

# Group Exercise Schedule

## November 1<sup>st</sup> – 30<sup>th</sup>, 2020

Updated 11.13.20



### 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 (effective 10/3):**

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

### **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](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
8:15-9:00am	GRIT/CX Combo	Aimee	CRC Outside Studio
9:00-9:45am	Step	Kathleen	Aquatics Center
9:30-10:15am	UJAM	Beth	CRC Outside Studio
10:00-10:45am	Body Pump	Lindsey	Aquatics Center
10:30-11:30am	*Yoga*	Barb	CRC INDOOR Studio & *Virtual on Facebook*
4:30-5:15pm	*Circuit*	Susie	CRC Outside Studio & *Virtual on Facebook*
5:30-6:15pm	Body Pump	 Susie D.	Aquatics Center
6:00-6:45pm	*Pilates*	Jonna	CRC Outside Studio & *Virtual on Facebook*
7:00-7:30pm	*Restorative Yoga*	Vicki	*Virtual on Facebook*

## TUESDAY




Time	Class	Instructor	Location
5:30-6:15am	Body Pump	Katie	Aquatics Center
6:00-6:45am	*Tabata*	Bobbi	CRC Outside Studio & *Virtual on Facebook*
7:00-7:45am	 Starts 11/10  Circuit	 Laurie	CRC Outside Studio
 8:00-8:45am	Cycle Sculpt	Kelli	 CRC Outside Studio
9:00-9:45am	*CORE*	Jessica	CRC Outside Studio & *Virtual on Facebook*
9:00-9:45am	Zumba	Beth	Aquatics Center
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*
5:30-6:15pm	*Body Combat*	Jessica	CRC Outside Studio & *Virtual on Facebook*
6:30-7:15pm	UJAM	Maria	CRC Outside Studio
7:00-8:00pm	Gentle Yoga	Vicki	Aquatics Center

## WEDNESDAY




Time	Class	Instructor	Location
5:30-6:15am	*HIIT & Pilates*	Kelli	CRC Outside Studio & *Virtual on Facebook*
7:00-7:30am	GRIT	Aimee	CRC Outside Studio
7:45-8:30am	Body Flow	Aimee	CRC Outside Studio
9:00-9:45am	Body Pump	Lindsey	Aquatics Center
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*
5:00-5:45pm	 TRX	Susie	CRC Inside Studio
5:30-6:15pm	Body Pump	Jessica	Aquatics Center
6:15-7:00pm	POP Pilates	Elaine	CRC Outside Studio
7:15-8:00pm	Cycling	Nick	 CRC Outside Studio

- ✓ 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>


## 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 Outside Studio
 9:00-9:45am	Step	Kathleen	Aquatics Center
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
6:00-6:45pm	Zumba	Katie	CRC Outside Studio
7:00-8:00pm	Gentle Yoga	Vicki	Aquatics Center

## 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*
7:45-8:15am	CORE	Lee Ann	Aquatics Center
8:00-8:45am	Body Combat	Aimee	CRC Outside Studio
9:00-9:45am	Body Pump	Kathleen	Aquatics Center
 9:15-10:00am	Zumba	Chiquy	CRC Outside Studio
 10:15-11:15am	*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	Aquatics Center
9:15-10:00am	UJAM	Elaine	CRC Outside Studio
10:15-11:00am	Cycling	Nick	 CRC Outside Studio
11:15-12:15pm	*Flow Yoga*	Alternating Inst.	CRC & *Virtual on Facebook* (see below)

## SUNDAY

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

- ✓ 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, but must be put back on once your heart rate has come down and before the end of class
- ✓ 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.

Due to licensing requirements virtual Les Mills programming will not be available for viewing after the class or on-demand. These classes, including select Body Pump, Body Combat, and CORE will only be available live the private Facebook group