



Off-Season Fitness Schedule

Century Village East

Multipurpose Room (1st Floor)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:05AM-9:00 AM	Low Impact Aerobics (Shon)	Low Impact Aerobics (Debbie)	Low Impact Aerobics (Blanca)	Low Impact Aerobics (Shon)	Low Impact Aerobics (Cleide)	Low Impact Aerobics (Cleide)
9:05AM-9:50AM	Body Toning & Weights (Shon)		Body Toning & Weights (Debbie)		Body Toning & Weights (Cleide)	Body Toning & Weights (Cleide)
9:15AM-10:15AM		Relax Yoga (Janet)		Relax Yoga (Janet)		
9:55AM-10:40AM	Easy Stretch (Shon)		Easy Stretch (Debbie)		Easy Stretch (Cleide)	Pilates (Cleide)
10:45AM-11:40AM	Low Impact Aerobics (Shon)	Low Impact Aerobics (Debbie)	Low Impact Aerobics (Blanca)	Low Impact Aerobics (Shon)		Yoga Stretch (Diane)
12:00PM-1:00PM	Line Dance (Mitzi)	Zumba (Andrea)	Zumba (Andrea)	Line Dance (Mitzi)	Zumba (Andrea)	
1:00PM-1:45PM			Senior Fitness & Weights (Debbie)		Senior Fitness & Weights (Debbie)	
1:10PM-1:55PM	Senior Fitness & Weights (Debbie)					
1:30PM-3:00PM		Senior Balance, Flexibility, Bones & Joints (Cleide)		Senior Balance, Flexibility, Bones & Joints (Cleide)		
2:00PM-3:00PM			Awareness Through Movements (Iris A.)		Awareness Through Movements (Iris A.)	
3:15PM-4:15PM	Chair Yoga (Kimberly)	Relax Chair Yoga (Janet)	Chair Yoga (Kimberly)	Relax Chair Yoga (Janet)		
4:30PM-5:30PM			Chinese Therapeutic Exercise (Tai-Chi) (Dashi)			
7:00PM-8:00PM		Meditation (Diane)				

Party Room (2nd Floor)

8:05AM-8:55AM			Cardio Sculpt (Nancy)			
9:05AM-10:05AM			Core Yoga (Nancy)			
9:15AM-10:10AM				Body Toning (Cleide)		
9:55AM-10:40AM		Restorative Yoga (Ava)				
10:15AM-11:00AM	Pilates (Claudia)			Pilates (Cleide)		
11:05AM-12:05AM				Restorative Yoga (Ava)		

Indoor Cycling Room (3rd Floor Mezzanine Multipurpose Room)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15 AM	Indoor Cycling (Jessica)		Indoor Cycling (Jessica)	Indoor Cycling (Blanca)		
9:15AM		Indoor Cycling (Blanca)				Indoor Cycling (Claudia)

[Aquatic Schedule \(Indoor/Outdoor Pools\)](#)

Aquacise classes will be held in the Indoor Pool when air temperature is 60 degrees or below, when it is raining, or when there is lightning.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15AM-9:00AM <i>Outdoor</i>		Aquacise (Blanca)	Aquacise (Cleide)	Aquacise (Cleide)		Aquacise (Claudia)
9:15AM-10:00AM <i>Outdoor</i>	Aquacise (Linda)	Aquacise (Cleide)	Aquacise (Blanca)	Aquacise (Claudia)	Aquacise (Linda)	Aquacise (Blanca)
12:00PM-12:45PM <i>Indoor</i>	Arthritic Aquacise (Cleide)	Arthritic Aquacise (Linda)	Arthritic Aquacise (Linda)	Arthritic Aquacise (Linda)	Arthritic Aquacise (Linda)	
1:00PM-2:00PM <i>Indoor</i>		Beginner Swim Lessons (Linda)	Intermediate Swim Lessons (Linda)			

REVISED: APRIL 25.2019

FITNESS CENTER HOURS:

7AM-10PM Monday-Friday (6AM November-March), and 8AM-10PM Weekends and Holidays.
Guest Hours: 10AM-10PM (April-October) and 1PM-10PM (November-March).

Guests are not permitted in group exercise classes.

INDOOR POOL HOURS:

8AM-10PM Every day.

Please consult with your doctor prior to participating in group exercise classes.