

Group Exercise Schedule

July 20th - August 9th, 2020

Updated 7.16.20



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

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!**



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

Group Exercise Classes:

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

MONDAY

Time		Class	Instructor		Location
5:30-6:15am	☆☆☆	Cycle HIIT	Shellie	☆☆☆	Aquatics Center
6:30-7:15am		Body Combat	Jessica/Bobbi		CRC Outside Studio
*6:30-7:15am		*Boot Camp	*Steph		*Virtual on FB Live*
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
*8:00-8:45am		*HIIT	*Kelli		*Virtual on FB Live*
8:45-9:30am	☆☆☆	Pilates (starts 8/11)	Melissa	☆☆☆	Aquatics Center
9:00-9:45am		Zumba	Beth		CRC Outside Studio
10:00-10:45am	☆☆☆	Cycle HIIT	Shellie	☆☆☆	Aquatics Center
10:00-10:45am		Weight Training (starts 8/11)	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	☆☆☆	Kick & Cycle	Laurie	☆☆☆	Aquatics Center
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		Pound	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 (starts 8/13)	Melissa	☆☆☆	Aquatics Center
*9:00-9:45am		*HIIT and Core	*Shellie		*Virtual on FB Live*
10:00-10:45am	☆☆☆	Step	Kathleen	☆☆☆	Aquatics Center
10:00-10:45am		Weight Training (starts 8/13)	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	Caiti	☆☆☆	Aquatics Center

☆☆☆ *These classes will start the week of July 27th*

FRIDAY

Time		Class	Instructor		Location
5:30-6:15am	☆☆☆	Cycle Sculpt	Kelli	☆☆☆	Aquatics Center
*6:30-7:15am		*Boot Camp	*Steph		*Virtual on FB Live*
7:00-7:30am		Core Strength	Shellie		CRC Outdoor Studio
8:00-8:45am		Body Combat	Aimee		CRC Outdoor Studio
*8:30-9:15am		*Circuit	*Shellie		*Virtual on FB Live*
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
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

☆☆☆ *These classes will start the week of July 27th*

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.