

# Group Exercise Schedule

December 6<sup>th</sup> – January 2<sup>nd</sup>, 2020

Updated 12.9.20



## 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](http://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 10 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](http://www.mhcr.com)

## **CRC Facility Hours:**

Monday-Friday 5:00am-9:15pm  
Saturday 6:30am-4:45pm  
Sunday 6:30am-12:15pm

## **Questions or Comments**

Bobbi Stevenson  
Health & Wellness Director  
408.310.4244  
[Bobbi.Stevenson@mhcr.com](mailto:Bobbi.Stevenson@mhcr.com)








## **To make a Reservation for a Class:**

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


## **To Join Us for a LIVE Virtual Class:**

[www.facebook.com/groups/virtualcrc](http://www.facebook.com/groups/virtualcrc)






## MONDAY

Time	Class	Instructor	Location
6:00-6:45am	Boot Camp*	Steph	Virtual on Facebook
7:00-7:45am	Body Combat	Jessica/Bobbi	CRC Outside Studio
8:00-8:45am	 HIIT*	 Kelli	CRC Outside Studio & Virtual on Facebook
9:00-9:45am	Step	Kathleen	 CRC Outside Studio
10:00-10:45am	Body Pump	Lindsey	 CRC Outside Studio
10:30-11:30am	Yoga*	Barb	Virtual on Facebook
11:35-11:55am	 Specialty Yoga Pose*	Barb	 Virtual on Facebook
4:30-5:15pm	Circuit*	Susie	CRC Outside Studio & Virtual on Facebook
5:30-6:15pm	Body Pump	Susie D.	CRC Outside Studio
 6:30-7:15pm	Pilates	Jonna	CRC Outside Studio
7:00-7:30pm	Restorative Yoga*	Vicki	Virtual on Facebook





## TUESDAY

Time	Class	Instructor	Location
6:00-6:45am	Tabata*	Bobbi	CRC Outside Studio & Virtual on Facebook
7:00-7:45am	Circuit	Laurie	CRC Outside Studio
8:00-8:45am	Cycle Sculpt	Kelli	CRC Outside Studio
9:00-9:45am	Zumba	Beth	 CRC Outside Studio
10:00-10:45am	Weight Training*	Melissa	CRC Outside Studio & Virtual on Facebook
11:00-11:45am	Pilates*	Melissa	CRC Outside Studio & Virtual on Facebook
5:00-5:45pm	Body Combat	Jessica	CRC Outside Studio
6:00-6:45pm	UJAM	Maria	CRC Outside Studio
7:00-8:00pm	Gentle Yoga	Vicki	CRC Outside Studio



## WEDNESDAY

Time	Class	Instructor	Location
5:30-6:15am	HIIT & Pilates*	Kelli	CRC Outside Studio & Virtual on Facebook
7:00-7:45am	 Pound	Elaine	CRC Outside Studio
8:15-8:45am	 CORE	LeeAnn	CRC Outside Studio
9:00-9:45am	Body Pump	Lindsey	 CRC Outside Studio
10:00-10:45am	Intro to Weight Training*	Melissa	CRC Outside Studio & Virtual on Facebook
11:00-11:45am	Gentle Pilates*	Melissa	CRC Outside Studio & Virtual on Facebook
4:00-4:45pm	Flow Yoga*	Liz	Virtual on Facebook
5:30-6:15pm	Body Pump	Jessica	 CRC Outside Studio
 6:30-7:15pm	Cycling	Nick	CRC Outside Studio


## THURSDAY

Time	Class	Instructor	Location
7:00-7:45am	Circuit	Susie	CRC Outside Studio
7:45-8:45am	Yoga*	Debbie	Virtual on Facebook
 8:00-8:45am	Zumba	Monica	CRC Outside Studio
9:00-9:45am	Step	Kathleen	 CRC Outside Studio
10:00-10:45am	Weight Training*	Melissa	CRC Outside Studio & Virtual on Facebook
11:00-11:45am	Pilates*	Melissa	CRC Outside Studio & Virtual on Facebook
4:30-5:15pm	Cycling	Bobbi	CRC Outside Studio
5:30-6:15pm	Zumba	 Tiffany	CRC Outside Studio
 6:30-7:30pm	Gentle Yoga	Vicki	CRC Outside Studio



## FRIDAY

Time	Class	Instructor	Location
5:30-6:15am	Cycle Sculpt	Kelli	CRC Outside Studio
6:00-6:45am	Boot Camp*	Steph	Virtual on Facebook
7:00-7:45am	Tabata*	Bobbi	CRC Outside Studio & Virtual on Facebook
8:00-8:30am	CORE	Lee Ann	 CRC Outside Studio
8:45-9:30am	Body Pump	Kathleen	 CRC Outside Studio
9:45-10:30am	Zumba	Chiquy	CRC Outside Studio
10:45-11:45am	Yoga*	Liz	CRC Outside Studio & Virtual on Facebook
4:30-5:15pm	UJAM	Suzi	CRC Outside Studio
5:30-6:15pm	Circuit*	Susie	CRC Outside Studio & Virtual on Facebook

## SATURDAY

Time	Class	Instructor	Location
7:00-7:45am	HIIT*	Kelli	CRC Outside Studio & Virtual on Facebook
8:00-8:45am	Body Combat	Jessica/Bobbi	CRC Outside Studio
9:00-9:45am	Body Pump	Lindsey	 CRC Outside Studio
10:15-11:00am	Cycling	Nick	CRC Outside Studio
11:15-12:15pm	Yoga*	Alternating Inst.	CRC Outside Studio & Virtual on Facebook

## SUNDAY

Time	Class	Instructor	Location
7:45-8:30am	 Hot Hula	Elaine	CRC Outside Studio
8:45-9:30am	Circuit*	Laurie	CRC Outside Studio & Virtual on Facebook
10:00-10:45am	Zumba	 Beth	CRC Outside Studio

- ✓ 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.
- ✓ 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>
- ✓ 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.
- ✓ To view descriptions of any of these classes, please visit: <https://www.morgan-hill.ca.gov/DocumentCenter/View/37081/Group-Exercise-Class-Descriptions-2020>
- ✓ Face coverings are required to be worn at all times while in 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.