


# OV & CC FITNESS CALENDAR—JULY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>COLOR CODE:</b>  <b>RED</b>—Zoomed LIVE  <b>BLUE</b>—Water Instruction / OV Pool  <b>GREEN</b>—CC Pool  <b>PURPLE</b>—Special Fitness Programming  <b>BLACK</b>—Regular Classes  <b>ORANGE</b>—@CC</p>	<p>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</p>	<p>8:15-9:00 Lap Swim 1            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 &amp; Balance HFP            1:00-2:00 Open/Lap Swim            2:00 Men's Strength &amp; Bal HFP</p>	<p>OV Pool Closed for Maintenance 7:00-9:30a 2            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 &amp; Balance</p>	<p>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 &amp; Balance FS            10:00 Yoga FS            11:00 @FH Parkinson's Exercise            1:00 Strength &amp; Balance HFP            2:00 Men's Strength &amp; Balance HFP            4:00 @CC Oneness Meditation</p>	 <p><b>No Fitness Classes Today</b></p>	<p>5</p>
<p>6</p> <p>Water Aerobics at CC NW Wednesdays at 1:15pm</p>	<p>7</p> <p>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</p>	<p>8</p> <p>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 &amp; Balance HFP            1:00-2:00 Open/Lap Swim            2:00 Men's Strength &amp; Bal HFP</p>	<p>9</p> <p>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 &amp; Balance</p>	<p>10</p> <p>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 &amp; Balance FS            10:00 Yoga FS            11:00 @FH Parkinson's Exercise            1:00 Strength &amp; Balance HFP            2:00 Men's Strength &amp; Balance HFP            4:00 @CC Oneness Meditation</p>	<p>11</p> <p>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 &amp; Groove HFP            2:00-3:00 Open/Lap Swim            2:00 Chair Yoga &amp; Stretch FS</p>	<p>12</p> <p><b>LOCATION CODES:</b>            FS—Fitness Studio, Hilltop Lower Level            HFP—Hager Fitness Pavilion            HTL—Community Room in Hilltop Lodge @FH—Falmouth House            NW—Northwind Farm @CC</p>
<p>13</p> <p>Fitness Hike to Pratts Brook Thurs., 7/31 Sign Up!</p>	<p>14</p> <p>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            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</p>	<p>15</p> <p>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 &amp; Balance HFP            1:00-2:00 Open/Lap Swim            2:00 Men's Strength &amp; Bal HFP</p>	<p>16</p> <p>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 Water Aerobics @CC            1:45 Spin Class FS            2:30 @CC NW Stretch &amp; Balance</p>	<p>17</p> <p>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 &amp; Balance FS            10:00 Yoga FS            11:00 @FH Parkinson's Exercise            1:00 Strength &amp; Balance HFP            2:00 Men's Strength &amp; Balance HFP            4:00 @CC Oneness Meditation</p>	<p>18</p> <p>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 BBC            11:00 @CC NW Yoga            1:00 Move &amp; Groove HFP            2:00-3:00 Open/Lap Swim            2:00 Chair Yoga &amp; Stretch FS</p>	<p>19</p> <p>Classes that are listed in <b>RED &amp; BOLD</b> will be Zoomed live.</p>
<p>20</p> <p>Strength &amp; Balance Tuesdays &amp; Thursdays 1:00PM</p>	<p>21</p> <p>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 Chair Cardio/Str            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</p>	<p>22</p> <p>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 &amp; Balance HFP            1:00-2:00 Open/Lap Swim            2:00 Men's Strength &amp; Bal HFP</p>	<p>23</p> <p>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 &amp; Balance</p>	<p>24</p> <p>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 &amp; Balance FS            10:00 Yoga FS            11:00 @FH Parkinson's Exercise            1:00 Strength &amp; Balance HFP            2:00 Men's Strength &amp; Balance HFP            4:00 @CC Oneness Meditation</p>	<p>25</p> <p>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 HTL            11:00 @CC NW Yoga            1:00 Move &amp; Groove HFP            2:00 Who Wants to be a Millionaire—Fitness Edition BBC</p>	<p>26</p> <p><b>PWL Fitness</b>            Wednesdays 7/9 and 7/23            10:00-10:45 Chair Cardio/Str            Fridays 7/11 and 7/25            9:00-9:45 Water Aerobics            10:00-10:45 Floor Cardio HFP</p>
<p>27</p> <p>Pilates Mondays 2:00pm</p>	<p>28</p> <p>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 Chair Cardio/Str            10:00-10:45 SHORT CIR-CUITS HFP            1:00 Total Body Boxing HFP            2:00-3:00 Open/Lap Swim</p>	<p>29</p> <p>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 &amp; Balance HFP            1:00-2:00 Open/Lap Swim            2:00 Men's Strength &amp; Bal HFP</p>	<p>30</p> <p>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 Water Aerobics @CC            1:45 Spin Class FS            2:30 @CC NW Stretch &amp; Balance</p>	<p>31</p> <p>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 &amp; Balance FS            10:00 Yoga FS            11:00 @FH Parkinson's Exercise            1:00 Strength &amp; Balance HFP            2:00 Men's Strength &amp; Balance HFP            4:00 @CC Oneness Meditation</p>		