

Group Exercise Schedule

May 23rd – July 3rd, 2021

Updated 6.9.2021



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 last 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!**
- ✓ Classes marked with an “ * “ can be found Live Streamed in our private Facebook Group. All of our Live classes are available to members and included in your membership. Classes marked with an “***” are family-friendly (youth ages 8+) classes. All youth participants need to work out for the duration of the class and parents/guardians are responsible for youth.



****To stay up to date on any class changes/cancellations, follow us on Facebook, Instagram, and our website www.mhrcrc.com****

Centennial Recreation Center

171 West Edmundson Ave.

Morgan Hill, CA 95037

408.782.2128

www.mhrcrc.com

CRC Facility Hours:

Monday-Friday 5:00am-9:15pm

Saturday 6:30am-4:45pm

Sunday 6:30am-4:45pm

Questions or Comments

Jessica Redfield

Associate Executive Director

408.310.4248

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To Join Us for a LIVE Virtual Class:

www.facebook.com/groups/virtualcrc

Class Descriptions:

<https://www.morgan-hill.ca.gov/DocumentCenter/View/37081/Group-Exercise-Class-Descriptions-2020>



MONDAY			
Time		Instructor	Location
7:00-7:45am	Tabata*	Elaine	Outside Studio
8:00-8:45am	HIIT	Kelli	Studio 2
9:00-9:45am	Step	Kathleen	Outside Studio
10:00-10:45am	Body Pump	Lindsey	Outside Studio
10:30-11:30am	Yoga	Ellen	Studio 1
11:00-11:45am	Zumba Gold**	Beth	Studio 2
1:00-1:45pm	50+ Functional Fitness	Ben	Studio 2
4:30-5:15pm	Circuit*	Susie	Outside Studio
5:30-6:25pm	Body Pump & Core	LeeAnn	Outside Studio
6:30-7:15pm	Pop Pilates	Elaine	Studio 1

TUESDAY			
Time		Instructor	Location
7:00-7:45am	Circuit*	Elaine	Outside Studio
8:00-8:45am	Cycle Sculpt	Kelli	Outside Studio
9:00-9:45am	Zumba**	Beth	Outside Studio
10:00-10:45am	Weights*	Melissa	Outside Studio
10:30-11:15am	50+ Chair Yoga	Doris	Studio 1
11:00-11:45am	Pilates*	Melissa	Outside Studio
1:00-1:45pm	Yoga for Healthy Aging	Doris	Studio 1
5:30-6:15pm	Body Combat**	Jessica	Outside Studio
6:30-7:15pm	UJAM	Maria	Outside Studio
7:00-8:00pm	Yoga	Vicki	Studio 2

WEDNESDAY			
Time		Instructor	Location
5:30-6:15am	HIIT & Pilates*	Kelli	Studio 2
7:00-7:45am	Body Pump	Pamela	Outside Studio
8:30-9:15am	Kickboxing	Laurie	Studio 1
9:00-9:45am	Body Pump	Linsey	Outside Studio
10:00-10:45am	Intro to Weights**	Melissa	Studio 2
11:00-11:45am	Gentle Pilates**	Melissa	Studio 2
1:00-1:45pm	50+ Functional Fitness	Ben	Studio 2
4:00-4:45pm	Yoga*	Liz	Virtual only
5:30-6:45pm	Body Pump & Core	Jessica/LeeAnn	Outside Studio
7:00-7:45pm	Cycling	Nick	Outside Studio

THURSDAY			
Time		Instructor	Location
7:00-7:45am	Circuit	Susie	Outside Studio
7:45-8:45am	Yoga*	Debbie	Virtual only
8:30-9:15am	Zumba	Monica	Studio 2
9:00-9:45am	Body Flow	Pamela	Outside Studio
10:00-10:45am	Weights	Melissa	Outside Studio
10:30-11:15am	50+ Chair Yoga	Doris	Studio 1
11:00-11:45am	Pilates	Melissa	Outside Studio
1:00-1:45pm	Yoga for Healthy Aging	Doris	Studio 1
4:30-5:15pm	Cycling	Nick	Outside Studio
5:30-6:15pm	TRX	Susie	Studio 1
5:30-6:15pm	Zumba	Tiffany	Outside Studio
6:30-7:30pm	Yoga	Vicki	Studio 1
FRIDAY			
Time		Instructor	Location
5:30-6:15am	Cycle Sculpt	Kelli	Outside Studio
8:00-8:45am	Step	Kathleen	Studio 1
8:15-8:45am	Core	LeeAnn	Outside Studio
9:00-9:45am	Body Pump	Kathleen	Outside Studio
10:00-10:45am	Zumba	Chiquy	Outside Studio
10:45-11:45am	Yoga*	Liz	Studio 2
1:00-1:45pm	50+ Functional Fitness	Ben	Studio 2
4:30-5:15pm	UJAM	Suzi	Outside Studio
5:30-6:15pm	Circuit*	Susie	Outside Studio
SATURDAY			
Time		Instructor	Location
7:00-7:45am	HIIT	Kelli	Outside Studio
8:00-8:45am	Body Combat	Jessica/Kathleen	Outside Studio
9:00-9:45am	Body Pump	Alternating	Outside Studio
10:15-11:00am	Cycle	Nick	Outside Studio
11:15-12:15pm	Yoga*	Alternating	Studio 2
SUNDAY			
Time		Instructor	Location
8:00-8:45am	Body Pump	Elaine/LeeAnn	Outside Studio
8:30-9:15am	TRX	Lisa	Studio 1
9:00-9:45am	Circuit*	Laurie	Outside Studio
10:00-10:45am	Zumba	Beth	Outside Studio

Facility COVID Guidelines

- ✓ 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 to be worn at all times while inside our facilities.
- ✓ Please socially distance upon entry and exit from classes.
- ✓ We have built in extra time between classes to allow for sanitation processes. All instructors and teammates have been trained in these procedures to keep our members as safe as possible.