



Century Village East

FITNESS, POOL & AQUACISE



WWW.CENCLUB.COM/RESERVATIONS

Instructions and how-to video are online!

FITNESS HOURS (CAPACITY 14)

Morning	Afternoon	Evening
7:15AM-8:15AM*	12:15PM-1:15PM	5:15PM-6:15PM*
8:30AM-9:30AM	1:30PM-2:30PM	6:30PM-7:30PM*
9:45AM-10:45AM	2:45PM-3:45PM	-
11:00AM-12:00PM	4:00PM-5:00PM	-

*MONDAY - FRIDAY ONLY

CLUBHOUSE POOL (CAPACITY 34)

Hours
8:30AM-9:30AM**
9:45AM-10:45AM**
11:00AM-12:00PM**
12:15PM-1:15PM
1:30PM-2:30PM
2:45PM-3:45PM
4:00PM-5:00PM
5:15PM-6:15PM

**SUNDAY ONLY

INDOOR SPIN (CAPACITY 5 - SPIN ROOM)

Hours
8:05AM-9:00AM MONDAY - THURSDAY
11:00AM-11:55AM SATURDAY

EASY STRETCH (CAPACITY 6 - FITNESS PORCH)

Hours
9:05AM-10:00AM TUESDAY
11:05AM - 12:00PM WEDNESDAY

AQUACISE (CAPACITY 20)

Hours
8:30AM-9:30AM
9:45AM-10:45AM
11:00AM-12:00PM

MONDAY - SATURDAY

CHAIR YOGA (CAPACITY 6 - FITNESS PORCH)

Hours
3:15PM-4:15PM Monday & Wednesday

CORE YOGA (CAPACITY 6 - 3RD FLOOR)

Hours
9:05AM-10:00AM WEDNESDAY

CARDIO SCULPT (CAPACITY 6 - 3RD FLOOR)

Hours
8:05AM-9:00AM WEDNESDAY

Staff Office (in person or phone 954.428.6892) can register you for one session per day at a time. You can go online to register yourself as many days as you would like!

Updated 1/13/2021