OV & CC FITNESS CALENDAR—NOVEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
COLOR CODE: 1 RED—Zoomed LIVE BLUE—Water Instruction / OV Pool GREEN—CC Pool PURPLE—Special Fitness Programming BLACK—Regular Classes ORANGE—@CC	2 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	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 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	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 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 3:30 @CC NW Beg. Tai Chi	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 4:00 @CC Oneness Meditation	6 8:15-9:00 Lap Swim PWL 9:00-9:45 Water Aerobics 9:00-9:45 Floor Cardio/Str HFP 9:00-9:45 Chair Cardio/Str PWL 10:00-10:45 Floor Cardio HFP 10:00-10:45 Chair Cardio/Str 11:00 T'ai Chi w/Teresa HTL 11:00 @CC NW Yoga 1:00 Move & Groove HFP 2:00—3:00 Open/Lap Swim	7
8 Pilates Mondays 2:00pm HFP	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 CIRCUITS HFP 1:00 Total Body Boxing HFP 2:00-3:00 Open/Lap Swim 2:00 Pilates HFP	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 1:00 Strength & Balance HFP 1:00-2:00 Open/Lap Swim 2:00 Men's Strength & Bal HFP	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 3:30 @CC NW Beg. Tai Chi	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 4:00 @CC Oneness Meditation	13 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 T'ai Chi w/Teresa HTL 11:00 @CC NW Yoga 1:00 Move and Groove 2:00—3:00 Open/Lap Swim	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
15 Spin Class Wednesdays 2:30pm Fitness Studio Call to Sign Up!	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 CIRCUITS HFP 1:00 Total Body Boxing HFP 2:00-3:00 Open/Lap Swim 2:00 Pilates HFP	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 1:00 Strength & Balance HFP 1:00-2:00 Open/Lap Swim 2:00 Men's Strength & Bal HFP	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 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	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 3:00 @CC Oneness Meditation	20 8:15-9:00 Lap Swim PWL 9:00-9:45 Water Aerobics 9:00-9:45 Floor Cardio/Str 9:00-9:45 Chair Cardio/Str HTL PWL 10:00-10:45 Floor Cardio HFP 10:00-10:45 Chair Cardio/Str 11:00 T'ai Chi w/Teresa HTL 11:00 @CC NW Yoga 1:00 Move and Groove 2:00—3:00 Open/Lap Swim	21 Classes that are listed in RED & BOLD will be Zoomed live.
22 Go With the Flow: Cardiopulmonary System & Exercise Fri. 11/28 1:30pm HTL	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 CIRCUITS HFP 1:00 Total Body Boxing HFP 2:00-3:00 Open/Lap Swim 2:00 Pilates HFP	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 1:00 Strength & Balance HFP 1:00-2:00 Open/Lap Swim 2:00 Men's Strength & Bal HFP	25 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	26 No Classes Today 	27 8:15-9:00 Lap Swim 9:00-9:45 WA 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 T'ai Chi w/Teresa HTL 11:00 @CC NW Yoga 2:00 Go With the Flow: The Cardiopulmonary System and Exercise HTL 2:00—3:00 Open/Lap Swim	28 PWL Fitness Priority Wait List Welcome Wednesdays 11/4 & 11/18 10:00-10:45 Chair Cardio/Str Fridays 11/6 & 11/20 9:00-9:45 Water Aerobics 10:00-10:45 Floor Cardio HFP
29 Bye Bye Back Pain Wednesdays 1:30pm HFP	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 CIRCUITS HFP 1:00 Total Body Boxing HFP 2:00-3:00 Open/Lap Swim 2:00 Pilates HFP					Fitness Assessments: Call or Stop by Fitness to Schedule Today!