



Fitness Schedule Century Village East

Zoom Schedule

Revised: January 2021

	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)		

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)

Spin Room

8:05AM-9:00AM	Indoor Cycling (Claudia)	Indoor Cycling (Blanca)	Indoor Cycling (Claudia)	Indoor Cycling (Blanca)		
11:00AM-11:55AM						Indoor Cycling (Claudia)

Located on Fitness Center Porch (Class held on site and on Zoom)	Located on 3rd Floor (Class held on site and on Zoom)	Located in Spin Room by Fitness Center (Class held on site and on Zoom)
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Must reserve on www.cenclub.com/reservations for on site classes

To join classes log on to: www.zoom.us	
Meeting ID: 321-321-2400 Meeting Password: CVE	Spin classes only Meeting ID: 954-867-5304 Meeting Password: CVE
Mute: You as the participant will be muted upon entry into the class, please remain muted through the duration of the class.	
Video: As you enter the meeting, if you have a camera, you will be on video. If you do not wish to be on video, you can turn off the camera easily. Next to the microphone is a video camera. Click on the button to turn it on/off.	

