

# OV & CC FITNESS CALENDAR—APRIL 2026

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>5</b></p> <p style="border: 1px solid black; padding: 5px; text-align: center;">Swing Into Spring Golf Fitness Thursdays 11:15am in Hager Fitness Pavilion</p>	<p><b>6</b></p> <p>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 CIRCUITS HFP            1:00 Total Body Boxing HFP            2:00-3:00 Open/Lap Swim            2:00 Pilates HFP</p>	<p><b>7</b></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 SR            1:00 Strength &amp; Balance HFP            1:00-2:00 Open/Lap Swim            2:00 Men's Strength &amp; Bal HFP</p>	<p><b>8</b></p> <p>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 &amp; Balance</p>	<p><b>9</b></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            11:15 Swing Into Spring—Golf Fitness HFP            1:00 Strength &amp; Balance HFP            2:00 Men's Strength &amp; Balance            4:00 @CC Oneness Meditation</p>	<p><b>10</b></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 HTL            11:00 Tai Chi w/Teresa HTL            11:00 @CC NW Yoga            1:00 Move &amp; Groove HFP            2:00-3:00 Open/Lap Swim            3:00 @CC Tai Chi w/Anne</p>	<p><b>11</b></p> <p style="border: 1px solid black; padding: 5px;">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><b>12</b></p> <p style="border: 1px solid black; padding: 5px; text-align: center;">Fitness Presentation: Align Your Spine and Support Your Head HTL</p>	<p><b>13</b></p> <p>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 CIRCUITS HFP            1:00 Total Body Boxing HFP            2:00-3:00 Open/Lap Swim            2:00 Pilates HFP</p>	<p><b>14</b></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 SR            1:00 Strength &amp; Balance HFP            1:00-2:00 Open/Lap Swim            2:00 Men's Strength &amp; Bal HFP</p>	<p><b>15</b></p> <p>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 &amp; Balance</p>	<p><b>16</b></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            11:15 Swing Into Spring—Golf Fitness HFP            1:00 Strength &amp; Balance HFP            2:00 Men's Strength &amp; Balance            4:00 @CC Oneness Meditation</p>	<p><b>17</b></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 HTL            11:00 Tai Chi w/Teresa HTL            11:00 @CC NW Yoga            No Move &amp; Groove today            1:30 Fitness Presentation: Align Your Spine HTL            3:00 @CC Tai Chi w/Anne</p>	<p style="border: 1px solid black; padding: 5px;">Classes that are listed in <b>RED &amp; BOLD</b> will be Zoomed live.</p>
<p><b>19</b></p> <p style="border: 1px solid black; padding: 5px; text-align: center;">Strength and Balance Tues/Thurs 1:00pm in Hager Fitness Pavilion</p>	<p><b>20</b></p> <p>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 CIRCUITS HFP            1:00 Laughter Yoga HTL            1:00 Total Body Boxing HFP            2:00-3:00 Open/Lap Swim            2:00 Pilates HFP</p>	<p><b>21</b></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 SR            1:00 Strength &amp; Balance HFP            1:00-2:00 Open/Lap Swim            2:00 Men's Strength &amp; Bal HFP</p>	<p><b>22</b></p> <p>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            1:30 Bye Bye Back Pain HFP            2:30 Spin Class FS            2:30 @CC NW Stretch &amp; Balance</p>	<p><b>23</b></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            11:15 Swing Into Spring—Golf Fitness HFP            1:00 Strength &amp; Balance HFP            2:00 Men's Strength &amp; Balance            4:00 @CC Oneness Meditation</p>	<p><b>24</b></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 HTL            11:00 Tai Chi w/Teresa *FS            11:00 @CC NW Yoga            1:00 Move &amp; Groove HFP            2:00-3:00 Open/Lap Swim            3:00 @CC Tai Chi w/Anne</p>	<p><b>25</b></p> <p style="border: 1px solid black; padding: 5px;">PWL Fitness (Priority Wait List)            Wednesdays 4/1 &amp; 4/15            10:00-10:45 Chair Cardio/Str            Fridays 4/3 &amp; 4/17            9:00-9:45 Water Aerobics            10:00-10:45 Floor Cardio HFP</p>
<p><b>26</b></p> <p style="border: 1px solid black; padding: 5px; text-align: center;">Pilates Mondays 2pm in Hager Fitness Pavilion</p>	<p><b>27</b></p> <p>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 CIRCUITS HFP            1:00 Total Body Boxing HFP            2:00-3:00 Open/Lap Swim            2:00 Pilates HFP</p>	<p><b>28</b></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 SR            1:00 Strength &amp; Balance HFP            1:00-2:00 Open/Lap Swim            2:00 Men's Strength &amp; Bal HFP</p>	<p><b>29</b></p> <p>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 &amp; Balance</p>	<p><b>30</b></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            11:15 Swing Into Spring—Golf Fitness HFP            1:00 Strength &amp; Balance HFP            2:00 Men's Strength &amp; Balance            4:00 @CC Oneness Meditation</p>		