

## Century Village East Fitness Schedule

### Multipurpose Room

Join MPR classes on zoom.us- Meeting ID 321-321-2400 Passcode CVE

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

### Outdoor Pool

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b>8:15AM-9:15AM</b>	Aquacise (Linda)	Aquacise (Cleide)	Aquacise (Cleide)	Aquacise (Claudia)	Aquacise (Linda)	Aquacise (Claudia)
<b>9:30AM-10:30AM</b>	Aquacise (Linda)	Aquacise (Linda)	Aquacise (Blanca)	Aquacise (Blanca)	Aquacise (Linda)	Aquacise (Claudia)
<b>10:45AM-11:45AM</b>	Aquacise (Cleide)	Aquacise (Linda)	Aquacise (Claudia)	Aquacise (Linda)	Aquacise (Linda)	Aquacise (Blanca)

### Spin Room

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b>8:00AM-8:55AM</b>	Indoor Spin (Claudia)	Indoor Spin (Peggy)	Indoor Spin (Claudia)	Indoor Spin (Sharon)	Indoor Spin (Kim)	
<b>9:05AM-10:00AM</b>	Indoor Spin (Peggy)	Indoor Spin (Peggy)		Indoor Spin (Sharon)	Indoor Spin (Peggy)	

### Indoor Pool

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b>12:00M-1:00PM</b>	Arthritic Aqua (Linda)			Swim Lessons (Linda)		

Fitness Center Hours: 7AM-10PM Daily  
 Indoor Pool Hours: 7AM-9:45PM Daily  
 ~Resident ID required~ Closed toe rubber soled shoes must be worn~  
 Guests are not permitted to attend fitness classes