

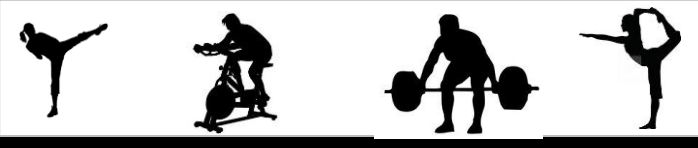
# Group Exercise Schedule



GYM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30AM	Boot Camp Julie	Group Cycle Carol		Pilates/Boot Camp Julie	Cycle/Sculpt Kelli	7:00 AM GYM	Boot Camp Julie
8:30AM	Zumba Monica	Beg. Boot Camp Julie	Zumba Monica	Beg. Boot Camp Julie		8:00 AM GYM	HIT (45min) Kelli
9:00AM		Boot Camp Julie		Boot Camp Julie	Boot Camp Ashley		
9:30AM	HIT Kelli						
10:00AM			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				
8:30 AM	Cardio Step Julie	Yoga Medium Level 2 Yvette (75 min)	Kickboxing w/gloves Laurie	Yoga Medium Level 2 Ana (75min)	Body Pump Bobbi	7:00 AM	Yoga Strong, Level 3 Lucy (75min)		
9:30 AM	Body Pump Lindsey		Body Pump Kolby		UJAM Instructor Rotation		8:00 AM	TRX Instructor Rotation(45min)	
10:00 AM		Cycle/Sculpt Kelli		TRX Blair (45 min)		8:30 AM	Cardio Step Interval Lea	9:00 AM	Kickboxing Laurie
10:30 AM	Yoga Medium, Level 2 Carolyn (75 min)		Yoga Medium, Level 2 Carolyn	Pilates Julie	Yoga Strong, Level 2 Dolores (75 min)	9:30 AM	Body Pump Allan	10:00 AM	Group Cycle Vicki
11:00 AM		Pilates Melissa				10:30 AM	Zumba Kel	11:00 AM	Zumba Kel & Adriana
12:00 PM	Pilates Julie	UJAM AJ/Lauren	TRX Light Jill (45min)	Cycle Sculpt Julie	TRX Light Jill (45min)	11:30 AM	Yoga Medium, Level 2 Liz	12:00 PM	Yoga Specialty Instructor Rotate
3:30 PM	Group Cycle Danielle (45 min)	Zumba Kids 4-12yrs Teresa	Group Cycle Danielle (45 min)	Kids Yoga Doris					
4:30 PM	TRX Susie (45min)	KICK HIT Laurie	TRX Bobbi	RPM (45min) Bobbi	Body Pump Melissa				
5:30 PM	Body Pump Jessica & Kolby	Zumba Jessica	Yoga all levels Yvette/Liz	Body Pump Melissa Y	Ujam Suzi				
6:30 PM	Pilates Jill	TRX Susie (45min)	Zumba Kel	Pilates Jill	TRX Bobbi (45min)				
7:30 PM	RPM George	Yoga Gentle, Level 1 Yvonne	Body Pump Melissa/Marivel/Allan	Yoga Gentle, Level 1 Doris					



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, Gentle level 1 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 Gentle, Level 1 Lucy (90min)
10:00 AM	50+ Pilates Melissa	Yoga Gentle, Level 1 Doris		50+ Pilates Melissa	
11:00 AM	Beginner Pilates Melissa (45mins)	Yoga Gentle, Level 1 Doris		Yoga Gentle, Level 2 Lucy	
4:30 PM					
4:30 PM		Pilates/Barre Theresa			

- ❖ 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 crosstraining 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.

**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./Core:** High Intensity Training. Take your workout to the next level. Push your physical limits and crank up the intensity in this 30-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, resistance tubing and stability balls 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 lead by and 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.

**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 highlighting different focuses of yoga practice.

**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 non-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 two categories; Intensity and Level of Poses in the class.

#### Category 1: Intensity

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

**Medium** - This practice is more muscular than a gentle class and will get your heart rate up slightly with some sweating.

**Strong** - This practice will have intense muscular effort and will make you sweat a lot.

#### Category 2: Level of Poses Practiced

**Level 1** - accessible to beginners. Does not include any strong inversions, arm balances or back bends. However beginner versions of these poses may be introduced with modifications and propping.

**Level 2** - accessible to beginners looking for a challenge, good for regular practitioners. Beginner to intermediate practice available in inversions, arm balances and back bends.

**Level 3** - strong workout, recommended for regular practitioners. Advanced practice of all categories of poses available. Ok for beginners with experience in other types of movement.

\* This class will include non- religious yoga practices of meditation, chanting and spirituality.



# Group Exercise Schedule



Download the Centennial Recreation Center app!

Have the group exercise schedule and sub list at your finger tips!

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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 Kolby Rousseu  
Health & Wellness  
Director

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