



Century Village East Fitness Schedule

cenclub.com/fitness

Multipurpose Room

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00AM-8:55AM	Moderate Impact Aerobics (Madison)	Low Impact Aerobics (Debbie)	Power Hour (Sharon)	Low Impact Aerobics (Claudia)	Moderate Impact Aerobics (Madison)	Low Impact Aerobics (Claudia)
9:05AM-10:00AM	Body Toning & Weights (Madison)	Body Toning & Weights (Debbie)	Core & More (Sharon)	Power Hour (Sharon)	Body Toning & Weights (Madison)	Body Toning & Weights (Claudia)
10:10AM-11:05AM	Low Impact Aerobics (Madison)	Stretch (Peggy)	Low Impact Aerobics (Debbie)	Body Toning & Weights (Christine)	Low Impact Aerobics (Madison)	Pilates (Peggy)
11:15AM-11:45AM	30 min Easy Stretch (Madison)	30 min Perfect Posture (Debbie)	30 min Sit & Fit (Debbie)	30 min Easy Stretch (Christine)	30 min Better Balance (Madison)	
11:55AM-12:50PM	Line Dance (Mitzi)	Zumba (Veronica)	Zumba (Samira)	Line Dance (Mitzi)	Zumba (Veronica)	
1:00PM-1:55PM	Senior Fitness & Weights (Debbie)	Senior Balance & Flexibility (Claudia)	Senior Fitness & Weights (Debbie)	Senior Balance & Flexibility (Christine)	Senior Fitness & Weights (Debbie)	
2:05PM-3:05PM	Pilates (Liz)	Back In Action (Claudia)	Awareness Through Movements (Iris)	Back In Action (Christine)	Awareness Through Movements (Iris)	
3:15PM-4:15PM	Chair Yoga (Liz)	TriYoga (Dashi)	Chair Yoga (Nancy)	Vinyasa Yoga (Liz)		
4:30PM-5:30PM		Qigong (Dashi)				

Outdoor Pool - Classes will be held at the Richmond pool beginning May 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15AM-9:15AM	Aquacise (Linda)	Aquacise (Claudia)	Aquacise (Claudia)	Aquacise (Blanca)	Aquacise (Claudia)	Aquacise (Laura)
9:30AM-10:30AM	Aquacise (Linda)	Aquacise (Linda)	Aquacise (Blanca)	Aquacise (Claudia)	Aquacise (Linda)	Aquacise (Laura)
10:45AM-11:45AM	Aquacise (Claudia)	Aquacise (Linda)	Aquacise (Claudia)	Aquacise (Linda)	Aquacise (Martin)	Aquacise (Blanca)

Spin Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00AM-8:55AM		Indoor Spin (Peggy) (Sub Rotation)		Indoor Spin (Sharon)	Indoor Spin (Peggy) (Sub Rotation)	
9:05AM-10:00AM	Indoor Spin (Peggy)	Indoor Spin (Peggy) (Sub Rotation)		Indoor Spin (Peggy)	Indoor Spin (Martin)	

Indoor Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:15PM-1:15PM	Gentle Aqua (Linda)	Beginner Swim Lessons (Linda)		Gentle Aqua (Linda)	Inter./Advanced Swim Lessons (Linda)	

Party Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:45AM-11:45AM					Intro to Pilates (Linda)	

Fitness Center Hours: 7AM-10PM Daily
Indoor Pool Hours: 7AM-9:45PM Daily
Phone Number: 954.428.6892 ext 6

~Resident ID required~ Closed toe rubber soled shoes must be worn~