



OV & CC FITNESS CALENDAR—JULY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>COLOR CODE: RED—Zoomed LIVE BLUE—Water Instruction / OV Pool GREEN—CC Pool PURPLE—Special Fitness Programming BLACK—Regular Classes ORANGE—@CC</p>			<p>OV Pool Closed for Maintenance 7:00-9:30a 1 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</p>	<p>8:15-9:00 Lap Swim 2 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</p>	<p>Independence Day 3 Observed No Fitness Classes Today </p>	<p>HAPPY 4th of July </p>
<p>Water Aerobics Mondays and Wednesdays 1:15pm At CC NW Farm</p>	<p>8:15-9:00 Lap Swim 6 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 HFP 10:00-10:45 SHORT CIRCUITS HFP 1:00 Total Body Boxing HFP 1:15 @CC NW Water Aerobics 2:00 Pilates HFP</p>	<p>8:15-9:00 Lap Swim 7 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</p>	<p>OV Pool Closed for Maintenance 7:00-9:30a 8 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</p>	<p>8:15-9:00 Lap Swim 9 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</p>	<p>8:15-9:00 Lap Swim 10 9:00-9:45 Water Aerobics 9:00-9:45 Floor Cardio/Str HFP 9:00-9:45 Chair Cardio/Str HFP 10:00-10:45 Floor Cardio HFP 10:00-10:45 Chair Cardio/Str HTL 11:00 Tai Chi w/Teresa HTL 1:00 @CC NW Yoga 1:00 Move & Groove HFP 2:00-3:00 Open/Lap Swim 3:00 @CC Tai Chi w/Anne</p>	<p>LOCATION CODES: 11 FS—Fitness Studio, Hilltop Lower Level HFP—Hager Fitness Pavilion HTL—Community Room in Hilltop Lodge @FH—Falmouth House @CC—Northwind Farm</p>
<p>Presentation: Fitness Jeopardy! HTL</p>	<p>8:15-9:00 Lap Swim 13 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 HFP 10:00-10:45 SHORT CIRCUITS HFP 1:00 Total Body Boxing HFP 1:15 @CC NW Water Aerobics 2:00 Pilates HFP</p>	<p>8:15-9:00 Lap Swim 14 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</p>	<p>OV Pool Closed for Maintenance 7:00-9:30a 15 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</p>	<p>8:15-9:00 Lap Swim 16 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</p>	<p>8:15-9:00 Lap Swim 17 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 1:30 Fitness Jeopardy! HTL No Move and Groove Today 2:00-3:00 Open/Lap Swim 3:00 @CC Tai Chi w/Anne</p>	<p>Classes that are listed in RED & BOLD will be Zoomed live.</p>
<p>Strength and Balance Tues/Thurs 1:00pm in Hager Fitness Pavilion</p>	<p>8:15-9:00 Lap Swim 20 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 HFP 10:00-10:45 SHORT CIRCUITS HFP 1:00 Total Body Boxing HFP 1:15 @CC NW Water Aerobics 2:00 Pilates HFP</p>	<p>8:15-9:00 Lap Swim 21 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 No Yoga Today 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 22 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</p>	<p>8:15-9:00 Lap Swim 23 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 @ Pratt's Brook Park 1:00 Strength & Balance HFP 2:00 Men's Strength & Balance 4:00 @CC Oneness Meditation</p>	<p>8:15-9:00 Lap Swim 24 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 HTL 11:00 Tai Chi w/Teresa HTL 1:00 @CC NW Yoga 1:00 Move & Groove HFP 2:00-3:00 Open/Lap Swim 3:00 @CC Tai Chi w/Anne</p>	<p>PWL Fitness Priority Wait List Welcome <i>Wednesdays 7/8 & 7/22</i> <i>10:00-10:45 Chair Cardio/Str</i> <i>Fridays 7/10 & 7/24</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>8:15-9:00 Lap Swim 27 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 HFP 10:00-10:45 SHORT CIRCUITS HFP 1:00 Total Body Boxing HFP 1:15 @CC NW Water Aerobics 2:00 Pilates HFP</p>	<p>8:15-9:00 Lap Swim 28 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</p>	<p>OV Pool Closed for Maintenance 7:00-9:30a 29 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</p>	<p>8:15-9:00 Lap Swim 30 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</p>	<p>8:15-9:00 Lap Swim 31 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 HTL 11:00 Tai Chi w/Teresa HTL 1:00 @CC NW Yoga 1:00 Move & Groove HFP 2:00-3:00 Open Swim 3:00 @CC Tai Chi w/Anne</p>	