

# Fitness Schedule Century Village East

Revised: October 2021

**Virtual Zoom & \*Onsite Schedule**  
\*Max capacity 15, no reservations required\*

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

## Spin Room

\*Max capacity 7, no reservations required\*

8:05AM-9:00AM	Indoor Cycling (Claudia)	Indoor Cycling (Peggy)	Indoor Cycling (Claudia)	Indoor Cycling (Sharon)	Indoor Cycling (Peggy)	
9:10AM-10:05AM					Indoor Cycling (Peggy)	
11:00AM-11:55AM						Indoor Cycling (Claudia)

**Located in Fitness Center Group Exercise Room  
(Class held on site and on Zoom)**

**Located in Spin Room by Fitness Center  
(Class held on site and on Zoom)**

## Outdoor Pool

8:30AM-9:30AM	Aquacise (Linda)	Aquacise (Cleide)	Aquacise (Cleide)	Aquacise (Claudia)	Aquacise (Linda)	Aquacise (Claudia)
9:45AM-10:45AM	Aquacise (Linda)	Aquacise (Linda)	Aquacise (Blanca)	Aquacise (Blanca)	Aquacise (Linda)	Aquacise (Claudia)
11:00AM-12:00PM	Aquacise (Cleide)	Aquacise (Linda)	Aquacise (Claudia)	Aquacise (Linda)	Aquacise (Linda)	Aquacise (Blanca)

**To join classes log on to: [www.zoom.us](http://www.zoom.us)**

**Meeting ID: 321-321-2400**

**Meeting Password: CVE**

**Spin classes only**

**Meeting ID: 954-867-5304**

**Meeting Password: CVE**

\*Please remain muted during class\*