

# Athletic Schedule

Century Village® East  
 September 7<sup>th</sup> thru October 31<sup>st</sup> 2010  
 Health Club All Levels

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00	Low Impact Aerobics	Low Impact Aerobics	Low Impact Aerobics	Low Impact Aerobics	Low Impact Aerobics	Low Intermediate Aerobics
9:00	Body Toning & Weights		Body Toning & Weights		Body Toning & Weights	Body Toning & Weights
9:15		Yoga		Yoga		
9:45	Easy Stretch		Easy Stretch		Easy Stretch	Pilates
10:35	Low Impact Aerobics	Low Impact Aerobics	Low Impact Aerobics	Low Impact Aerobics	Low Impact Aerobics	
10:45						Yoga Stretch
12:00	Line Dance	Zumba	Pilates		Zumba	
1:00	Senior Fitness & Weights		Senior Fitness & Weights		Senior Fitness & Weights	
1:15				Chair Stretch		
1:45	Balance					
2:00				Balance		
2:30			Tai-Chi			
2:45	Chi-Gung					
4:30		Ballroom Dance	Yoga Stretch			
5:30		Pilates	Body Toning & Weights			

## Party Room Intermediate Advanced

12:00					Pilates	
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## Aquatic Schedule All Levels

9:15 Outdoor	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise
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Schedule is subject to change