

OV & CC FITNESS CALENDAR—MARCH 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>COLOR CODE: 1 RED—Zoomed LIVE BLUE—Water Instruction / OV Pool GREEN—CC Pool PURPLE—Special Fitness Programming BLACK—Regular Classes ORANGE—@CC</p>	<p>2 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>3 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 10:00 Yoga FS 9:00 Chair Mobility 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</p>	<p>4 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 PWL 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</p>	<p>5 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</p>	<p>6 8:15-9:00 Lap Swim 9:00-9:45 Water Aerobics PWL 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 3:00 @CC Tai Chi w/Anne</p>	<p>7</p>
<p>8 Bye Bye Back Pain Wednesdays 1:30pm Hager Fitness Pavilion</p>	<p>9 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>10 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 SR 1:00 Strength & Balance HFP 1:00-2:00 Open/Lap Swim 2:00 Men's Strength & Bal HFP</p>	<p>11 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 1:00-2:00 Open/Lap Swim 1:30 Bye Bye Back Pain HFP 2:30 Spin Class FS 2:30 @CC NW Stretch & Balance</p>	<p>12 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</p>	<p>13 8:15-9:00 Lap Swim 9:00-9:45 Water Aerobics PWL 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 3:00 @CC Tai Chi w/Anne</p>	<p>14 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 Strength and Balance Tues/Thurs 1:00pm Hager Fitness Pavilion</p>	<p>16 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>17 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 SR 1:00 Strength & Balance HFP 1:00-2:00 Open/Lap Swim 2:00 Men's Strength & Bal HFP</p>	<p>18 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 PWL 10:00-10:45 Chair Cardio/Str No Open/Lap Swim today 1:30 Bye Bye Back Pain HFP 2:30 Spin Class FS 2:30 @CC NW Stretch & Balance</p>	<p>19 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</p>	<p>20 8:15-9:00 Lap Swim 9:00-9:45 Water Aerobics PWL 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 3:00 @CC Tai Chi w/Anne</p>	<p>21 Classes that are listed in RED & BOLD will be Zoomed live.</p>
<p>22 Fitness Presentation: Understanding Parkinson's Disease March 27th HTL</p>	<p>23 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 11:00 Laughter Yoga HTL 1:00 Total Body Boxing HFP 2:00-3:00 Open/Lap Swim 2:00 Pilates HFP</p>	<p>24 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 SR 1:00 Strength & Balance HFP 1:00-2:00 Open/Lap Swim 2:00 Men's Strength & Bal HFP</p>	<p>25 OV Pool Closed for Deep Cleaning 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 1:30 Bye Bye Back Pain HFP 2:30 Spin Class FS 2:30 @CC NW Stretch & Balance</p>	<p>26 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</p>	<p>27 8:15-9:00 Lap Swim 9:00-9:45 Water Aerobics PWL 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 Fitness Presentation: Understanding Parkinson's Disease HTL 3:00 @CC Tai Chi w/Anne</p>	<p>28 PWL Fitness Priority Wait List <i>Wednesdays 3/4 & 3/18</i> <i>10:00-10:45 Chair Cardio/Str</i> <i>Fridays 3/6 & 3/20</i> <i>9:00-9:45 Water Aerobics</i> <i>10:00-10:45 Floor Cardio HFP</i></p>
<p>29 Pilates Mondays 2pm Hager Fitness Pavilion</p>	<p>30 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>31 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 SR 1:00 Strength & Balance HFP 1:00-2:00 Open/Lap Swim 2:00 Men's Strength & Bal HFP</p>				