

OV & CC FITNESS CALENDAR—AUGUST 2026

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		Strength and Balance Tues/Thurs 1:00pm in Hager Fitness Pavilion	Fitness Assessments: Call or Stop By the HFP to Sign Up Today!		Presentation: Who Wants To Be A Millionaire—Fitness Edition Fri. 8/28, 2:00pm HTL	1
2 Water Aerobics Mondays & Wednesdays 1:15pm CC NW Farm	3 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 1:15 @CC NW Water Aerobics 2:00 Pilates HFP	4 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 1:00 Strength & Balance HFP 1:00-2:00 Open/Lap Swim 2:00 Men's Strength & Bal HFP	5 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 1:15 @CC NW Water Aerobics 1:30 Bye Bye Back Pain HFP 2:30 Spin Class FS 2:30 @CC NW Stretch & Balance	6 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 4:00 @CC Oneness Meditation	7 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 10:00-10:45 Floor Cardio 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	8 LOCATION CODES: FS —Fitness Studio, Hilltop Lower Level HFP —Hager Fitness Pavilion HTL —Community Room in Hilltop Lodge @FH —Falmouth House @CC —Northwind Farm
9 Bye Bye Back Pain Wednesdays 1:30pm HFP	10 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 1:15 @CC NW Water Aerobics 2:00 Pilates HFP	11 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 1:00 Strength & Balance HFP 1:00-2:00 Open/Lap Swim 2:00 Men's Strength & Bal HFP	12 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 1:15 @CC NW Water Aerobics 1:30 Bye Bye Back Pain HFP 2:30 Spin Class FS 2:30 @CC NW Stretch & Balance	13 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 No Yoga Today 11:00 @FH Parkinson's Exercise 1:00 Strength & Balance HFP 2:00 Men's Strength & Balance 4:00 @CC Oneness Meditation	14 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 11:00 Tai Chi w/Teresa HTL No Yoga @CC NW Today 1:00 Move and Groove 2:00-3:00 Open/Lap Swim	15 Classes that are listed in RED & BOLD will be Zoomed live.
16 Pilates Mondays 2:00pm HFP	17 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 No Boxing Class Today 1:15 @CC NW Water Aerobics 2:00 Pilates HFP	18 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 1:00 Strength & Balance HFP 1:00-2:00 Open/Lap Swim 2:00 Men's Strength & Bal HFP	19 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 1:15 @CC NW Water Aerobics 1:30 Bye Bye Back Pain HFP 2:30 Spin Class FS 2:30 @CC NW Stretch & Balance	20 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 3:00 @CC Oneness Meditation	21 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 Floor Cardio 10:00-10:45 Chair Cardio/Str 11:00 Tai Chi w/Teresa HTL 11:00 @CC NW Yoga 1:00 Move and Groove 2:00-3:00 Open/Lap Swim	22 PWL Fitness Priority Wait List Welcome Wednesdays 8/5 & 8/19 10:00-10:45 Chair Cardio/Str Fridays 8/7 & 8/21 9:00-9:45 Water Aerobics 10:00-10:45 Floor Cardio HFP
23 Fitness Hike: Knight's Pond Preserve Thurs., 8/27 12:45pm ML	24 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 1:15 @CC NW Water Aerobics 2:00 Pilates HFP	25 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 1:00 Strength & Balance HFP 1:00-2:00 Open/Lap Swim 2:00 Men's Strength & Bal HFP	26 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 1:15 @CC NW Water Aerobics 1:30 Bye Bye Back Pain HFP 2:30 Spin Class FS 2:30 @CC NW Stretch & Balance	27 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 12:45 Fitness Hike @ Knight's Pond Preserve 1:00 Strength & Balance HFP 2:00 Men's Strength & Balance 4:00 @CC Oneness Meditation	28 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 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 Who Wants To Be A Millionaire? HTL	