

# Group Exercise Schedule

October 1<sup>st</sup> – December 31<sup>st</sup>, 2019

Updated 11.11.19



## 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.

**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\**

## 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 at all times, please 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 8 to 11 years old must 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!**



**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**  
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**MONDAY**

Time	Class	Instructor	Location
 5:30-6:25am	 Cycle Sculpt	 Steph	Studio
5:30-6:25am	Boot Camp	Julie	Gym
8:30-9:25am	Step	Kathleen	Studio
8:30-9:25am	 Body Flow	 Neusha	Gym
9:30-10:25am	Body Pump/CORE	Aimee	Studio
9:30-10:25am	H.I.I.T.	Kelli	Gym
10:00-10:55am	50+ Pilates	Melissa	CCC*
10:30-11:45am	Alignment 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
6:30-6:55pm	CORE	Jessica	Studio
7:00-7:55pm	Pound	Tara	Studio



**TUESDAY**

Time	Class	Instructor	Location
5:30-6:25am	Body Pump	Alternating	Studio
8:30-9:45am	Flow Yoga	 Liz	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	 Liz	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	 Fanja	Studio
1:00-1:55pm	50+ Yoga & Aging	Doris	Studio
 2:00-2:55pm	 50+ Body Sculpt	 Melissa	Studio
3:30-4:15pm	Kids Boot Camp	Mikey & Kim	Studio
4:30-5:25pm	Circuit Training	Laurie	Studio
5:30-6:25pm	Zumba	Jessica	Studio
6:30-7:25pm	TRX	Susie	Studio
7:30-8:25pm	Restorative Yoga	Vicki	Studio




**WEDNESDAY**

Time	Class	Instructor	Location
5:30-6:25am	H.I.I.T.	Kelli	Gym
5:30-6:25am	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	Chiquy	Gym
10:00-10:45am	50+ Pilates	Melissa	Activity Room 1
10:30-11:45am	Flow Yoga	Ellen	Studio
11:00-11:45am	50+ Pilates	Melissa	Activity Room 1
12:00-12:45pm	Intro to TRX	Bobbi	Studio
1:00-1:55pm	50+ Functional Fitness	Ben	Studio
3:30-4:00pm	Cycling	Bobbi	Studio
4:00-4:25pm	CORE	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
7:30-8:25pm	Pound	Elaine	Studio

## THURSDAY

Time	Class	Instructor	Location
5:30-6:25am	Cycling	Jonna	Studio
5:30-6:25am	Pilates Boot Camp	Julie	Gym
8:30-9:45am	Flow Yoga	 Liz	Studio
8:30-9:00am	Intro to Boot Camp	Julie	Gym
9:00-9:55am	Boot Camp	Julie	Gym
10:00-10:55am	Cycle / CORE	Bobbi	Studio
10:00-11:00am	<b>50+</b> Yoga Flow	 Doris	Activity Room 1
10:00-10:55am	<b>50+</b> Boot Camp	Julie	Gym
10:00-10:55am	<b>50+</b> Pilates	Melissa	CCC*
11:00-11:55am	Pilates	Julie	Studio
12:00-12:55pm	Circuit Training	Shellie	Studio
1:00-1:55pm	<b>50+</b> Yoga &	Doris	Studio
3:30-4:25pm	Body Combat	Neusha	Studio
4:30-5:25pm	Cycling	George	Studio
5:30-6:25pm	Body Pump	Neusha	Studio
6:30-7:25pm	Pilates	Jill	Studio
7:30-8:25pm	Flow Yoga	Doris	Studio

## FRIDAY

Time	Class	Instructor	Location
5:30-6:25am	Body Pump	Katie	Studio
5:30-6:25am	Cycle Sculpt	Kelli	Gym
8:30-9:25am	Body Pump	 Kathleen	Studio
8:30-10:00am	Gentle Yoga	Liz	CCC*
9:00-9:55am	<b>50+</b> Fitness for Arthritis	Frida	Teen Center
9:00-9:55am	H.I.I.T.	Shellie	Gym
9:30-10:25am	UJAM	 AJ	Studio
10:00-10:55am	<b>50+</b> Fitness for Arthritis	Frida	Teen Center
10:00-10:55am	<b>50+</b> Chair Yoga	Doris	Activity Room 1
10:30-11:45am	Flow Yoga	Liz	Studio
11:00-11:55am	<b>50+</b> Chair Yoga	Doris	Activity Room 1
12:00-12:45pm	Intro to TRX	 Carol	Studio
1:00-1:55pm	<b>50+</b> 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	Alignment 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	 Body Combat	 Jess	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
7:00-7:55am	 Cycling	 Alternating	Studio
8:00-8:55am	TRX	Susie/Lisa/Kristin	Studio
9:00-9:55am	Kickboxing	Laurie	Studio
10:00-10:55am	 Body Pump	 Alternating	Studio
11:00-11:55am	Zumba	Katie	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

**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!

**Body Combat:** This is a high-energy martial art inspired workout that is totally non-contact and there are no complex moves to master! You'll punch and kick your way through a whole-body workout, getting fit, fast and strong!

**Body Flow:** Ideal for anyone and everyone, this is a yoga-based class that embraces elements of Tai Chi and Pilates. You'll strengthen your entire body and leave the class feeling calm, centered and happy.

**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.

**CORE:** 30 minutes of building core strength, improving functional fitness of the abdominals, mid-section, and glutes, as well as working the cross-slugs, 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.

**Cycling:** 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.

**Kid's Boot Camp:** 45 minutes of fun and fitness for members ages 4-12. This class will include drills and circuits that are safe and enjoyable, while demonstrating various options for an active lifestyle.

**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 100's 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/Gentle** - Low intensity & includes restorative/yin aspects. Relaxation & tension release is the primary focus.
- **Alignment Based Yoga** – Learn to move with your breath into postures that work best for your body. Modifications are offered to make this a safe and effective Yoga practice. Deepen your knowledge of postures and challenge your ability.

**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+ Body Sculpt:** This class uses music and timing in partnership with weights and resistance to increase strength throughout your entire body. The focus of this class is to build lean muscle, improving overall strength, stability and muscular endurance.

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

**50+ Chair Yoga:** Yoga poses and breathing exercises done with props, including a chair for seated options, at a pace geared toward 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+ Pilates:** Gentle and functional mat-based moves combine to improve flexibility, balance, core strength and muscle tone.

**50+ Yoga & Aging:** A yoga practice for relatively physically active seniors; each class will focus on poses and sequences that support maintaining health. Key areas include strength, flexibility, balance, and agility.

**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 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.