

# OV & CC FITNESS CALENDAR—MAY 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>8:15-9:00 Lap Swim            9:00-9:45 Water Aerobics <b>1</b></p>	<p style="text-align: right;"><b>2</b></p>
<p style="text-align: center;"><b>3</b></p> <p style="text-align: center;"><b>Bye Bye Back Pain</b>  <b>Wednesdays</b>  <b>1:30pm</b>  <b>in Hager Fitness Pavilion</b></p>	<p>8:15-9:00 Lap Swim <b>4</b>            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>8:15-9:00 Lap Swim            9:00-9:45 High Intensity Water Aerobics <b>5</b>            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>OV Pool Closed for Maintenance 7:00-9:30a <b>6</b>            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>8:15-9:00 Lap Swim            9:00-9:45 High Intensity Water Aerobics <b>7</b>            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            4:00 @CC Oneness Meditation</p>	<p>8:15-9:00 Lap Swim            9:00-9:45 Water Aerobics <b>8</b>            9:00-9:45 Floor Cardio/Str HFP            9:00-9:45 Chair Cardio/Str            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 style="text-align: center;"><b>9</b></p> <p style="text-align: center;"><b>LOCATION CODES:</b>            FS—Fitness Studio,            Hilltop Lower Level            HFP—Hager Fitness Pavilion            HTL—Community Room in Hilltop Lodge            @FH—Falmouth House            @CC—Northwind Farm</p>
<p style="text-align: center;"><b>10</b></p> <p style="text-align: center;"><b>Fitness Presentation: Stretching 101: When, What, and How HTL</b></p>	<p>8:15-9:00 Lap Swim <b>11</b>            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>8:15-9:00 Lap Swim            9:00-9:45 High Intensity Water Aerobics <b>12</b>            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>OV Pool Closed for Maintenance 7:00-9:30a <b>13</b>            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>8:15-9:00 Lap Swim            9:00-9:45 High Intensity Water Aerobics <b>14</b>            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            4:00 @CC Oneness Meditation</p>	<p>8:15-9:00 Lap Swim            9:00-9:45 Water Aerobics <b>15</b>            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: Stretching 101 HTL            2:00-3:00 Open/Lap Swim            3:00 @CC Tai Chi w/Anne</p>	<p style="text-align: center;"><b>16</b></p> <p style="text-align: center;"><b>Classes that are listed in RED &amp; BOLD will be Zoomed live.</b></p>
<p style="text-align: center;"><b>17</b></p> <p style="text-align: center;"><b>Strength and Balance</b>  <b>Tues/Thurs</b>  <b>1:00pm in Hager Fitness Pavilion</b></p>	<p>8:15-9:00 Lap Swim <b>18</b>            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>8:15-9:00 Lap Swim            9:00-9:45 High Intensity Water Aerobics <b>19</b>            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>OV Pool Closed for Maintenance 7:00-9:30a <b>20</b>            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>8:15-9:00 Lap Swim            9:00-9:45 High Intensity Water Aerobics <b>21</b>            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            4:00 @CC Oneness Meditation</p>	<p>8:15-9:00 Lap Swim            9:00-9:45 Water Aerobics <b>22</b>            9:00-9:45 Floor Cardio/Str            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 Swim            3:00 @CC Tai Chi w/Anne</p>	<p style="text-align: center;"><b>23</b></p> <p style="text-align: center;"><b>PWL Fitness</b>            [Priority Wait List Welcome]            Wednesdays 5/6 &amp; 5/20            10:00-10:45 Chair Cardio/Str            Fridays 5/8 &amp; 5/22            9:00-9:45 Water Aerobics            10:00-10:45 Floor Cardio HFP</p>
<p style="text-align: center;"><b>24</b></p> <p style="text-align: center;"><b>Pilates Mondays</b>  <b>2pm in Hager Fitness Pavilion</b></p>	<p style="text-align: center;"><b>25</b></p> <p style="text-align: center;"><i>Memorial Day</i>  <i>No Classes Today</i></p>	<p>8:15-9:00 Lap Swim            9:00-9:45 High Intensity Water Aerobics <b>26</b>            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>OV Pool Closed for Maintenance 7:00-9:30a <b>27</b>            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>8:15-9:00 Lap Swim            9:00-9:45 High Intensity Water Aerobics <b>28</b>            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            12:45 Fitness Hike @ Bradbury Park            1:00 Strength &amp; Balance HFP            2:00 Men's Strength &amp; Balance            4:00 @CC Oneness Meditation</p>	<p>8:15-9:00 Lap Swim            9:00-9:45 Water Aerobics <b>29</b>            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 style="text-align: center;"><b>30</b></p>