

OV & CC FITNESS CALENDAR—SEPTEMBER 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	Labor Day 1 No Fitness Classes today	8:15-9:00 Lap Swim 9:00-9:45 High Intensity 2 Water Aerobics 10:15-11:00 Water Aerobics 11:00-11:45 Lap Swim 9:00 Chair Mobility FS No Yoga Today 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 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 1:15 @CC Water Aerobics NW 2:00 Bye-Bye Back Pain HFP 2:30 @CC NW Stretch & Balance	8:15-9:00 Lap Swim 9:00-9:45 High Intensity 4 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 5 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 No Move and Groove Today 2:00-3:00 Open/Lap Swim 2:00 Chair Yoga & Stretch FS	6
7 Bye Bye Back Pain Wednesdays 2pm Hager Fitness Pavilion	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 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	9 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	10 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 (PWL) Cardio/Str 1:15 Water Aerobics 2:00 Bye-Bye Back Pain HFP 2:30 @CC NW Stretch & Balance	11 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	12 8:15-9:00 Lap Swim 9:00-9:45 Water (PWL) Aerobics 9:00-9:45 Floor Cardio/Str HFP 9:00-9:45 Chair Cardio/Str HTL 10:00-10:45 Floor Cardio (PWL) 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	13 LOCATION CODES: FS—Fitness Studio, Hilltop Lower Level HFP—Hager Fitness Pavilion HTL—Community Room in Hilltop Lodge @FH—Falmouth House @CC—Northwind Farm
14 Fitness Presentation "From the Ground Up" September 19th	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 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	16 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	17 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 2:00 Bye-Bye Back Pain HFP 2:30 @CC NW Stretch & Balance	18 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 2:00-3:30 ALZ On-Campus Walk to End Alzheimer's 4:00 @CC Oneness Meditation	19 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 11:00 @CC NW Yoga 1:00 Move & Groove HFP 2:00 Fitness Presentation: From the Ground Up HTL	20 Classes that are listed in RED & BOLD will be Zoomed live.
21 TRX Core & More Starts September 26 2pm	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 Chair Cardio/Str 10:00-10:45 SHORT CIR- CUITS HFP 11:00 Laughter Yoga HTL 1:00 Total Body Boxing HFP 2:00-3:00 Open/Lap Swim 2:00 Pilates HFP	23 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 No Yoga Today 11:00 Oneness Meditation FS 1:00 Strength & Balance HFP 1:00-2:00 Open/Lap Swim 2:00 Men's Strength & Bal HFP	24 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 (PWL) Cardio/Str 1:15 Water Aerobics 2:00 Bye-Bye Back Pain HFP 2:30 @CC NW Stretch & Balance	25 No Pool Classes Today 9:00 Stretch & Balance HFP No Yoga Today No FH Parkinson's Group Today 1:00 Strength & Balance HFP 2:00 Men's Strength & Balance HFP 4:00 @CC Oneness Meditation	26 8:15-9:00 Lap Swim 9:00-9:45 Water (PWL) Aerobics 9:00-9:45 Floor Cardio/Str HFP 9:00-9:45 Chair Cardio/Str (PWL) HTL 10:00-10:45 Floor Cardio HFP 10:00-10:45 Chair Cardio/Str HTL 11:00 T'ai Chi w/Teresa HTL 11:00 @CC NW Yoga 1:00 Move & Groove HFP 2:00-3:00 Open/Lap Swim 2:00 TRX Core & More HFP	27 PWL Fitness Priority Wait List Wednesdays 9/10 and 9/24 10:00-10:45 Chair Cardio/Str Fridays 9/12 & 9/26 9:00-9:45 Water Aerobics 10:00-10:45 Floor Cardio HFP
28 Fitness Hike to Pratt's Brook Park September 30th Sign Up!	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 Chair Cardio/Str 10:00-10:45 SHORT CIR- CUITS HFP 1:00 Total Body Boxing HFP 2:00 Pilates HFP	30 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 Fitness Hike SIGN UP! 12:45 1:00 Strength & Balance HFP 2:00 Men's Strength & Bal HFP				