

# Group Exercise Schedule

March 28<sup>th</sup> – April 17<sup>th</sup>

Updated 3.2.2021



## 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.

***\*To stay up to date on any class changes/cancellations, follow us on Facebook, Instagram and our website [www.mhcrc.com](http://www.mhcrc.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.
- ✓ 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 10 & older may participate in classes with a supervising 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.mhcrc.com](http://www.mhcrc.com)

## **CRC Facility Hours:**

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

## **Questions or Comments**

Jessica Redfield  
Associate Executive Director  
408.310.4248  
[Jessica.Redfield@mhcrc.com](mailto:Jessica.Redfield@mhcrc.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](https://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	CRC Outside Studio
8:00-8:45am	HIIT	Kelli	CRC Inside Studio
9:00-9:45am	Step	Kathleen	CRC Outside Studio
10:00-10:45am	Body Pump	Lindsey	CRC Outside Studio
10:30-11:30am	Yoga*	Ellen	CRC Inside Studio and Virtual on Facebook
 1:00-1:45pm	50+ Functional Fitness	Ben	CRC Inside Studio
4:30-5:15pm	Circuit*	Susie	CRC Outside Studio & Virtual on Facebook
5:30-6:25pm	Body Pump & Core	LeeAnn	CRC Outside Studio
6:30-7:15pm	POP Pilates	Elaine	CRC Inside Studio and Virtual on Facebook
7:00-7:30pm	Restorative Yoga*	Vicki	Virtual on Facebook

## TUESDAY

Time	Class	Instructor	Location
7:00-7:45am	Circuit	Elaine	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 Inside Studio & Virtual on Facebook

## WEDNESDAY

Time	Class	Instructor	Location
5:30-6:15am	HIIT & Pilates*	Kelli	CRC Inside Studio & Virtual on Facebook
9:00-9:45am	Body Pump	Lindsey	CRC Outside Studio
10:00-10:45am	Intro to Weight Training	Melissa	CRC Inside Gymnasium & Virtual on Facebook
11:00-11:45am	Gentle Pilates	Melissa	CRC Inside Gymnasium & Virtual on Facebook
 1:00-1:45pm	50+ Functional Fitness	Ben	CRC Inside Studio
4:00-4:45pm	Flow Yoga*	Liz	Virtual on Facebook
5:00-6:15pm	Body Pump & Core	Jessica/LeeAnn	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
8:30-9:15am	Zumba	Monica	CRC Inside 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	Nick**	CRC Outside Studio**
5:30-6:15pm	Zumba	Tiffany**	CRC Outside Studio**
6:30-7:30pm	Gentle Yoga	Vicki	CRC Inside Studio & Virtual on Facebook



## 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
8:00-8:30am	CORE	Lee Ann	CRC Outside Studio
9:00-9:45am	Body Pump	Kathleen	CRC Outside Studio
10:00-10:45am	Zumba	Chiquy	CRC Outside Studio
10:45-11:45am	Yoga*	Liz	CRC Inside 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
8:00-8:45am	Body Combat	Alternating	CRC Outside Studio
9:00-9:45am	Body Pump	Alternating	CRC Outside Studio
10:15-11:00am	Cycling	Nick	CRC Outside Studio
11:15-12:15pm	Yoga*	Alternating	CRC Inside Studio & Virtual on Facebook

## SUNDAY

Time	Class	Instructor	Location
 8:00-8:45am	Body Pump	Elaine/Lee Ann	CRC Outside Studio
 9:00-9:45am	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.
- ✓ Classes marked with an “\*\*” are family friendly (youth ages 8+) classes. All youth participants need to workout for the duration of the class and parents/guardians are responsible for youth.
- ✓ 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.