



Century Village East Fitness Schedule

cenclub.com/fitness

Multipurpose Room

S = Seasonal

	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 Stretch (Madison)	30 min Posture Balance & Barre (Debbie)	30 min Sit & Fit (Debbie)	30 min Stretch (Christine)	30 min Better Balance (Madison)	<u>1 hour</u> Yoga Stretch (Peggy) S
11:55AM-12:50PM	Line Dance (Mitzi)	12:15-1:00PM Zumba (Veronica)	Zumba (Samira)	Line Dance (Mitzi)	Zumba (Veronica)	
1:00PM-1:55PM	Senior Fitness & Weights (Debbie)	1:05-1:55PM Balance & Mobility (Amy)	Senior Fitness & Weights (Debbie)	Balance & Mobility (Christine)	Senior Fitness & Weights (Debbie)	
2:05PM-3:05PM	Pilates (Liz)	Back in Action (Amy)	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)	Meditation/ Singing Bowl (Rovenia) S	
4:30PM-5:30PM	Tai Chi (Dashi) S	Qigong (Halina)	Tai Chi (Dashi) S	Chinese Therapeutic Exercise (Dashi) S		
7:00PM-8:00PM	Ballet through the Golden Years (Maria) S					

Party Room (2nd Floor)- (seasonal)

	Monday	Tuesday	Wednesday	Thursday	Friday	
8:00AM-8:55AM	Power Hour (Christine)	High Intensity Interval Training (Madison)			Low Impact Cardio-Tabata (Amy)	
9:05AM-10:00AM	TriYoga (Dashi)	Bootcamp (Madison)	9:30AM-10:30AM Bootcamp (Madison)	Circuit Training (Brenda)		
10:15AM-10:45AM				Core & Glutes (Sharon)	Cardio Blast (Claudia)	
10:45AM-11:45AM	Intro. to Chair Pilates (Linda)		Restorative Yoga (Madison)		Intro. to Chair Pilates (Linda)	
11:00AM-12:00PM		Yogalates (Liz)		Belly Dancing (Joanne)		

Virtual Classes

Zoom Login Information:
www.zoom.us to join Multipurpose Room classes ~ Meeting ID 321-321-2400 ~ Passcode CVE

Fitness Center Hours: 7AM-10PM Daily
Indoor Pool Hours: 7AM-9:45PM Daily

Resident ID Required. Guests are not permitted to attend Fitness Classes. Closed toe rubber soled shoes must be worn.

Please check the Fitness Center or visit www.cenclub.com/fitness for the most updated schedule

Spin Room

S = Seasonal

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00AM-8:55AM		Indoor Cycling (Peggy)	Indoor Cycling (Claudia)	Indoor Cycling (Sharon)	Indoor Cycling (Peggy)	
9:05AM-10:00AM	Indoor Cycling (Peggy)	Indoor Cycling (Peggy)		Indoor Cycling (Peggy)	Indoor Cycling (Peggy)	
10:10AM-11:05AM	Advanced Indoor Cycling (Claudia) S	Advanced Indoor Cycling (Brenda) S	Indoor Cycling (Sharon) S	Advanced Indoor Cycling (Brenda) S		
11:15AM-12:10PM	Indoor Cycling (Claudia) S		12PM-12:55PM Indoor Cycling (Veronica)	Indoor Cycling (Claudia) S		Advanced Indoor Cycling (Brenda) S

Outdoor Porch - (seasonal)

	Monday	Tuesday	Wednesday	Thursday	Friday	
9:30AM-10:30AM		10:15AM-11:15AM Yoga Flow (Madison)	Stretch (Amy)	Intro. to Pilates (Linda)	Sit & Fit (Amy)	
11:00AM-11:55AM	Fab Abs & Core (Debbie)		Sit & Fit (Amy)	10:35AM-11:35AM Sit & Fit (Amy)	Core & Glutes (Claudia)	
12:00PM-1:00PM	12:30PM-1PM Core & Glutes (Claudia)	Mindful Meditation (Liz)	Senior Strength (Claudia)		Stretch (Claudia)	
1:15PM-2:15PM		Chair Yoga (Madison)	Circuit Training (Claudia)		Bootcamp (Claudia)	
3:15PM-4:15PM		Sit & Fit (Christine)				
4:20PM-4:50PM		Stretch (Christine)				

Outdoor Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15AM-9:15AM	Aquacise (Linda)	Aquacise (Claudia)	Aquacise (Madison)	Aquacise (Blanca)	Aquacise (Claudia)	Aquacise (Brenda)
9:30AM-10:30AM	Aquacise (Linda)	Aquacise (Linda)	Aquacise (Blanca)	Aquacise (Claudia)	Aquacise (Linda)	Aquacise (Brenda)
10:45AM-11:45AM	Aquacise (Amy)	Aquacise (Linda)	Aquacise (Claudia)	Aquacise (Linda)	Aquacise (Martin)	Aquacise (Blanca)
12:00PM-1:00PM	AquaFit (Veronica) S	AquaFit (Madison) S	AquaFit (Madison) S	AquaFit (Brenda) S	AquaFit (Martin) S	

Indoor Pool (Indoor Pool will close during swim lessons)

	Monday	Tuesday	Wednesday	Thursday	Friday	
10:45AM-11:45AM			Intermediate Swim Lessons (Linda) S Teacher Recommendation	Gentle Aquacise (Madison) S		
12:00PM-1:00PM	Gentle Aquacise (Linda)	Beginner Swim Lessons I (Linda) S New Swimmers	Gentle Aquacise (Linda)	Beginner Swim Lessons II (Linda) S Teacher Recommendation	Advanced Swim Lessons (Linda) Teacher Recommendation	

Richmond Pool -

Closed for renovations. Once renovations are complete, Aquacise classes will begin. Thank you in advance for your patience while we continue to maintain and improve our facilities.

	Monday	Tuesday	Wednesday	Thursday	Friday	
--	--------	---------	-----------	----------	--------	--

8:15AM-9:15AM	Aquacise (Claudia)	Aquacise (Brenda)	Aquacise (Linda)	Aquacise (Madison)	Aquacise (Brenda)	
----------------------	--------------------	-------------------	------------------	--------------------	-------------------	--