



# Off-Season Fitness Schedule Century Village East

## Zoom Schedule Revised: September 2020

	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 (Blanca)	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 (Blanca)	*Cardio Core (Blanca)	Easy Stretch (Cleide)	Yoga Stretch (Diane)
12:05PM-1:00PM	Line Dance (Mitzi)	Zumba (Andrea)	Zumba (Andrea)	Line Dance (Mitzi)	Zumba (Andrea)	
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 (Cleide)	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 (Ava)	Chair Yoga (Kim)	Restorative Yoga (Ava)		
4:30PM-5:30PM			Chinese Therapeutic Exercise (Dashi)	Qigong (Halina)		
7:00PM-8:00PM				Meditation (Diane)		

\*New class added to schedule\*

## Outdoor Pool

8:30AM-9:30AM	Aquacise (Linda)	Aquacise (Claudia)	Aquacise (Cleide)	Aquacise (Claudia)	Aquacise (Linda)	Aquacise (Claudia)
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9:45AM-10:45AM	Aquacise (Linda)	Aquacise (Cleide)	Aquacise (Blanca)	Aquacise (Blanca)	Aquacise (Linda)	Aquacise (Claudia)
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## Zoom SPIN (Cycling)

\*Must have personal spin bike\*

8:05AM-9:00AM	Indoor Cycling (Claudia)	Indoor Cycling (Blanca)	Indoor Cycling (Claudia)	Indoor Cycling (Blanca)		
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11:00AM-11:55AM						Indoor Cycling (Claudia)
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To Join classes log onto: [www.zoom.us](http://www.zoom.us)  
Meeting ID: 321-321-2400  
Passcode: CVE

To Join SPIN CLASSES ONLY log onto: [www.zoom.us](http://www.zoom.us)  
Meeting ID: 954-867-5304  
Meeting Passcode: CVE