

# Group Exercise Schedule



### 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:

- ✓ **Please be sure to read the new Post COVID guidelines at the bottom of each page of this schedule.**
- ✓ 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, **no crop tops.**
- ✓ Youth 8-10 may participate (must be working out) in family friendly classes \*\* with a supervising adult. Youth 10-11 may participate in all classes with a supervising adult. All youth 12+ may participate without a supervising adult. No youth under 8 years old allowed on the fitness floor.
- ✓ 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!**
- ✓ CRC Members also have access to YMCA virtual Y360 online classes. Please fill out the YSV access/virtual form here: [CRC/YSV - Membership Access \(ymcasv.org\)](http://www.ymcasv.org)

**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 OR our website [www.mhcr.com](http://www.mhcr.com)*

**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-9:30pm  
Saturday 6:30am-5pm  
Sunday 6:30am-5pm

**Questions or Comments**  
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## MONDAY

Time	Class	Instructor	Location
5:30–6:25am	H.I.I.T	Kelli	Outside
9:00–9:55am	Step	Kathleen	Outside
10:00–10:55am	Body Pump	Lindsey	Outside
10:30–11:45am	Yoga	Ellen	Studio 1
11:00–11:55pm	Zumba Gold**	Beth	Studio 2
1:00–1:55pm	Functional Fitness	Ben	Studio 2
4:30–5:25pm	Circuit Training	Susie	Outside
5:30–6:55pm	Body Pump & Core	LeeAnn/Kathleen/Pamela/Melissa Y.	Outside
 6:00–6:55pm	Pop Pilates	Elaine	Studio 1
 7:00–7:55pm	Zumba	Elaine	Studio 1

## TUESDAY

Time	Class	Instructor	Location
8:00–8:55am	Sprint/Body Flow	LeeAnn	Outside
9:00–9:55am	Zumba	Beth	Studio 1
9:00–9:55am	Cycle Sculpt	Kelli	Outside
10:00–10:55am	Weights	Melissa	Outside
10:30–11:25am	Chair Yoga	Doris	Studio 1
11:00–11:55am	Pilates	Melissa	 Studio 2
1:00–1:55pm	50+ Yoga & Aging	Doris	Studio 2
5:30–6:25pm	Body Combat**	Jessica	Outside
6:30–7:25pm	UJAM	Maria	Outside
7:00–8:00pm	Gentle Yoga	Vicki	Studio 2

## WEDNESDAY

Time	Class	Instructor	Location
5:30–6:25am	H.I.I.T./Pilates	Kelli	Outside
7:00–7:55am	Body Pump	Pamela	Outside
8:00–8:55am	Step	Pamela	Outside
8:30–9:25am	Kickboxing	Laurie	Studio 1
9:00–9:55am	Body Pump	Lindsey	Outside
10:00–10:55am	Intro to Weights**	Melissa	Studio 2
11:00–11:55pm	Gentle Pilates**	Melissa	Studio 2
1:00–1:55pm	Functional Fitness	Ben	Studio 2
5:00–6:15pm	Yoga	Liz	Studio 2
5:30–6:55pm	Body Pump & Core	LeeAnn	Outside
7:00–7:55pm	Circuit Training	Elaine	Studio 1
7:00–7:55pm	Cycling	Liz L.	Outside

- ✓ At this time, we will not be providing mats. Please keep this in mind when coming to class and pack your own. We will also not have any available for purchase.
- ✓ **Face coverings are required for all indoor classes & activities.**
- ✓ Members are required to clean all equipment used in class. Please spray the paper towel and then wipe down the equipment. DO NOT SPRAY THE EQUIPMENT DIRECTLY.


## THURSDAY

Time	Class	Instructor	Location
8:00–8:55am	Body Combat**	Carolyn	Outside
8:30–9:25am	Zumba**	Monica	Studio 1
9:00–9:55am	Body Flow	Pamela	Studio 2
9:15–9:50am	 GRIT	Lindsey	Outside
10:00–10:55am	Tabata	Melissa	Outside
10:30–11:25am	Chair Yoga	Doris	Studio 1
11:00–11:55am	Pilates	Melissa	Studio 2
1:00–1:55pm	50+ Yoga & Aging	Doris	Studio 2
4:30–5:25pm	Cycling	Liz L.	Outside
5:30–6:25pm	TRX	Susie	Studio 1
6:00–6:55pm	Zumba**	Tiffany	Outside
7:00–8:00pm	Gentle Yoga	Vicki	Studio 1

## FRIDAY

Time	Class	Instructor	Location
5:30–6:25am	Cycle Sculpt	Kelli	Outside
8:00–8:55am	Sprint/CORE	LeeAnn	Studio 1
8:20–8:55am	Step	Kathleen	Outside
9:00–9:55am	Body Pump	Kathleen	Outside
10:00–10:55am	Zumba**	Chiquy	Outside
10:30–11:45am	Yoga	Liz	Studio 2
1:00–1:55pm	Functional Fitness	Ben	Studio 2
4:30–5:25pm	UJAM	Suzi	Outside
5:30–6:25pm	Circuit Training	Susie	Outside

## SATURDAY

Time	Class	Instructor	Location
7:00–7:55am	H.I.I.T	Kelli	Outside
7:30–8:45am	Yoga	Debbie	Studio 2
8:00–8:55am	Body Combat**	Jess/Kathleen/Carolyn	Outside
9:00–9:55am	Body Pump	Alternating	Outside
10:00–10:55am	Zumba	 Chelsea	Studio 2

## SUNDAY

Time	Class	Instructor	Location
8:00–8:55am	Body Pump	Elaine/LeeAnn	Outside
8:30–9:25am	TRX	Lisa	Studio 2
9:00–9:55am	Kickboxing	Laurie	Studio 1
10:00–10:55am	Zumba	Beth	Outside

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- ✓ Members are required to clean all equipment used in class. Please spray the paper towel and then wipe down the equipment. DO NOT SPRAY THE EQUIPMENT DIRECTLY.

**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-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.

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

**Gentle Pilates:** Gentle and functional mat-based moves combine to improve flexibility, balance, core strength and muscle tone.

**GRIT:** GRIT™ Is A High-Intensity Interval Training Workout, Designed to Build Lean Muscle

**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.

**Intro to Weights:** Work all muscle groups with a variety of strengthening and conditioning exercises. This athletic-based sculpting class tones upper and lower body using resistance like hand weights, body bars and your own body weight. All-Levels.

**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.

**Pop Pilates:** Full-body cardio, strength and flexibility workout using nothing but your own bodyweight and a yoga mat.

**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.

**Sprint:** A 30-minute High Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation that comes from pushing your physical and mental limits.

**Tabata:** Tabata is a type of HIIT workout that aims to yield the most benefits in a short amount of time. For each exercise, you do eight rounds of 20 seconds of strenuous exercise followed by 10 seconds of rest.

**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!

**Weights:** Work all muscle groups with a variety of strengthening and conditioning exercises. This athletic-based sculpting class tones upper and lower body using resistance like hand weights, body bars and your own body weight.

**Yoga:** To provide you with a yoga class suited to meet your needs & wants, the YOGA classes are identified in 2 categories:

- **Flow/Yoga** - 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.

**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+ 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+ 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+ 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\_

