

OV & CC FITNESS CALENDAR—DECEMBER 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 1 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	8:15-9:00 Lap Swim 9:00-9:45 High Intensity 2 10:15-11:00 Water Aerobics 11:00-11:45 Lap Swim 9:00 Chair Mobility FS 10:00 Yoga FS <i>Oneness Meditation on hiatus</i> 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 HFP 1:00-2:00 Open/Lap Swim 1:30 Bye Bye Back Pain HFP 2:30 Spin Class FS 2:30 @CC NW Stretch & Balance	8:15-9:00 Lap Swim 9:00-9:45 High Intensity 4 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 <i>Oneness Meditation on hiatus</i>	8:15-9:00 Lap Swim 9:00-9:45 Water Aerobics 5 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 Tai Chi w/Teresa 11:00 @CC NW Yoga 1:00 Move & Groove HFP 2:00-3:00 Open/Lap Swim	LOCATION CODES: 13 FS—Fitness Studio, Hilltop Lower Level HFP—Hager Fitness Pavilion HTL—Community Room in Hilltop Lodge @FH—Falmouth House @CC—Northwind Farm
Bye Bye Back Pain Wednesday's 1:30pm Hager Fitness	8:15-9:00 Lap Swim 9:00-9:45 Water Aerobics 8 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	8:15-9:00 Lap Swim 9:00-9:45 High Intensity 9 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 SR 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 10 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 1:00-2:00 Open/Lap Swim 1:30 Bye Bye Back Pain HFP 2:30 Spin Class FS 2:30 @CC NW Stretch & Balance	8:15-9:00 Lap Swim 9:00-9:45 High Intensity 11 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 12 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 Tai Chi w/Teresa 11:00 @CC NW Yoga 1:00 Move & Groove HFP	Classes that are listed in RED & BOLD will be Zoomed live.
Fitness Presentation: Hip Hip Hooray! December 12th 2:00pm BBC	8:15-9:00 Lap Swim 9:00-9:45 Water Aerobics 15 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	8:15-9:00 Lap Swim 9:00-9:45 High Intensity 16 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 SR 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 17 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 1:00-2:00 Open/Lap Swim 1:30 Bye Bye Back Pain HFP 2:30 Spin Class FS 2:30 @CC NW Stretch & Balance	8:15-9:00 Lap Swim 9:00-9:45 High Intensity 18 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 19 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 Tai Chi w/Teresa HTL 11:00 @CC NW Yoga 1:00 Move & Groove HFP 2:00-3:00 Open/Lap Swim 2:00 Fitness Presentation: Hip Hip Hooray: Optimizing Hip Function and Health BBC	Classes that are listed in RED & BOLD will be Zoomed live.
Spin Class Wednesdays 2:30pm Fitness Studio Sign Up!	8:15-9:00 Lap Swim 9:00-9:45 Water Aerobics 22 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 11:00 Laughter Yoga HTL 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 23 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 SR 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 24 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 1:00-2:00 Open/Lap Swim 1:30 Bye Bye Back Pain HFP 2:30 Spin Class FS 2:30 @CC NW Stretch & Balance	Merry Christmas 25 No Fitness Classes Today	No Water Aerobics Today 26 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 Tai Chi w/Teresa HTL No Yoga at CC Today No Move and Groove Today 2:00-3:00 Open/Lap Swim	PWL Fitness Priority Wait List Wednesdays 11/5 and 11/19 10:00-10:45 Chair Cardio/Str Fridays 11/7 and 11/21 9:00-9:45 Water Aerobics 10:00-10:45 Floor Cardio HFP
Pilates Mondays 2pm in Hager Fitness Pavilion	8:15-9:00 Lap Swim 9:00-9:45 Water Aerobics 29 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	8:15-9:00 Lap Swim 9:00-9:45 High Intensity 30 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 SR 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 31 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 1:00-2:00 Open/Lap Swim 1:30 Bye Bye Back Pain HFP 2:30 Spin Class FS 2:30 @CC NW Stretch & Balance	Happy New Year 1 No Fitness Classes Today		