



cenclub.com/fitness

Multipurpose Room

S = Seasonal

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:05AM-9:00AM	Moderate Impact Aerobics (Madison)	Low Impact Aerobics (Debbie)	Power Hour (Sharon)	Low Impact Aerobics (Claudia)	Moderate Impact Aerobics (Madison)	Low Impact Aerobics (Debbie/Latonia)
9:10AM-10:05AM	Body Toning & Weights (Madison)	Body Toning & Weights (Debbie)	Core & More (Sharon)	Power Hour (Sharon)	Body Toning & Weights (Madison)	Body Toning & Weights (Debbie/Latonia)
10:15AM-11:10AM	Low Impact Aerobics (Madison)	Stretch (Peggy)	Low Impact Aerobics (Debbie)	Body Toning & Weights (Christine)	Low Impact Aerobics (Madison)	Pilates (Peggy)
11:20AM-11:50AM	30 min Stretch (Madison)	30 min Posture Balance & Barre (Debbie)	30 min Sit & Fit (Debbie)	30 min Stretch (Christine)	30 min Better Balance (Madison)	1 hour Yoga Stretch (Peggy) S
12:00PM-12:55PM	Line Dance (Debra)	Zumba (Veronica)	Zumba (Kerstin)	Line Dance (Debra)	Zumba (Veronica)	
1:05PM-2:00PM	Senior Fitness & Weights (Debbie)	Balance & Mobility (Adelicia)	Senior Fitness & Weights (Debbie)	Balance & Mobility (Christine)	Senior Fitness & Weights (Debbie)	
2:10PM-3:05PM	Pilates (Debbie)	Back in Action (Adelicia)	Awareness Through Movements (Iris)	Back in Action (Christine)	Awareness Through Movements (Iris)	
3:15PM-4:15PM	Chair Yoga (Nancy)	Qigong (Halina)	Chair Yoga (Rovenia)	Tri Yoga (Dashi) S	Zumba Gold (Adelicia)	
4:30PM-5:30PM	4:30PM-5:00PM Expressive Movement with Music (Maria) S	Tai Chi (Dashi) S	Meditation/ Singing Bowl (Rovenia) S	Chair Posturcize (Dashi) S		

Party Room (2nd Floor)- (seasonal)

	Monday	Tuesday	Wednesday	Thursday	Friday	
8:05AM-9:00AM	Senior Strength (Claudia)	High Intensity Interval Training (Adelicia)	Tight & Toned (Julian)	Cardio Blast (Adelicia)	Senior Strength (Brenda)	
9:10AM-10:05AM	Circuit Training (Claudia)	Boot Camp (Amy)	Low Impact Cardio-Tabata (Amy)	Boot Camp (Claudia)	Hatha Yoga (Rovenia)	
10:15AM-10:45AM	Stretch (Cleo)	10:15AM-11:15AM Restorative Yoga (Joelle)	Fab Abs & Core (Amy)	Core & Glutes (Sharon)	Stretch (Cleo)	
10:55AM-11:55AM	Pilates (Linda)		Tri Yoga (Dashi)	Belly Dancing (Joanne)	Chair Pilates (Linda)	

Virtual Classes

ZoomLoginInformation:

www.zoom.us to join Multipurpose Room classes ~ Meeting ID 321-321-2400 ~ Passcode CVE



Fitness Center Hours: 7AM-10PM Daily

Indoor Pool Hours:7AM-9:45PM Daily

Resident ID Required. Guests are not permitted to attend Fitness Classes. Closed toed rubber soled shoes must be worn.

Please check the Fitness Center or visit www.cenclub.com/fitness for the most updated schedule.

SpinRoom						
S = Seasonal						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:05AM-9:00AM		Spin Sculpt (Peggy)		Indoor Spin (Sharon)	Spin Sculpt (Peggy)	
9:10AM-10:05AM	Spin Sculpt (Peggy)	Indoor Spin (Peggy)		Spin Sculpt (Peggy)	Indoor Spin (Peggy)	9:30AM-10:30AM Indoor Spin (Claudia) S
10:15AM-11:10AM	Advanced Indoor Spin (Amy) S	Indoor Spin (Claudia) S	Indoor Spin (Sharon) S	Indoor Spin (Claudia) S	Indoor Spin (Claudia) S	10:40AM-11:40AM Advanced Indoor Spin (Claudia)
11:20AM-12:15PM	Indoor Spin (Amy) S	11:20AM-11:50AM 30-Minute Spin (Claudia) S	11:20AM-11:50AM 30-Minute Spin (Amy) S	Indoor Spin (Claudia) S	Indoor Spin (Claudia) S	S

Clubhouse Pool						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15AM-9:15AM	Aquacise (Linda)	Aquacise (Joelle)	Aquacise (Joelle)	Aquacise (Linda)	Aquacise (Claudia)	Aquacise (Claudia)
9:30AM-10:30AM	Aquacise (Linda)	Aquacise (Linda)	Aquacise (Joelle)	Aquacise (Linda)	Aquacise (Brenda)	Aquacise (Julian)
10:45AM-11:45AM	Aquacise (Claudia)	Aquacise (Linda)	Aquacise (Claudia)	Aquacise (Joelle)	Aquacise (Brenda)	Aquacise (Julian)
12:00PM-1:00PM	Aquacise (Claudia) S	Aquacise (Claudia) S	Aquacise (Claudia) S	Aquacise (Joelle) S	Aquacise (Blanca) S	

Indoor Pool (Indoor Pool will close during swim lessons)						
	Monday	Tuesday	Wednesday	Thursday	Friday	
10:45AM-11:45AM				Beginner Swim Lessons II (Linda)		
12:00PM-1:00PM	Gentle Aquacise (Linda)	Beginner Swim Lessons I (Linda) New Swimmers	Gentle Aquacise (Amy)	Gentle Aquacise (Linda)	Advanced Swim Lessons (Linda)	
1:10PM-2:10PM		Intermediate Swim Lessons (Linda)				

Richmond Pool						
	Monday	Tuesday	Wednesday	Thursday	Friday	
8:15AM-9:15AM	Aquacise (Julian)	Aquacise (Claudia)	Aquacise (Claudia)	Aquacise (Blanca)	Aquacise (Joelle)	