

Century Village East Fitness Schedule

Multipurpose Room

Max capacity 30, no reservations required

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
8:00AM-8:55AM	Low Impact Aerobics (Shon)	Low Impact Aerobics (Debbie)	Cardio Sculpt (Nancy)	Low Impact Aerobics (Shon)	Low Impact Aerobics (Cleide)	Low Impact Aerobics (Cleide)
9:05AM-10:00AM	Body Toning & Weights (Shon)	Low Impact Aerobics (Debbie)	Core Yoga (Nancy)	Cardio Core (Shon)	Body Toning & Weights (Cleide)	Body Toning & Weights (Cleide)
10:10AM-11:05AM	Low Impact Aerobics (Shon)	Easy Stretch (Peggy)	Low Impact Aerobics (Debbie)	Low Impact Aerobics (Shon)	Low Impact Aerobics (Cleide)	Pilates (Cleide)
11:15AM-11:45AM	30 min Easy Stretch (Shon)	30 min Perfect Posture (Debbie)	30 min Sit & Fit (Kim)	30 min Easy Stretch (Shon)	30 min Sit & Fit (Kim)	1 hour Yoga Stretch (Diane)
11:55AM-12:50PM	Line Dance (Mitzi)	Zumba (Samira)	Zumba (Samira)	Line Dance (Mitzi)	Zumba (BeBe)	
1:00PM-1:55PM	Senior Fitness & Weights (Debbie)	Senior Balance & Flexibility (Cleide)	Senior Fitness & Weights (Debbie)	Senior Balance & Flexibility (Cleide)	Senior Fitness & Weights (Debbie)	Beginner Line Dance (Mitzi)
2:05PM-3:05PM	Pilates (Peggy)	Back In Action (Cleide)	Awareness Through Movements (Iris)	Back In Action (Cleide)	Awareness Through Movements (Iris)	
3:15PM-4:15PM	Chair Yoga (Kim)	Restorative Yoga (Dashi)	Chair Yoga (Kim)	Restorative Yoga (Diane)		
4:30PM-5:30PM	Yoga Slow Flow (Kim)	Qigong (Halina)	Chinese Therapeutic Exercise (Dashi)	Qigong (Halina)		
7:00PM-8:00PM				Meditation (Diane)		

To Join classes on Zoom.us for Multipurpose Room- Meeting ID 321-321-2400 Passcode CVE

Party Room (2nd Floor)

Max capacity 40, no reservations required

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8:00AM-8:55AM	Power Hour (Peggy)	Low Impact Aerobics (Shon)	Power Hour (Guillermo)	Pilates (Cleide)	Power Hour (Claudia)
9:05AM-10:00AM	Low Impact Aerobics (Claudia)	Power Hour (Shon)	Power Hour (Sharon)	Body Pump (Cleide)	High Intensity Interval Training (Rodney) (Starts 9:35 AM)
10:15AM-10:45AM	30 min Cardio Blast (Guillermo)	30 min Cardio Blast (Shon)	30 min Core & Glutes (Sharon)	30 min Core & Glutes (Sharon)	30 min Cardio Blast (Rodney) (Starts 10:35 AM)
11:15AM-12:10PM	Pilates (Guillermo)	Yoga Slow Flow (Kim)	Easy Stretch (Shon)	Tai Chi (Dashi)	Easy Stretch (Cleide)

Spin Room

Max capacity 8, no reservations required

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
8:00AM-8:55AM	Indoor Cycling (Claudia)	Indoor Cycling (Peggy)	Indoor Cycling (Claudia)	Indoor Cycling (Sharon)	Indoor Cycling (Peggy)	Indoor Cycling (Sharon)
9:05AM-10:00AM	Indoor Cycling (Peggy)	Indoor Cycling (Peggy)	Indoor Cycling (Guillermo)	Indoor Cycling (Sharon)	Indoor Cycling (Peggy)	Indoor Cycling (Sharon)
10:10AM-11:05AM	Indoor Cycling (Claudia)	Indoor Cycling (Guillermo)	Indoor Cycling (Guillermo)	Indoor Cycling (Claudia)		Indoor Cycling (Guillermo)
11:15AM-12:10PM	Indoor Cycling (Claudia)			Indoor Cycling (Claudia)		

Outdoor Fitness

Classes will meet at the entryway of the Fitness Center (Class will be cancelled in the event of inclement weather)

Max capacity 10, no reservations required

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
10:05AM-11:00AM		Boot camp (Rodney)	Wellness Walking (Kim)	Boot camp (Rodney)	Wellness Walking (Kim)

Outdoor Porch

Max capacity 7, no reservations required

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
9:00AM-9:55AM		Circuit Training (Rodney)		Circuit Training (Rodney)		
10:45AM-11:45AM	Intro to Pilates (Linda)	Senior Strength (Christine)		Senior Strength (Christine)		
12:00PM-1:00PM		Easy Stretch (Christine)		Easy Stretch (Christine)	Chair Yoga (Kim)	Easy Stretch (Guillermo)
1:15PM-2:15PM		Balance & Fall Prevention (Kim)	Intro to Pilates (Linda)			

Outdoor Pool

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
8:15AM-9:15AM	Aquacise (Linda)	Aquacise (Cleide)	Aquacise (Cleide)	Aquacise (Claudia)	Aquacise (Linda)	Aquacise (Claudia)
9:30AM-10:30AM	Aquacise (Linda)	Aquacise (Linda)	Aquacise (Blanca)	Aquacise (Blanca)	Aquacise (Linda)	Aquacise (Claudia)
10:45AM-11:45AM	Aquacise (Cleide)	Aquacise (Linda)	Aquacise (Claudia)	Aquacise (Linda)	Aquacise (Linda)	Aquacise (Blanca)
12:00PM-1:00PM	AquaFit (Shon)	AquaFit (Guillermo)	AquaFit (Danielle)	AquaFit (Danielle)	AquaFit (Claudia)	

Indoor Pool

Max capacity 15(classes), 6(lessons) no reservations required

Indoor Pool will be closed from 12PM-1PM for swim lessons on Tue/Thur/Fri. and reopen at 1PM

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
12:00PM-1:00PM	Arthritic Aquacise (Linda)	Beginner Swim Lessons (Linda) <i>*Goggles required*</i>	Arthritic Aquacise (Linda)	Beginner Swim Lessons (Linda) <i>*Goggles required*</i>	Advanced Swim Lessons (Linda) <i>*Goggles required*</i>

Richmond Pool

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8:15AM-9:15AM	Aquacise (Guillermo)	Aquacise (Kim)	Aquacise (Rodney)	Aquacise (Kim)	Aquacise (Rodney)

Class Intensity Level I- Low Intensity- suggested for beginning an exercise regimen

~Arthritic Aquacise ~Awareness through Movement ~Balance & Fall Prevention ~Beginner Line Dance ~Beginner Swim Lessons ~Chair Yoga ~Chinese Therapeutic Exercise ~Easy Stretch ~Intro to Pilates ~Meditation ~Perfect Posture ~Senior Fitness & Weights ~Senior Strength ~Sit & Fit ~Tai Chi ~Wellness Walking ~Qigong ~Yoga Stretch
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Class Intensity Level II- Moderate Intensity- cardiovascular fitness, balance and coordination

~Aquacise ~AquaFit ~Back in Action ~Body Pump ~Body Toning & Weights ~Cardio Sculpt ~Core Yoga ~Low Impact Aerobics ~Line Dance ~Pilates ~Restorative Yoga ~Yoga Slow Flow

Class Intensity Level III- High intensity- For the regular exerciser who appreciates a good challenge

~Advanced Swim Lessons ~Boot Camp ~Cardio Blast ~Cardio Core ~Circuit Training ~Core & Glutes ~High Intensity Interval Training ~Indoor Cycling ~Power Hour
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