

OV & CC FITNESS CALENDAR—FEBRUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>COLOR CODE: 1</p> <p>RED—Zoomed LIVE BLUE—Water Instruction / OV Pool GREEN—CC Pool PURPLE—Special Fitness Programming BLACK—Regular Classes ORANGE—@CC</p>	<p>8:15-9:00 Lap Swim 2 9:00-9:45 Water Aerobics 2 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-CUITS HFP 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 3 9:00-9:45 High Intensity Water Aerobics 3 10:15-11:00 Water Aerobics 3 11:00-11:45 Lap Swim 3 9:00 Chair Mobility FS 3 NO YOGA TODAY <i>Oneness Meditation on hiatus tbd</i> 1:00 Strength & Balance HFP 1:00-2:00 Open/Lap Swim 2:00 Men's Strength & Bal HFP</p>	<p>OV Pool Closed for Maintenance 7:00-9:30a 4</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 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</p>	<p>8:15-9:00 Lap Swim 5 9:00-9:45 High Intensity Water Aerobics 5 10:15-11:00 Water Aerobics 5 11:00-11:45 Lap Swim 5 9:00 Stretch & Balance FS 5 10:00 Yoga FS 5 11:00 @FH Parkinson's Exercise 5 1:00 Strength & Balance HFP 5 2:00 Men's Strength & Balance HFP 5 4:00 @CC Oneness Meditation 5</p>	<p>8:15-9:00 Lap Swim 6 9:00-9:45 Water Aerobics 6 9:00-9:45 Floor Cardio/Str HFP 6 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 6 11:00 @CC NW Yoga 6 1:00 Move & Groove HFP 6 2:00-3:00 Open/Lap Swim 6</p>	<p>7</p> <p>Wear Red on Fridays in February for Heart Health Awareness</p>
<p>8</p> <p>Bye Bye Back Pain Wednesdays 1:30pm Hager Fitness Pavilion</p>	<p>8:15-9:00 Lap Swim 9 9:00-9:45 Water Aerobics 9 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-CUITS HFP 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 10 9:00-9:45 High Intensity Water Aerobics 10 10:15-11:00 Water Aerobics 10 11:00-11:45 Lap Swim 10 9:00 Chair Mobility FS 10 10:00 Yoga FS 10 11:00 Oneness Meditation SR 10 1:00 Strength & Balance HFP 1:00-2:00 Open/Lap Swim 2:00 Men's Strength & Bal HFP</p>	<p>OV Pool Closed for Maintenance 7:00-9:30a 11</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 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</p>	<p>8:15-9:00 Lap Swim 12 9:00-9:45 High Intensity Water Aerobics 12 10:15-11:00 Water Aerobics 12 11:00-11:45 Lap Swim 12 9:00 Stretch & Balance FS 12 10:00 Yoga FS 12 11:00 @FH Parkinson's Exercise 12 1:00 Strength & Balance HFP 12 2:00 Men's Strength & Balance HFP 12 4:00 @CC Oneness Meditation 12</p>	<p>8:15-9:00 Lap Swim 13 9:00-9:45 Water Aerobics 13 9:00-9:45 Floor Cardio/Str HFP 13 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 13 11:00 @CC NW Yoga 13 1:00 Move & Groove HFP 13 2:00-3:00 Open/Lap Swim 13</p>	<p>14</p> <p>LOCATION CODES: FS—Fitness Studio, Hilltop Lower Level HFP—Hager Fitness Pavilion HTL—Community Room in Hilltop Lodge @FH—Falmouth House @CC—Northwind Farm</p>
<p>15</p> <p>Fitness Presentation: Strong Shoulders Feb. 20th 2pm In BBC</p>	<p>8:15-9:00 Lap Swim 16 9:00-9:45 Water Aerobics 16 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-CUITS HFP 11:00 Laughter Yoga HTL 16 1:00 Total Body Boxing HFP 16 2:00-3:00 Open/Lap Swim 16 2:00 Pilates HFP</p>	<p>8:15-9:00 Lap Swim 17 9:00-9:45 High Intensity Water Aerobics 17 10:15-11:00 Water Aerobics 17 11:00-11:45 Lap Swim 17 9:00 Chair Mobility FS 17 10:00 Yoga FS 17 11:00 Oneness Meditation SR 17 1:00 Strength & Balance HFP 1:00-2:00 Open/Lap Swim 2:00 Men's Strength & Bal HFP</p>	<p>OV Pool Closed for Maintenance 7:00-9:30a 18</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 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</p>	<p>8:15-9:00 Lap Swim 19 9:00-9:45 High Intensity Water Aerobics 19 10:15-11:00 Water Aerobics 19 11:00-11:45 Lap Swim 19 9:00 Stretch & Balance FS 19 10:00 Yoga FS 19 11:00 @FH Parkinson's Exercise 19 1:00 Strength & Balance HFP 19 2:00 Men's Strength & Balance HFP 19 4:00 @CC Oneness Meditation 19</p>	<p>8:15-9:00 Lap Swim 20 9:00-9:45 Water Aerobics 20 9:00-9:45 Floor Cardio/Str HFP 20 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 20 11:00 @CC NW Yoga 20 1:00 Move & Groove HFP 20 2:00 Fitness Presentation: Strong Shoulders BBC 20</p>	<p>21</p> <p>Classes that are listed in RED & BOLD will be Zoomed live.</p>
<p>22</p> <p>Strength and Balance Tues/Thurs 1:00pm in Hager Fitness Pavilion</p>	<p>8:15-9:00 Lap Swim 23 9:00-9:45 Water Aerobics 23 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-CUITS HFP 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 24 9:00-9:45 High Intensity Water Aerobics 24 10:15-11:00 Water Aerobics 24 11:00-11:45 Lap Swim 24 9:00 Chair Mobility FS 24 10:00 Yoga FS 24 11:00 Oneness Meditation SR 24 1:00 Strength & Balance HFP 1:00-2:00 Open/Lap Swim 2:00 Men's Strength & Bal HFP</p>	<p>OV Pool Closed for Maintenance 7:00-9:30a 25</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 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</p>	<p>8:15-9:00 Lap Swim 26 9:00-9:45 High Intensity Water Aerobics 26 10:15-11:00 Water Aerobics 26 11:00-11:45 Lap Swim 26 9:00 Stretch & Balance FS 26 10:00 Yoga FS 26 11:00 @FH Parkinson's Exercise 26 1:00 Strength & Balance HFP 26 2:00 Men's Strength & Balance HFP 26 4:00 @CC Oneness Meditation 26</p>	<p>8:15-9:00 Lap Swim 27 9:00-9:45 Water Aerobics 27 9:00-9:45 Floor Cardio/Str HFP 27 9:00-9:45 Chair Cardio/Str HTL 10:00-10:45 Floor Cardio HFP 10:00-10:45 Chair Cardio/Str HFP NO TAI CHI TODAY 11:00 @CC NW Yoga 27 1:00 Move & Groove HFP 27 2:00-3:00 Open/Lap Swim 27</p>	<p>28</p> <p>PWL Fitness Priority Wait List <i>Wednesdays 2/4 & 2/18</i> <i>10:00-10:45 Chair Cardio/Str</i> <i>Fridays 2/6 & 2/20</i> <i>9:00-9:45 Water Aerobics</i> <i>10:00-10:45 Floor Cardio HFP</i></p>
<p>Pilates Mondays 2pm in Hager Fitness Pavilion</p>	<p>February is American Heart Month</p> 					