



Off-Season Fitness Schedule Century Village East

Zoom Live Schedule - May 18th-May 23rd

	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)	Restorative Yoga (Ava)	Easy Stretch (Blanca)	Restorative Yoga (Ava)	Easy Stretch (Cleide)	Yoga Stretch (Diane)
12:05PM-1:00PM		Zumba (Andrea)	Zumba (Andrea)		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)		Chair Yoga (Kim)			
4:30PM-5:30PM			Chinese Therapeutic Exercise (Dashi)	Qigong (Halina)		
7:00PM-8:00PM	Senior Cardio & Flexibility (Jessica)			Meditation (Diane)		

Fitness Technical Assistance & Information Line: 754.216.1253

The Fitness Team is here to answer your technical and Fitness related questions, including support with ZOOM live classes. Reach out to us! We are here to help!

Meeting ID: 321-321-2400

Tips on Attending Zoom Classes:

Mute:

You as the participant will be muted upon entry into the class. If you would like to unmute yourself, you will find the button in the bottom left hand corner. There is a microphone, if it is green you are not on mute. If it is red, you are on mute.

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.

Chat:

If you have any feedback or questions, you can leave messages for the instructor or other residents. The button in the center of the screen labeled chat will allow you to leave these messages for everyone in the meeting/class. If you are loving something the instructors are doing, you can leave "emotions" thumbs up or hand clap to name a few!

To leave a meeting:

You will go to the bottom right hand corner and select Leave Meeting. You will want to be sure to select that button to ensure proper exit of the meeting. There is a chance if you don't select that option, your audio/camera will continue to run while you are carrying on with your daily life!

