming BLACK —Regular Classes ORANGE —@CC	8:15-9:00 Lap Swim 9:00-9:45 Water Aerobics 9:00-9:45 Floor Cardio/Str 9:00-9:45 Chair Cardio/Str HTL 10:00-10:45 SHORT CIR-CUITS HFP 10:00-10:45 Chair Cardio/Str 1:00 Total Body Boxing HFP 2:00-3:00 Open/Lap Swim 2:00 Pilates HFP	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 11:00 Oneness Meditation FS 1:00 Strength & Balance HFP 1:00-2:00 Open/Lap Swim 2:00 Men's Strength & Bal HFP	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 1:15 Water Aerobics @CC 1:45 Spin Class FS 2:30 @CC NW Stretch & Balance	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 1:00 Strength & Balance HFP 2:00 Men's Strength & Balance HFP 4:00 @CC Oneness Meditation	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 11:00 T'ai Chi w/Teresa 11:00 @CC NW Yoga 1:00 Move & Groove HFP 2:00-3:00 Open/Lap Swim 2:00 Chair Yoga & Stretch FS	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
Water Aerobics at CC NW Wednesdays at 1:15pm	8:15-9:00 Lap Swim 9:00-9:45 Water Aerobics 9:00-9:45 Floor Cardio/Str 9:00-9:45 Chair Cardio/Str HTL 10:00-10:45 SHORT CIR-CUITS HFP 10:00-10:45 Chair Cardio/Str 1:00 Total Body Boxing HFP 2:00-3:00 Open/Lap Swim 2:00 Pilates HFP	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 11:00 Oneness Meditation FS 1:00 Strength & Balance HFP 1:00-2:00 Open/Lap Swim 2:00 Men's Strength & Bal HFP	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 1:15 Water Aerobics @CC 1:45 Spin Class FS 2:30 @CC NW Stretch & Balance	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 1:00 Strength & Balance HFP 2:00 Men's Strength & Balance HFP 4:00 @CC Oneness Meditation	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 11:00 T'ai Chi w/Teresa 11:00 @CC NW Yoga 1:00 Move & Groove HFP 2:00-3:00 Open/Lap Swim 2:00 Chair Yoga & Stretch FS	Classes that are listed in RED & BOLD will be Zoomed live.
Pilates Mondays 2:00 PM	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 CIR-CUITS HFP 1:00 Total Body Boxing HFP 2:00-3:00 Open/Lap Swim 2:00 Pilates HFP	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 11:00 Oneness Meditation FS 1:00 Strength & Balance HFP 1:00-2:00 Open/Lap Swim 2:00 Men's Strength & Bal HFP	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 1:15 Water Aerobics @CC 1:45 Spin Class FS 2:30 @CC NW Stretch & Balance	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 1:00 Strength & Balance HFP 2:00 Men's Strength & Balance HFP 3:00 @CC Oneness Meditation	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 11:00 T'ai Chi w/Teresa 11:00 @CC NW Yoga 1:00 Move & Groove HFP 2:00-3:00 Open/Lap Swim 2:00 Chair Yoga & Stretch FS	PWL Fitness Wednesdays 6/11 and 6/25 10:00-10:45 Chair Cardio/Str Fridays 6/13 and 6/27 9:00-9:45 Water Aerobics 10:00-10:45 Floor Cardio HFP
Strength & Balance Tuesdays & Thursdays 1:00PM	8:15-9:00 Lap Swim 9:00-9:45 Water Aerobics 9:00-9:45 Floor Cardio/Str 9:00-9:45 Chair Cardio/Str HTL 10:00-10:45 SHORT CIR-CUITS HFP 1:00 Total Body Boxing HFP 2:00-3:00 Open/Lap Swim 2:00 Pilates HFP	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 11:00 Oneness Meditation FS 1:00 Strength & Balance HFP 1:00-2:00 Open/Lap Swim 2:00 Men's Strength & Bal HFP	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 1:15 Water Aerobics @CC 1:45 Spin Class FS 2:30 @CC NW Stretch & Balance	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 12:45 Van—Fitness Hike to Bradbury State Park 1:00 Strength & Balance HFP 2:00 Men's Strength & Balance HFP 4:00 @CC Oneness Meditation	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 11:00 T'ai Chi w/Teresa 11:00 @CC NW Yoga 1:00 Move & Groove HFP 2:00-3:00 Open/Lap Swim 2:00 Chair Yoga & Stretch FS	
Fitness Hike to Wolfes Neck Park Thurs., 6/26 Sign Up!	8:15-9:00 Lap Swim 9:00-9:45 Water Aerobics 9:00-9:45 Floor Cardio/Str 9:00-9:45 Chair Cardio/Str HTL 10:00-10:45 SHORT CIR-CUITS HFP 1:00 Total Body Boxing HFP 2:00-3:00 Open/Lap Swim 2:00 Pilates HFP					