


# OV & CC FITNESS CALENDAR—OCTOBER 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><b>OV Pool Closed for Maintenance 7:00-9:30a</b> 1</p> <p>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 HFP</p> <p>1:15 Water Aerobics            2:00 Bye-Bye Back Pain HFP            2:30 @CC NW Stretch &amp; Balance</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 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>8:15-9:00 Lap Swim 3            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 HFP            11:00 Tai Chi w/Teresa            1:00 Move &amp; Groove HFP            2:00-3:00 Open/Lap Swim            2:00 TRX Core &amp; More HFP</p>	<p>4</p>
<p>5</p> <p><b>Bye Bye Back Pain Wednesdays 2pm Hager Fitness Pavilion</b></p>	<p>6</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 HFP            10:00-10:45 SHORT CIR-CUTS HFP            1:00 Total Body Boxing HFP            2:00-3:00 Open/Lap Swim            2:00 Pilates HFP</p>	<p>7</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>8</p> <p><b>OV Pool Closed for Maintenance 7:00-9:30a</b></p> <p>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 HFP</p> <p>1:15 Water Aerobics            2:00 Bye-Bye Back Pain HFP            2:30 @CC NW Stretch &amp; Balance</p>	<p>9</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>10</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 HFP            11:00 Tai Chi w/Teresa            1:00 Move &amp; Groove HFP            2:00-3:00 Open/Lap Swim            2:00 TRX Core &amp; More HFP</p>	<p><b>LOCATION CODES:</b> 1            FS—Fitness Studio            Hilltop Lower Level            HFP—Hager Fitness Pavilion            HTL—Community Room in Hilltop Lodge            @FH—Falmouth House            @CC—Northwind Farm</p>
<p>12</p> <p><b>Fitness Presentation "Nutrition That Works" October 17th</b></p>	<p>13</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 HFP            10:00-10:45 SHORT CIR-CUTS HFP            No Total Body Boxing today            2:00-3:00 Open/Lap Swim            2:00 Pilates HFP</p>	<p>14</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>15</p> <p><b>OV Pool Closed for Maintenance 7:00-9:30a</b></p> <p>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 HFP</p> <p>1:15 Water Aerobics            2:00 Bye-Bye Back Pain HFP            2:30 @CC NW Stretch &amp; Balance</p>	<p>16</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>17</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 HFP            11:00 Tai Chi w/Teresa HTL            1:00 Move &amp; Groove Today            1:15 Fitness Presentation: Nutrition That Works BCB</p>	<p>18</p> <p><b>Classes that are listed in RED &amp; BOLD will be Zoomed live.</b></p>
<p>19</p> <p><b>TRX Core &amp; More Starts Fridays 2pm HFP</b></p>	<p>20</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 HFP            10:00-10:45 SHORT CIR-CUTS HFP            1:00 Total Body Boxing HFP            2:00-3:00 Open/Lap Swim            2:00 Pilates HFP</p>	<p>21</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>22</p> <p><b>OV Pool Closed for Maintenance 7:00-9:30a</b></p> <p>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 HFP</p> <p>1:15 Water Aerobics            2:00 Bye-Bye Back Pain HFP            2:30 @CC NW Stretch &amp; Balance</p>	<p>23</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>24</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 HFP            11:00 Tai Chi w/Teresa HTL            1:00 Move &amp; Groove HFP            2:00-3:00 Open/Lap Swim            2:00 TRX Core &amp; More HFP</p>	<p>25</p> <p><b>PWL Fitness Priority Wait List</b>            Wednesdays 10/8 and 10/22            10:00-10:45 Chair Cardio/Str            Fridays 10/10 and 10/24            9:00-9:45 Water Aerobics            10:00-10:45 Floor Cardio HFP</p>
<p>26</p> <p><b>Strength and Balance Tuesdays/Thursdays 1pm</b></p>	<p>27</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 HFP            10:00-10:45 SHORT CIR-CUTS HFP            11:00 Laughter Yoga HTL            1:00 Total Body Boxing HFP            2:00 Pilates HFP</p>	<p>28</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>29</p> <p><b>OV Pool Closed for Maintenance 7:00-9:30a</b></p> <p>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 HFP</p> <p>1:15 Water Aerobics            2:00 Bye-Bye Back Pain HFP            2:30 @CC NW Stretch &amp; Balance</p>	<p>30</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>31</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 HFP            11:00 Tai Chi w/Teresa HTL            1:00 Move &amp; Groove HFP            2:00-3:00 Open/Lap Swim            2:00 TRX Core &amp; More HFP</p>	