

**Body Pump:** Challenge all your major muscle groups by using the best weight room exercises like squats, presses, lifts & curls. Great music, awesome instructors & your choice of weight will inspire you to get the results you came for - & fast!

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

**Circuit Training:** This class is a mix of different modalities (Bootcamp, TRX, Weights, Kickboxing, etc.) created to get your heart rate up & strengthen your body.

**CXWORX:** 30 minutes of building core strength, improving functional fitness of the abdominals, mid-section, and glutes, as well as working the cross-slings, which run from the upper to lower body using resistance bands. Excellent supplement to other class formats.

**Cycle Sculpt:** Rev up your workout & burn calories faster. This class combines intervals on the spin bike with intervals of strength training.

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

**H.I.I.T.:** High Intensity Interval Training is a form of interval training will take your workout to the next level & push your physical limits. This is an advanced-level workout.

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

**Intro to TRX:** A 45-minute class designed for those who want to gain strength & increase balance using the TRX straps. This class is ideal for those who are recovering from an injury or are new to TRX.

**Kick H.I.I.T.:** A combination of aerobics, boxing & martial arts; no gloves required.

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

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

**Pound:** Channel your inner Rockstar with this full body cardio-jam session inspired by the infectious, energizing, and sweat dripping fun of playing the drums!

**Step:** 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.

**TRX:** TRX bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It uses the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete 100s of exercises. You will be challenged as the instructor guides you through intense core, strength and & balancing drills.

**UJAM:** An athletic hip-hop dance fitness workout that combines dance & high energy music for a workout that is bound to get your heart rate up, your body moving & make you work up a sweat — all while having FUN!

**Yoga:** To provide you with a yoga class suited to meet your needs & wants, the YOGA classes are identified in 3 categories:

- **Flow** - A fitness-based approach to Vinyasa style flow. Students will focus on linking conscious breath with a vigorous & mindful flow. Students will build strength, flexibility & concentration while cleansing the body & calming the mind.
- **Restorative** - Low intensity & includes restorative/yin aspects. Relaxation & tension release is the primary focus.

**Zumba:** This high energy class uses motivating music with unique moves & 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 with it to achieve long-term health benefits.

**50+ Boot Camp:** Improve your strength, flexibility & cardiovascular system with this fun, low-impact, exercise program for active older adults.

**50+ Fitness for Arthritis:** This class uses gentle activities to help increase joint flexibility, range of motion & muscle strength.

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

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



# Group Exercise Schedule

## January 1<sup>st</sup> – March 31<sup>st</sup>, 2019



### Group Exercise:

The Centennial Recreation Center together with the YMCA offers an extensive variety of group exercise classes. We strive to accommodate a broad 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 and the whole family. Before starting any new exercise program, please consult with 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 ten (10) minutes late, please wait for next class.**
- ✓ If you need to leave class early, please inform the instructor at the beginning of the class.
- ✓ Closed toe athletic shoes & athletic wear are required for all classes except Yoga & Pilates. Shirts are required & no crop-tops.
- ✓ No food, gum, or drink allowed except for water in appropriate containers. No glass.
- ✓ Please put cellphones on silent to prevent class interruption. If you need to take a call, please step out of the room.
- ✓ Youth 12 & older may participate in classes without a supervising adult. Youth between 8-11yo need to be accompanied by an adult.
- ✓ Children are not allowed to sit in the back or side of the fitness studio during class due to limited space & safety.
- ✓ Please refrain from wearing perfume, cologne, or body sprays as we have members with allergies.
- ✓ **Enjoy class, have fun, and work at your own level!**



**Our sub list will be posted every Friday for the following Saturday – Friday**

*\*To stay up to date on any class changes/cancellations, follow us on Facebook, Instagram and/or the CRC Phone App\**

**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 4:30am-10pm  
Saturday 6:30am-8pm  
Sunday 6:30am-8pm

**Kids' Club Hours:**  
Monday-Friday 8am-8:30pm  
Saturday 8am-2pm  
Sunday 8am-2pm



**Community and Cultural Center**  
17000 Monterey Rd. Morgan Hill, CA 95037 408.782.0008  
[www.mhcommunitycenter.com](http://www.mhcommunitycenter.com)

**Questions or Comments**  
Bobbi Stevenson  
Health & Wellness Director  
408.310.4244  
[Bobbi.Stevenson@mhcr.com](mailto:Bobbi.Stevenson@mhcr.com)

**MONDAY**

Time	Class	Instructor	Location
5:30-6:25am	Boot Camp	Julie	Gym
8:30-9:25am	Step	Kathleen	Studio
8:30-9:25am	Zumba	Katie	Gym
9:30-9:55am	Body Pump	Aimee	Studio
9:55-10:25am	CXWORX	Aimee	Studio
9:30-10:25am	H.I.I.T.	Kelli	Gym
10:00-10:55am	50+ Pilates	Melissa	CCC*
10:30-11:45am	Flow Yoga	Barbara	Studio
11:00-11:45am	Intro to Pilates	Melissa	CCC*
12:00-12:55pm	Pilates	Julie	Studio
1:00-1:55pm	50+ Functional Fitness	Ben	Studio
3:30-4:15pm	Cycling	Shellie	Studio
4:30-5:20pm	TRX	Susie	Studio
5:30-6:25pm	Body Pump	Jessica	Studio
6:30-7:25pm	Pilates	Jill	Studio
7:30-8:25pm	RPM	George	Studio

**TUESDAY**

Time	Class	Instructor	Location
5:30-6:25am	Body Pump	Julie	Studio
8:30-9:45am	Flow Yoga	Vered	Studio
8:30-9:00am	Boot Camp Express	Julie	Gym
9:00-9:55am	Boot Camp	Julie	Gym
9:00-9:55am	50+ Fitness for Arthritis	Ben	Teen Center
10:00-10:55am	50+ Fitness for Arthritis	Ben	Teen Center
10:00-10:55am	50+ Chair Yoga	 Vered	Activity Room 1
10:00-10:55am	Cycle Sculpt	Kelli	Studio
10:00-10:55am	50+ Boot Camp	Julie	Gym
10:00-10:55am	Flow Yoga	Doris	CCC*
11:00-11:55am	Pilates	Melissa	Studio
11:00-11:55am	50+ Chair Yoga	 Yvonne	Activity Room
11:05-12:00pm	Flow Yoga	Doris	CCC*
12:00-12:55pm	UJAM	AJ/Fanja	Studio
4:30-5:25pm	Cardio Kick	Laurie	Studio
5:30-6:25pm	Zumba	Jessica	Studio
6:30-7:25pm	TRX	Susie	Studio
7:30-8:25pm	Restorative Yoga	Caitlin	Studio

**WEDNESDAY**




Time	Class	Instructor	Location
5:30-6:25am	H.I.I.T.	Kelli	Gym
5:30-6:15am	 TRX Cycle	 Tracee	Studio
8:30-9:25am	Kickboxing	Laurie	Studio
8:30-9:25am	Zumba	Monica	Gym
9:30-10:25am	Body Pump	Lindsey	Studio
10:00-10:55am	50+ Zumba Gold	Katie/Chiquy	Gym
10:30-11:45am	Flow Yoga	Ellen	Studio
 11:00-11:45am	50+ Pilates	 Melissa	Activity Room 2
12:00-12:45pm	Intro to TRX	Katie	Studio
1:00-1:55pm	50+ Functional Fitness	Ben	Studio
3:30-4:00pm	Cycling	Bobbi	Studio
4:00-4:25pm	CXWORX	Bobbi	Studio
4:35-5:20pm	TRX	Lisa/Kristin	Studio
5:30-6:25pm	Flow Yoga	Liz	Studio
6:30-7:25pm	Zumba	Kel	Studio
7:30-8:30pm	 Pound	 Elaine	Studio

\*This class is located off-site, at the Community and Cultural Center

Closed: New Year's, Easter, July 4th, Thanksgiving & Christmas **Holiday Hours:** Memorial & Labor Day, Christmas Eve & New Year's Eve**THURSDAY**

Time	Class	Instructor	Location
5:30-6:25am	Cycling	Jonna	Studio
5:30-5:55am	Pilates	Julie	Gym
5:55-6:25am	Boot Camp	Julie	Gym
8:30-9:45am	Flow Yoga	Vered	Studio
8:30-9:00am	Intro to Boot Camp	Julie	Gym
9:00-9:55am	Boot Camp	Julie	Gym
10:00-10:45am	TRX	Blair	Studio
10:00-11:00am	50+ Yoga Flow	Vered	Activity Room
10:00-10:55am	50+ Boot Camp	Julie	Gym
10:00-10:55am	50+ Pilates	Melissa	CCC*
11:00-11:55am	Pilates	Julie	Studio
11:00-11:55am	Flow Yoga	Yvonne	CCC*
12:00-12:55pm	Cycle Sculpt	Julie	Studio
12:00-12:55pm	Flow Yoga	Yvonne	CCC*
3:30-4:15pm	Kids Yoga (4-12)	Doris	Studio
4:30-5:15pm	Cycling	Bobbi	Studio
5:30-6:25pm	Body Pump	Neusha	Studio
6:30-7:25pm	Pilates	Jill	Studio
7:30-8:30pm	Flow Yoga	Doris	Studio

**FRIDAY**

Time	Class	Instructor	Location
5:30-6:25am	TRX	Susie	Studio
5:30-6:25am	Cycle Sculpt	Kelli	Gym
8:30-9:25am	Body Pump	Melissa	Studio
8:30-10:00am	Restorative Yoga	Caitlin	CCC*
 8:30-8:55am	Boot Camp Express	Shellie	Gym
9:00-9:55am	50+ Fitness for Arthritis	Ben	Teen Center
9:00-9:55am	HIIT	Shellie	Gym
9:30-10:25am	UJAM	Fanja	Studio
10:00-10:55am	50+ Fitness for Arthritis	Ben	Teen Center
10:00-10:55am	50+ Chair Yoga	 Vered/Doris	Activity Room 1
10:30-11:45am	Flow Yoga	Liz	Studio
11:00-11:55am	50+ Chair Yoga	 Vered/Doris	Activity Room 1
12:00-12:45pm	Intro to TRX	Jill	Studio
1:00-1:55pm	50+ Functional Fitness	Ben	Studio
3:30-4:15pm	Cycling	Nick	Studio
4:30-5:25pm	Circuit Training	Susie	Studio
5:30-6:25pm	UJAM	Suzi	Studio

**SATURDAY**

Time	Class	Instructor	Location
7:00-8:15am	Flow Yoga	Barbara	Studio
7:00-7:55am	Cycle Boot Camp	Julie	Gym
8:00-9:00am	H.I.I.T.	Kelli	Gym
8:30-9:25am	Step	Lea	Studio
9:30-10:25am	Body Pump	Lindsey	Studio
10:30-11:25am	Zumba	Kel	Studio
11:30-12:45pm	Flow Yoga	Liz	Studio

**SUNDAY**

Time	Class	Instructor	Location
8:00-8:55am	TRX	Susie/Lisa/Kristin	Studio
9:00-9:55am	Kickboxing	Laurie	Studio
10:00-10:55am	Cycling	Vicki	Studio
11:00-11:55am	Zumba	Katie	Studio