

Group Exercise Schedule

September 9th, 2021

Updated 9.9.21



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 \(ymcasv.org\)](https://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*

Centennial Recreation Center
171 West Edmundson Ave.
Morgan Hill, CA 95037
408.782.2128
www.mhcr.com

Facility Hours:
Monday-Friday 5am-9:15pm
Saturday 6:30am-4:45pm
Sunday 6:30am-4:45pm

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
5:30–6:25pm	Body Pump	Jessica	Outside
6:30–6:55pm	CORE	Jessica	Outside
6:30–7:25pm	Pop Pilates	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	Outside
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	Boot Camp	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
5:30–6:25pm	Body Pump	LeeAnn	Outside
6:30–6:55pm	CORE	LeeAnn	Outside
7:00–7:55pm	Zumba**	Katie	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
7:00–7:55am	Circuit Training	Susie	Outside
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
10:00–10:55am	Tabata	Melissa	Outside
10:30–11:25am	Chair Yoga	Doris	Studio 1
11:00–11:55am	Pilates	Melissa	Outside
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 S.	Studio 2
8:00–8:55am	Body Combat**	Alternating	Outside
9:00–9:55am	Body Pump	Alternating	Outside
10:00–10:55am	Zumba**	Katie	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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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.

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

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+ 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+ 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.

