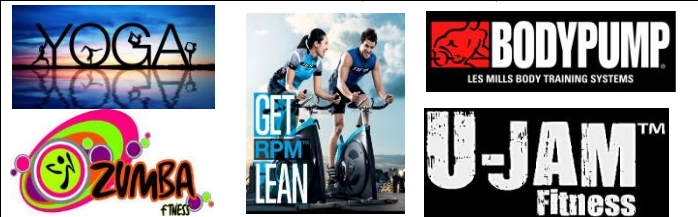


# Group Exercise Schedule



GYM	Monday	Tuesday	Wednesday	Thursday	Friday	GYM	Saturday	Sunday
5:30 AM	Boot Camp Julie	Group Cycle Carol	Boot Camp Debbie V.	Pilates/Boot Camp Julie	Cycle/HIT Kelli (75mins)	7:00 AM	Boot Camp Julie	
8:30 AM	Zumba Monica	Beg. Boot Camp Julie	Zumba Monica	Beg. Boot Camp Julie		8:00 AM	HIT (45min) Kelli	
9:00 AM		Boot Camp Julie					Boot Camp Julie	Boot Camp Ashley
9:30 AM	HIT Kelli							
10:00 AM			Zumba Gold Teresa		Group Cycle Danielle			



Studio	Monday	Tuesday	Wednesday	Thursday	Friday	Studio	Saturday	Sunday	
5:30 AM	Yoga Sculpt Alyssa	Body Pump Julie	TRX Susan (45min)	Cycle & Core Jonna	TRX Susie	7:00 AM	Yoga Strong Lucy (75min)		
8:30 AM	Cardio Step Julie	Yoga Flow Yvette (75 min)	Kickboxing w/gloves Laurie	Yoga Flow Ana (75min)	Body Pump Bobbi			8:00 AM	TRX Instructor Rotation(45min)
9:30 AM	Body Pump Lindsey		Body Pump Kolby		TRX Blair (45 min)				
10:00 AM	Yoga Flow Carolyn (75 min)	Cycle/Sculpt Kelli	Yoga Flow Carolyn (75 min)	Yoga Flow Dolores (75 min)				8:30 AM	Cardio Step Interval Lea
10:30 AM		Pilates Melissa			Pilates Julie				
11:00 AM	UJAM AJ/Fanja	TRX Laurie	Group Cycle Danielle (45 min)	Kids Yoga Doris				Group Cycle Danielle	9:30 AM
12:00 PM	Pilates Julie				Zumba Kids 4-12yrs Teresa				
3:30 PM	Group Cycle Danielle (45 min)	KICK HIT Laurie	Yoga Flow Yvette/Liz	Body Pump Kolby	Ujam Suzi			10:30 AM	Zumba Kel
4:30 PM	TRX Susie (45min)	Zumba Jessica							
5:30 PM	Body Pump Jessica & Kolby	TRX Susie (45min)	Body Pump Melissa/Marivel/Allan	Yoga Flow Doris				11:30 AM	Yoga Flow Liz
6:30 PM	Pilates Jill	Yoga Restorative Yvonne				Yoga Flow Doris			
7:30 PM	RPM George								



50+	Monday	Tuesday	Wednesday	Thursday	Friday
8:45am			Tai Chi for Diabetes Jerri - SC		
9:00am		Fitness for Arthritis** Alison - TC			Fitness for Arthritis** Alison - TC
9:45am			Tai Chi Advanced Jerri - SC		
10:00am	Pilates Melissa - CCC	Fitness for Arthritis Alison - TC	Zumba Gold Teresa - EG	Pilates Melissa-CCC	Fitness for Arthritis Alison - TC
10:00am		Chair Yoga Amy - A1		Yoga Flow Yvette A1	Chair Yoga Amy - A1
10:00am		Aerobics Julie - EG		Aerobics Julie - EG	
10:30am			Pilates Amy - A2		
10:45am			Tai Chi Beginning Jerri - TC		
11:00am		Chair Yoga Amy - A1			
12:00pm			TRX Light Jill (45min)		TRX Light Jill (45min)
1:00pm	Music and Moves Teresa F. - S		Functional Fitness Alison - S		Functional Fitness Alison - S
2:00pm					

**50 and Older Classes are held in different locations.**

CCC - Community & Cultural Center  
 A1 - Activity Rm 1 in the Senior Center  
 A2 - Activity Rm 2 in the Senior Center  
 S - Group Exercise Studio  
 TC - Teen Center  
 EG - East Gym

Fitness for Arthritis\*\* new members accepted

Tai Chi Classes require pre-registration in the Senior Center.

**CCC Address**  
 17000 Monterey Road  
 Morgan Hill, CA 95037

CCC	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 AM					Yoga Restorative Lucy (90min)
10:00 AM	50+ Pilates Melissa	Yoga Flow Doris		50+ Pilates Melissa	
11:00 AM	Beginner Pilates Melissa (45mins)	Yoga Flow Doris		Yoga Flow Lucy	
12:30 PM				Yoga Flow Lucy	

- ❖ Classes at the CCC are included in your CRC membership. See Address above.
- ❖ **Non Member** drop in fee for regular classes is \$15.
- ❖ Non Member 50 + Classes drop in fee is \$8 for Residents and \$10 for Non-Residents.
- ❖ Bring your membership card to check in at the Miramonte room for class.

**Beginning Boot Camp:** This 30-minute class is designed to introduce you to the basics of Boot Camp! You will learn the exercise used in traditional boot camp and build up your strength/endurance for the full-hour class.

**Body Pump:** Challenge all of your major muscle groups by using the best weight room exercises like squats, Presses, Lifts and Curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for - and fast! (Regular classes are 55 min, Express classes are 30 min)

**Boot Camp:** A full body workout that allows you to be challenged as much as you want. This class is designed to provide the ultimate in agility and cross training.

**Boot Camp Pilates:** This class will build your cardiovascular endurance while lengthening and strengthening your muscles. You also will build your core muscle strength and improve your agility. It's the perfect cross training class.

**Cardio Step Interval:** This class introduces alternating sets of interval training along with a simply choreographed Step workout. Not only do you get the advantage of aerobic exercise, you'll get the added benefit of a challenging interval training routine.

**Circuit Training:** This class will be a mix of different modalities(Bootcamp, TRX, Kickboxing, ect) created to get your heart rate up and strengthen your body.

**Cycle/Strength:** Rev up your workout and burn calories faster. This class combines intervals on the spin bike with intervals of strength training. Fitness for Arthritis: This exercise program is designed for people with arthritis and uses gentle activities to help increase joint flexibility, range of motion and muscle strength.

**Group Cycle:** Non-impact class conducted on a stationary bike. This class is appropriate for all levels of fitness.

**H.I.T.:** High Intensity Training. Take your workout to the next level. Push your physical limits and crank up the intensity in this 45-minute workout. This is an advanced-level workout that contains 15-minute worth of exercise at the end that will strengthen your core.

**Kick HIT:** A combination of aerobics, boxing and martial arts; no gloves required.

**Kickboxing:** Kick, punch, jab and power your way through this cardiovascular & muscular endurance workout using gloves & bags. Bring your own gloves.

**Pilates:** A mat-based workout that will strengthen and lengthen your muscles, help improve posture, enhance stability, increase core muscle strength and improve flexibility.

**Music and Moves:** Group exercise class that provides a supportive and safe environment to help increase one's strength, flexibility, balance, and movement, while dancing, using chairs, lightweight dumb bells, and resistance tubing choreographed to music.

**Pilates/Barre:** A combination class that uses the foundation skills in a Pilates class with the addition of the basic Barre program without the use or necessity of a ballet bar. This class integrates the fat burning format of interval training, the muscle shaping technique of isometrics, the elongating principles of dance conditioning, and the science of physical therapy to create a revolutionary workout that quickly and safely reshapes your entire body.

**RPM:** This group cycle class is led by an inspiring coach who leads the pack through hills, flats, mountain peaks, speed work and interval training. Discover your athlete within, sweat, & burn to reach your endorphin high.

**Tai Chi:** This class uses Sun-Style Tai Chi and is designed to provide participants with a "joint friendly" exercise alternative. Available in beginning and advanced options. Must Sign up for class in advance in the senior center.

**TRX:**(45 min class) Make your body into a machine! This class uses one simple piece of equipment: the TRX strap. You will be challenged as the instructor guides you through intense core movements and balancing drills.

**TRX Light:** A 45-minute class designed for those who want to gain strength and increase balance using the TRX straps. This class is ideal for those who are recovering from an injury, are new to exercise or have limited mobility. The instructor will pay close attention to your form and execution of exercises to ensure you are getting an effective and safe workout.

**U-Jam Fitness:** is an athletic hip-hop dance fitness workout that combines dance and high energy music for a workout that is bound to get your heart rate up, your body moving, and make you work up a sweat – all while having FUN.

**Yoga/Pilates:** An inclusive class designed to implement both Yoga and Pilates elements to increase core strength, stability and calming of the mind, body and spirit. **See below for yoga class specifics.**

**Yoga Sculpt-** This class is designed to tone, sculpt and lengthen the body. Free weights are used to add resistance and intensity. Exercises include core vinyasa flow, Pilates mat exercises and additional strength training exercises to help build lean muscle. This class is perfect for practitioners of all abilities and ages- modifications welcome.

**Yoga Specialty** - This class will be taught by a different instructor each week with a unique focus.

**Zumba®:** This high energy class uses motivating music with unique moves and combinations to give you the best dance workout ever! Zumba® is based on the principle that a workout should be "FUN AND EASY TO DO" allowing its participants to stick to it and achieve long-term health benefits. Please NO children sitting in the back or side of the room during class!

**Zumba® Gold:** This specialty class follows the Zumba® formula and is designed for the active adult who wants to join the fitness party but requires a low impact, less intense workout. This class is also perfect for those looking to begin a healthy fitness lifestyle or for those relaunching their fitness program.

**50+ Up Aerobics:** Improve your strength, flexibility and cardio vascular system with this fun low-impact exercise program for older adults.

**50+ Functional Fitness:** Group exercise class that provides a supportive and safe environment to help increase one's strength, flexibility and balance, using chairs, lightweight dumb bells, resistance tubing and stability balls. This class is taught by our fitness specialist with an expertise in working with active older adults.

**To provide you with a yoga class suited to your needs the YOGA classes are identified in Three categories**

**Restorative** - This practice is low intensity and would include restorative, yin, or yoga therapy aspects. Relaxation and tension release is the primary focus.

**Flow** - This is a mix of Restorative and Strong

**Strong** - This practice will have intense muscular effort and will make you sweat. Increase your heart rate and build strength through longer and deeper holds.



# Group Exercise Schedule

July 1<sup>st</sup> 2017 - Sept. 30<sup>th</sup> 2017



Download the Centennial Recreation Center app!  
Have the group exercise schedule and sub list at your fingertips!

\*\*\*\*\*

Follow us on Instagram! @mhcr

## Group Exercise

The Centennial Recreation Center together with the YMCA offers a wide variety of group exercise classes. We strive to accommodate a wide range of fitness levels in every class and we encourage you to work at your own pace. Group exercise should be a fun experience for you or the whole family. We have noted on our schedule family friendly classes and those classes that are recommended for advance fitness users with some prior experience with the class. Before starting any new exercise program, please consult your physician.

## General Information

- ✓ If you are new to group exercise or returning after an absence, please tell the instructor so she/he may offer modifications.
- ✓ Warming up is a vital part of exercise. **If you are more than 10 minutes late, please wait for the next class.**
- ✓ If you need to leave a class early, please inform the instructor at the beginning of the class.
- ✓ Closed toe athletic shoes and athletic wear are required for all classes except Yoga and Pilates.
- ✓ No food, gum or drink allowed except for water in plastic containers.
- ✓ Please turn off cell phones. If you need to take a call, please step out of the room.
- ✓ Youth ages 13 and up may participate in classes without a supervising adult.
- ✓ Please don't allow children to sit in the back or side of the fitness studio during class due to limited space.
- ✓ **AF Arthritis Foundation classes** - Please enroll in the Senior Center prior to starting class
- ✓ **Enjoy class, have fun, and work at your own level ☺**
- ✓ All classes are **55 min** in length unless noted otherwise.
- ✓ No perfume, cologne or body sprays as we have members with allergies.
- ✓ A Sub list will be posted every Friday for the following Saturday through Friday.

A Sub List will be posted every Friday for the following Saturday through Friday

**Centennial Recreation Center**  
171 West Edmundson Ave.  
Morgan Hill, CA 95037

408.782.2128 [www.mhcr.com](http://www.mhcr.com)

## Facility Hours

Monday-Friday 5am-10pm  
Saturday 6:30am-8pm  
Sunday 8am-6pm

## Kids' Club Hours

Monday-Friday 8am-8pm  
Saturday 8am-1:30pm  
Sunday 8am-1pm

## Community and Cultural Center

17000 Monterey Road,  
Morgan Hill, Ca 95037  
408.782.0008

[www.mhcommunitycenter.com](http://www.mhcommunitycenter.com)

## Questions or Comments

Contact Danielle Hill  
Health & Wellness  
Group Exercise  
Coordinator

[Danielle.Hill@mhcr.com](mailto:Danielle.Hill@mhcr.com)