



# Fitness Schedule Century Village East

Revised: June 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)  * must bring mat*	Low Impact Aerobics (Shon)	Low Impact Aerobics (Claudia)	Low Impact Aerobics (Cleide)
9:05AM-10:00AM	Body Toning & Weights (Shon)	Easy Stretch (Blanca)  * must bring mat*	Core Yoga (Nancy)  * must bring mat*	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)  * must bring mat*	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 (Dashi)	Chair Yoga (Kim)	Restorative Yoga (Diane)		
4:30PM-5:30PM			Chinese Therapeutic Exercise (Dashi)	Qigong (Halina)		
7:00PM-8:00PM				Meditation (Diane)		

Spin classes must reserve on [www.cenclub.com/reservations](http://www.cenclub.com/reservations)

## Spin Room

8:05AM-9:00AM	Indoor Cycling (Claudia)	Indoor Cycling (Blanca)	Indoor Cycling (Claudia)	Indoor Cycling (Blanca)	Indoor Cycling (Peggy)	
9:10AM-10:05AM					Indoor Cycling (Peggy)	
11:00AM-11:55AM						Indoor Cycling (Claudia)
Located in Fitness Center Multipurpose 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 (Cleide)	Aquacise (Blanca)	Aquacise (Blanca)	Aquacise (Linda)	Aquacise (Claudia)
11:00AM-12:00PM	Aquacise (Cleide)	Aquacise (Blanca)	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\*