

Century Village East Fitness Schedule

cenclub.com/fitness

Multipurpose Room

JoinMPRclassesonzoom.us- Meeting ID 321-321-2400 Passcode CVE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:05AM-9:00AM	Moderate Impact Aerobics (Madison)	Low Impact Aerobics (Debbie)	Power Hour (Sharon)	Power Hour (Sharon)	Moderate Impact Aerobics (Madison)	Low Impact Aerobics (Latonia/Debbie)
9:10AM-10:05AM	Body Toning & Weights (Madison)	Body Toning & Weights (Debbie)	Core & More (Sharon)	Low Impact Aerobics (Claudia)	Body Toning & Weights (Madison)	Body Toning & Weights (Latonia/Debbie)
10:15AM-11:10AM	Low Impact Aerobics (Madison)	Stretch (Peggy)	Low Impact Aerobics (Debbie)	Body Toning & Weights (Christine)	Low Impact Aerobics (Madison)	10:15AM-10:45AM Pilates 10:45AM-11:10AM Stretch (Peggy)
11:20AM-11:50AM	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)	
12:00PM-12:55PM	Line Dance (Debra)	Zumba (Veronica)	Zumba (Kerstin)	Line Dance (Debra)	Zumba (Veronica)	
1:05PM-2:00PM	Senior Fitness & Weights (Debbie)	Senior Balance & Flexibility (Claudia)	Senior Fitness & Weights (Debbie)	Senior Balance & Flexibility (Joelle)	Senior Fitness & Weights (Debbie)	
2:10PM-3:05PM	Pilates (Debbie)	Back InAction (Claudia)	Awareness Through Movements (Iris)	Back In Action (Joelle)	Awareness Through Movements (Iris)	
3:15PM-4:15PM	ChairYoga (Nancy)	TriYoga (Dashi)	Chair Yoga (Rovenia)	Vinyasa Yoga (Adelicia)		

Clubhouse Pool

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

Spin Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:05AM-9:00AM					Spin Sculpt (Peggy)	
9:05AM-10:00AM	Spin Sculpt (Peggy)	Spin Sculpt (Peggy)		Spin Sculpt (Peggy)		

Indoor Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:45AM-11:45AM		Beginner Swim Lessons (Linda)			Gentle Aqua (Claudia)	
12:00PM-1:00PM	Gentle Aqua (Linda)	Intermediate Swim Lessons (Linda)		Advanced Swim Lessons (Linda)		

Party Room

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