

# Group Exercise Schedule

Effective 2/12/2024

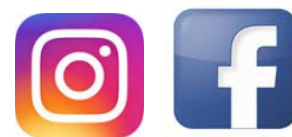
## **Group Exercise:**

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 by 5pm for the following Saturday – Friday**

*\*To stay up to date on any class changes/cancellations, follow us on Facebook & Instagram .*



**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**  
Blair Zerr  
Health & Wellness Director  
408.310.4244  
[Blair.Zerr@mhcr.com](mailto:Blair.Zerr@mhcr.com)

Jessica Redfield  
Associate Executive Director  
408.310.4248  
[Jessica.Redfield@mhcr.com](mailto:Jessica.Redfield@mhcr.com)

## **General Information:**

- ✓ For your safety and as a courtesy to other members, do not enter class if more than 15 minutes after class start time.
- ✓ 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. Please be prompt to class. If you arrive late for class, please take the time to do an active warm up and stretch before you join the 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.
- ✓ 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 or in group fitness classes.
- ✓ 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!
- ✓ Members are required to clean all equipment used in class. Please spray the paper towel and then wipe down the equipment.



## MONDAY

Time	Class	Instructor	Location
5:30–6:25am	H.I.I.T	Kelli	Studio 2
9:00–10:15am	Yoga	Debbie	Studio 1
9:00–9:55am	Step	Kathleen	Studio 2
10:00–10:55am	Body Pump	Lindsey	Studio 2
10:30–11:25am	Boot Camp	Laurie	Studio 1
11:00–11:55pm	Zumba Gold**	Beth	Studio 2
1:00–1:55pm	Functional Fitness	Ben	Studio 2
5:00–5:55pm	Circuit Training	Allie S.	Studio 2
5:30–6:25pm	Body Pump	Kathleen/Fanja	Studio 1
6:30–7:25pm	Zumba	Verona/Chelsea	Studio 1
6:30–7:25pm	Pop Pilates	Elaine	Studio 2

## TUESDAY

Time	Class	Instructor	Location
8:15–9:10am	Sprint/Body Balance	LeeAnn	Studio 1
9:00–9:55am	Cycle Sculpt	Kelli	Studio 2
9:15–10:10am	Zumba	Beth	Studio 1
10:00–10:55am	Weights	Melissa	Studio 2
10:30–11:25am	Chair Yoga	Doris	Studio 1
11:00–11:55am	Pilates	Melissa	Studio 2
12:00–12:55pm	50+ Boot Camp	Melissa	Studio 2
1:00–1:55pm	50+ Yoga & Aging	Doris	Studio 2
5:30–6:25pm	Sh'Bam	Fanja	Studio 1
5:30–6:25pm	Body Combat	Jess	Studio 2
6:30–7:25pm	UJAM	Maria	Studio 2
6:30–7:25pm	Gentle Yoga	Ellen	Studio 1

## WEDNESDAY

Time	Class	Instructor	Location
5:30–6:25am	H.I.I.T/Pilates	Kelli	Studio 2
8:00–8:55am	Zumba Step	Alli A.	Studio 2
9:00–9:55am	Kickboxing	Laurie	Studio 1
9:00–9:55am	Body Pump	Lindsey	Studio 2
10:00–11:00am	Gentle Yoga	Marie	Studio 1
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 F.	Studio 1
5:30–6:55pm	Body Pump/Core/Flow	LeeAnn	Studio 2
6:30–7:25pm	TRX	Lisa	Studio 1
7:00–7:55pm	Cycling	Liz L.	Studio 2

- ✓ 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 or in group fitness classes.

## THURSDAY

Time	Class	Instructor	Location
8:00-8:55am	Body Pump/Core	LeeAnn	Studio 2
8:30-9:25am	Zumba**	Moncia	Studio 1
9:00-9:55am	Yoga Sculpt	Liz F.	Studio 2
9:30-10:20am	GRIT	Lindsey	Studio 1
10:00-10:55am	Tabata	Melissa	Studio 2
10:30-11:25am	Chair Yoga	Doris	Studio 1
11:00-11:55am	Pilates	Melissa	Studio 2
12:00-12:55pm	Zumba Gold	Alli	Studio 1
1:00-1:55pm	50+ Yoga & Aging	Doris	Studio 2
4:30-5:25pm	Cycling	Liz L.	Studio 2
5:30-6:25pm	Body Combat	Carolyn	Studio 2
5:30-6:15pm	TRX	Lisa	Studio 1
6:30-7:25pm	Restorative Yoga	Ellen	Studio 1
6:30-7:25pm	Zumba	Paula	Studio 2

## FRIDAY

Time	Class	Instructor	Location
5:30-6:25am	Cycle Sculpt	Kelli	Studio 2
8:15-9:10am	Sprint/CORE	LeeAnn	Studio 1
8:30-9:25am	Step	Kathleen	Studio 2
9:30-10:25am	Body Pump	Kathleen	Studio 2
9:30-10:25am	Pilates	Liz F	Studio 1
10:30-11:25am	Zumba**	Chiquy	Studio 2
10:30-11:45am	Yoga	Liz F	Studio 1
1:00-1:55pm	Functional Fitness	Ben	Studio 2
4:30-5:25pm	UJAM	Suzi	Studio 1
5:30-6:25pm	Circuit Training	Virginia	Studio 2

## SATURDAY

Time	Class	Instructor	Location
7:00-7:55am	H.I.I.T	Kelli	Studio 2
8:00-8:55am	Body Combat**	Jess/Kathleen/Carolyn	Studio 2
8:00-9:15am	Yoga	Debbie	Studio 1
9:00-9:55am	Body Pump	Lindsey	Studio 2
10:00-10:55am	Zumba	Rotates	Studio 1

## SUNDAY

Time	Class	Instructor	Location
7:00 - 8:15am	Yoga	Jodi	Studio 2
8:30-9:25am	TRX	Lisa	Studio 2
9:00-9:55am	Kickboxing	Laurie	Studio 1
10:00-10:55am	Zumba	Beth	Studio 2

- ✓ 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 or in group fitness classes.

**50+ Boot Camp:** A full body workout that allows you to challenge yourself as much as you want. This class is designed to provide modifications for all exercises.

**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.

**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 Balance:** 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 that 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.

**PiYo:** is a low-impact exercise program that combines Pilates and Yoga. It is designed to strengthen and tone muscles, burn calories, and improve flexibility.

**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.

**Sh'Bam** A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget about being a wallflower.

**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, but you'll also 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 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 Step:** Toning and strength power of Step Aerobics, with the fun fitness party that Zumba brings to the dance floor.