

Group Exercise Schedule

August 10th – 30th, 2020

Updated 8.11.20



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.

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

Centennial Recreation Center

171 West Edmundson Ave.
Morgan Hill, CA 95037
408.782.2128

www.mhcr.com

CRC Facility Hours:

Monday-Friday 5:00am-9:30pm
Saturday 6:30am-5:00pm
Sunday 6:30am-5:00pm

Aquatics Center

16200 Condit Road
Morgan Hill, CA 95037
408.782.2134

Questions or Comments

Bobbi Stevenson
Health & Wellness Director
408.310.4244

Bobbi.Stevenson@mhcr.com

To make a Reservation for a Class:

<https://www.morgan-hill.ca.gov/2045/CRC-AC-Reservations>

To view descriptions of our classes:

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

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, please no crop tops.
- ✓ Youth 12 & older may participate in classes without a supervising adult. Youth 8 to 11 years old must be accompanied by an adult.
- ✓ 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!**



MONDAY

Time	Class	Instructor	Location
6:00-6:45am	*Boot Camp*	*Steph*	*Virtual on FB Live*
7:00-7:45am	Body Combat	Jessica/Bobbi	CRC Outside Studio
8:15-9:00am	Grit/CX Combo	Aimee	CRC Outside Studio
8:30-9:15am	Step	Kathleen	Aquatics Center
8:30-9:15am	*Yoga*	*Debbie*	*Virtual on FB Live*
9:30-10:15am	UJAM	Beth	CRC Outside Studio
10:00-10:45am	Body Pump	Lindsey	Aquatics Center
12:30-1:15pm	Yoga	Debbie	CRC Outdoor Studio
4:30-5:15pm	Circuit	Susie	CRC Outdoor Studio
5:30-6:15pm	Body Pump	Aimee	Aquatics Center
6:00-6:45pm	Pilates	Jonna	CRC Outdoor Studio
7:15-8:00pm	Pound	Tara	CRC Outside Studio

TUESDAY

Time	Class	Instructor	Location
5:30-6:15am	Body Pump	Katie	Aquatics Center
7:00-7:45am	Bootcamp	Jonna	CRC Outside Studio
8:45-9:30am	Pilates	Melissa	Aquatics Center
9:00-9:45am	Zumba	Beth	CRC Outside Studio
10:00-10:45am	Cycle Sculpt	Kelli	Aquatics Center
10:00-10:45am	Weight Training	Melissa	CRC Outside Studio
12:30-1:15pm	POP Pilates	Kathleen	CRC Outside Studio
6:30-7:15pm	UJAM	Maria	CRC Outside Studio
7:00-7:45pm	Restorative Yoga	Vicki	Aquatics Center

WEDNESDAY

Time	Class	Instructor	Location
5:30-6:15am	HIIT and Pilates	Kelli	CRC Outside Studio
6:30-7:15am	*Tabata*	*Bobbi*	*Virtual on FB Live*
7:00-7:30am	GRIT	Aimee	CRC Outside Studio
7:45-8:30am	Body Flow	Aimee	CRC Outside Studio
8:30-9:15am	Body Pump	Lindsey	Aquatics Center
10:00-10:45am	Intro Weight Training	Melissa	CRC Outside Studio
10:00-10:45am	Kick & Cycle	Laurie	Aquatics Center
11:00-11:45am	Gentle Pilates	Melissa	CRC Outdoor Studio
12:30-1:15pm	Yoga	Debbie	CRC Outdoor Studio
5:00-5:45pm	Circuit	Susie	CRC Outdoor Studio
5:00-5:45pm	*Flow Yoga*	*Liz*	*Virtual on FB Live*
6:00-6:45pm	Body Pump	Jessica	Aquatics Center
6:15-7:00pm	POP Pilates	Elaine	CRC Outdoor Studio
7:15-8:00pm	Cycling	Nick	Aquatics Center

THURSDAY

Time	Class	Instructor	Location
5:30-6:15am	Tabata	Bobbi	CRC Outdoor Studio
7:00-7:45am	Boot Camp	Jonna	CRC Outdoor Studio
7:45-8:30am	*Yoga*	*Debbie*	*Virtual on FB Live*
8:30-9:15am	Zumba	Monica	CRC Outdoor Studio
8:45-9:30am	Pilates	Melissa	Aquatics Center
10:00-10:45am	Step	Kathleen	Aquatics Center
10:00-10:45am	Weight Training	Melissa	CRC Outdoor Studio
12:30-1:15pm	Pilates	Debbie	CRC Outdoor Studio
6:30-7:15pm	Zumba	Katie	CRC Outdoor Studio
7:00-7:45pm	Restorative Yoga	Vicki	Aquatics Center

FRIDAY

Time	Class	Instructor	Location
5:30–6:15am	Cycle Sculpt	Kelli	Aquatics Center
6:00–6:45am	*Boot Camp*	*Steph*	*Virtual on FB Live*
7:00–7:30am	Core Training	LeeAnn	CRC Outdoor Studio
8:00–8:45am	Body Combat	Aimee	CRC Outdoor Studio
8:30–9:15am	Body Pump	Kathleen	Aquatics Center
9:30–10:15am	Zumba	Chiquy	CRC Outdoor Studio
10:00–10:45am	Yoga	Liz	Aquatics Center
12:30–1:15pm	Restorative Yoga	Vicki	CRC Outdoor Studio
4:30–5:15pm	UJAM	Suzi	CRC Outside Studio
5:30–6:15pm	Circuit	Susie	CRC Outside Studio

SATURDAY

Time	Class	Instructor	Location
7:00–7:45am	Cycle Sculpt	Kelli	Aquatics Center
8:00–8:45am	Body Combat	Jessica/Bobbi	CRC Outside Studio
9:00–9:45am	Body Pump	Lindsey	Aquatics Center
9:15–10:00am	UJAM	Elaine	CRC Outdoor Studio
10:15–11:00am	Pound	Tara	CRC Outdoor Studio
10:15–11:00am	Cycling	Nick	Aquatics Center
11:30–12:15pm	Flow Yoga	Liz	Aquatics Center

SUNDAY

Time	Class	Instructor	Location
10:00–10:45am	Zumba	Tiffany	CRC Outdoor Studio

NEW CRC Group Exercise Information:

- ✓ Group Exercise classes do require a reservation, please sign up online prior to arriving to the facility for class: <https://www.morgan-hill.ca.gov/2045/CRC-AC-Reservations>
- ✓ Make sure you have secured your reservation in our system prior to arriving at the facility for class.
- ✓ At this time, we will not be providing mats, yoga blocks, bolsters, or yoga straps. Please keep this in mind when coming to class and pack your own. We will also not have any available for purchase.
- ✓ We have built in extra time between classes to allow for our new sanitation processes. All instructors and teammates will be trained in our new procedures to keep our members as safe as possible.
- ✓ We will be asking you to socially distance upon entry and exit from classes, and instructors will dismiss participants from classes in small groups to reduce congestion.
- ✓ Face coverings are required to be worn at all times while walking around the facilities.
- ✓ Face coverings may be removed when you have reached an elevated heart rate in your group exercise class.
- ✓ The “CRC Outside Studio” is in the parking lot of the CRC. Please check in at our Welcome Desk prior to entering the studio.
- ✓ The Aquatics Center Studio is in the shaded picnic area of the Aquatics Center. Once you check in, you will be directed to the studio space.