

Century Village East Fitness Schedule

cenclub.com/fitness

Join Multipurpose Room classes virtually: 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>
8:00AM-8:55AM	Low Impact Aerobics (Shon)	Low Impact Aerobics (Debbie)	Power Hour (Sharon)	Low Impact Aerobics (Shon)	Low Impact Aerobics (Cleide)	Low Impact Aerobics (Cleide)
9:05AM-10:00AM	Body Toning & Weights (Shon)	Body Toning & Weights (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 Posture & Balance (Debbie)	30 min Sit & Fit (Debbie)	30 min Easy Stretch (Shon)	30 min Better Balance (Kim)	1 hour Yoga Stretch (Dashi)
11:55AM-12:50PM	Line Dance (Mitzi)	Zumba (Samira)	Zumba (Samira)	Line Dance (Mitzi)	Zumba (Veronica)	
1:00PM-1:55PM	Senior Fitness & Weights (Debbie)	Senior Balance & Flexibility (Cleide)	Senior Fitness & Weights (Debbie)	Senior Balance & Flexibility (Cleide)	Senior Fitness & Weights (Debbie)	
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 (Dashi)	Fab Abs & Core (Debbie)	
4:30PM-5:30PM	Yoga Slow Flow (Kim)	Qigong (Halina)	Tai Chi (Dashi)			
6:30PM-7:30PM	Belly Dancing (Joanne)					

Party Room (2nd Floor)

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
8:00AM-8:55AM	Power Hour (Martin)	Low Impact Aerobics (Shon)	Strength Training (Martin)	Pilates (Cleide)		
9:05AM-10:00AM	Strength Training (Martin)		Power Hour (Sharon)	Body Pump (Cleide)	Chinese Therapeutic Exercise (Dashi)	
10:15AM-10:45AM	10:50-11:45 AM Intro to Pilates (Linda)	10:10-10:40 AM Cardio Blast (Christine)	30 min Core & Glutes (Sharon)	30 min Core & Glutes (Sharon)	30 min Cardio Blast (Claudia)	
11:15AM-12:10PM		Yoga Slow Flow (Kim)	Boot Camp (Albert)	Taiji Qigong (Dashi)	Easy Stretch (Cleide)	

Spin Room

	<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 (Martin)	Indoor Cycling (Sharon)	Indoor Cycling (Peggy)	
10:10AM-11:05AM	Indoor Cycling (Claudia)	Indoor Cycling (Claudia)	Indoor Cycling (Martin)	Indoor Cycling (Claudia)		
11:15AM-12:10PM	Indoor Cycling (Claudia)			Indoor Cycling (Claudia)		

Outdoor Porch

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
9:35 AM-10:05AM	Abs & Core (Claudia)		9:35-10:05 AM Intro to Pilates (Linda)		9:35-10:05 AM Abs & Core (Claudia)	
10:45AM-11:45AM		Senior Strength (Christine)	10:15-11:10 AM Power Circuit (Albert)	Senior Strength (Christine)		Abs & Core (Claudia)
12:00PM-1:00PM		Easy Stretch (Christine)		Easy Stretch (Christine)	Chair Yoga (Kim)	
1:20PM-2:20PM	Vinyasa Yoga (Liz)			Vinyasa Yoga (Liz)	*Starts 11/11 Balance & Fall Prevention (Kim)	

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 (Blanca)	Aquacise (Linda)	Aquacise (Claudia)
9:30AM-10:30AM	Aquacise (Linda)	Aquacise (Linda)	Aquacise (Blanca)	Aquacise (Linda)	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 (Veronica)	AquaFit (Susan)	AquaFit (Veronica)	AquaFit (Veronica)	AquaFit (Susan)	

Indoor Pool

Indoor Pool closed from 12PM-1PM for swim lessons on Tue./Thur./Fri. and 10:45 AM-11:45 AM on Wed.

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
10:45AM-11:45AM			Intermediate Swim Lessons (Linda) *Goggles required*			
12:00PM-1:00PM	Arthritic Aquacise (Linda)	Beginner Swim Lessons (Linda) *Goggles required*	Arthritic Aquacise (Linda)	Beginner Swim Lessons (Linda) *Goggles required*	Advanced Swim Lessons (Linda) *Goggles required*	

Richmond Pool

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
8:15AM-9:15AM	Aquacise (Susan)	Aquacise (Claudia)	Aquacise (Linda)	Aquacise (Claudia)	Aquacise (Claudia)	

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

~Arthritic Aquacise ~Awareness through Movement ~Balance & Fall Prevention ~Beginner Swim Lessons
~Chair Yoga ~Chinese Therapeutic Exercise ~Easy Stretch ~Intro to Pilates
~Perfect Posture ~Senior Fitness & Weights ~Senior Strength ~Sit & Fit ~Tai Chi ~Qigong ~Yoga Stretch

Class Intensity Level II- Moderate Intensity- cardiovascular fitness, balance and coordination

Abs & Core ~Aquacise ~AquaFit ~Back in Action ~Body Pump ~Body Toning & Weights
~Cardio Sculpt ~Core Yoga ~Low Impact Aerobics ~Interm. Swim Lessons ~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 ~Power Circuit ~Core & Glutes
~Indoor Cycling ~Power Hour ~Vinyasa Yoga