

Group Exercise Schedule

May 1st – May 29th, 2021

Updated 4.30.2021



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****

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. No youth under 12 at this time.
- ✓ 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

CRC Facility Hours:

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

Questions or Comments

Jessica Redfield
Associate Executive Director
408.310.4248
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


MONDAY

Time	Class	Instructor	Location
6:00-6:45am	Boot Camp*	Steph	Virtual on Facebook
7:00-7:45am	Tabata	Elaine	Outside Studio
8:00-8:45am	HIIT	Kelli	Studio 2
9:00-9:45am	Step	Kathleen	Outside Studio
10:00-10:45am	Body Pump	Lindsey	Outside Studio
10:30-11:30am	Yoga*	Ellen	Studio 1
1:00pm-1:45pm	50+ Functional Fitness	Ben	Studio 2
4:30-5:15pm	Circuit*	Susie	Outside Studio
5:30-6:25pm	Body Pump & Core	LeeAnn	Outside Studio
6:30-7:15pm	Pop Pilates	Elaine	Studio 1



TUESDAY

Time	Class	Instructor	Location
7:00-7:45am	Circuit*	Elaine	Outside Studio
8:00-8:45am	Cycle Sculpt	Kelli	Outside Studio
9:00-9:45am	Zumba	Beth	Outside Studio
10:00-10:45am	Weight Training*	Melissa	Outside Studio
10:30-11:15am	Zumba Gold	Beth	Studio 2
10:30-11:15am	 Chair Yoga beginning May 11th	Doris	Studio 1
11:00-11:45am	Pilates [^]	Melissa	Outside Studio
1:00-1:45pm	 Yoga for Healthy Aging beginning May 11th	Doris	Studio 1
5:30-6:15pm	Body Combat	Jessica	Outside Studio
6:30-7:15pm	UJAM	Maria	Outside Studio
7:00-8:00pm	Gentle Yoga	Vicki	Studio 2



WEDNESDAY

Time	Class	Instructor	Location
5:30-6:15am	HIIT & Pilates*	Kelli	Studio 2
7:00-7:45am	Body Pump	Pam	Outside Studio
8:30-9:15am	 Kick Boxing beginning May 12th	Laurie	Studio 1
9:00-9:45am	Body Pump	Lindsey	Outside Studio
10:00-10:45am	Intro to Weight Training	Melissa	Studio 2
11:00-11:45am	Gentle Pilates	Melissa	Studio 2
1:00pm-1:45pm	50+ Functional Fitness	Ben	Studio 2
4:00-4:45pm	Flow Yoga*	Liz	Virtual on Facebook
5:30-6:45pm	Body Pump & Core	Jessica/LeeAnn	Outside Studio
7:00-7:45pm	Cycling	Nick	Outside Studio

THURSDAY

Time	Class	Instructor	Location
7:00-7:45am	Circuit	Susie	Outside Studio
7:45-8:45am	Yoga*	Debbie	Virtual on Facebook
8:30-9:15am	Zumba	Monica	Studio 1
10:00-10:45am	Weight Training	Melissa	Outside Studio
10:30-11:15am	Chair Yoga beginning May 13th	Doris	Studio 1
11:00-11:45am	 Pilates	Melissa	Outside Studio
1:00-1:45pm	Yoga for Healthy Aging beginning May 13th	Doris	Studio 1
4:30-5:15pm	Cycling**	Nick	Outside Studio
5:30-6:15pm	 TRX	Susie	Studio 1
5:30-6:15pm	Zumba**	Tiffany	Outside Studio
6:30-7:30pm	Gentle Yoga	Vicki	Studio 1



FRIDAY

Time	Class	Instructor	Location
5:30-6:15am	Cycle Sculpt	Kelli	Outside Studio
6:00-6:45am	Boot Camp*	Steph	Virtual on Facebook
8:00-8:45am	Step	Kathleen	Studio 1
8:15-8:45am	CORE	Lee Ann	Outside Studio
9:00-9:45am	Body Pump	Kathleen	Outside Studio
10:00-10:45am	Zumba	Chiquy	Outside Studio
10:45-11:45am	Yoga*	Liz	Studio 1
1:00-1:45pm  Functional Fitness  beginning May 14 th		Ben	Studio 1
4:30-5:15pm	UJAM	Suzi	Outside Studio
5:30-6:15pm	Circuit*	Susie	Outside Studio

SATURDAY

Time	Class	Instructor	Location
7:00-7:45am	HIIT*	Kelli	Outside Studio
8:00-8:45am	Body Combat	Alternating	Outside Studio
9:00-9:45am	Body Pump	Alternating	Outside Studio
10:15-11:00am	Cycling	Nick	Outside Studio
11:15-12:15pm	Yoga*	Alternating	Studio 2

SUNDAY

Time	Class	Instructor	Location
8:00-8:45am	Body Pump	Elaine/Lee Ann	Outside Studio
 8:30-9:15am	 TRX	Lisa	Studio 1
9:00-9:45am	Circuit*	Laurie	Outside Studio & Virtual on Facebook
10:00-10:45am	Zumba	Beth	Outside Studio

- ✓ Classes marked with an “ * “ can be found Live Streamed in our private Facebook Group. All 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 work out 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.