

**Group Exercise Classes**  
**Winter Spring 2008-2009**  
**September 1<sup>st</sup>, 2008-February 28<sup>th</sup>, 2009**

**Morning Classes**  
**Centennial Recreation Center and Cultural Community Center**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30-6:30am <b>Power Pilates</b> Julie H.	5:30-6:30am <b>Group Cycling</b> Julie J.	5:30-6:30am <b>Boot Camp</b> Debbie C.	5:30-6:30am <b>Group Cycling</b> Jonna D.	5:30-6:30am <b>Group Cycling</b> Ryan C.	
				7:15-8:15am <b>Beginning Yoga</b> Dolores K.		7:00-8:15am <b>Yoga II/III</b> Dolores K.
8:30-9:30am <b>Step</b> Marilyn H.	8:30-9:25am <b>Step/Quad Step</b> Kathleen D.	8:30-9:25am <b>Group Cycling</b> Julie J.	8:30-9:25am <b>Step</b> Terri W.	8:30-9:45am <b>Yoga</b> Dolores K.	8:30-9:25am <b>Step</b> Stephanie D.	8:30-9:45am <b>Step/Abs Plus</b> Margot H.
10:00-10:55am <b>Group Cycling</b> Vicky B.		9:30-10:00am <b>Family Yoga</b> Amy M.	9:00-10:00am <b>Beginning Yoga</b> Natalya K. Mira Monte-CCC Oct. 7 <sup>th</sup> , 2008	9:00-10:00 <b>Pilates</b> <b>Julie J.</b> (Mira Monte-CCC)	9:40-10:50am <b>Yoga II/III</b> Dolores K.	9:45-10:45am <b>Ultimate Circuit</b> <b>Conditioning</b> Alison M.
11:00-11:55am <b>Zumba</b> Laurel R. Margot H. (Alternating Sundays)	9:30-10:25 <b>Body Sculpt</b> Terri W.	9:00-10:00am <b>Pilates</b> Terri Wright (Mira Monte-CCC)	9:30-10:25am <b>Body Sculpt</b> Terri W.	10:00-10:55am <b>Group Cycling</b> Julie J.	10:00-11:00am <b>11:00-12:00pm</b> <b>Sr. Aerobics</b> Barbara M. E. Wing Gym	11:00-12:00pm <b>Yoga</b> Jessica K.
	10:30-11:30am <b>Yoga</b> Terri W.	10:00-11:00am <b>50+ Stability Ball</b> Natalya K. Mira Monte-CCC (Oct. 7 <sup>th</sup> , 2008)	10:30-11:30am <b>Yoga</b> Terri Wright	10:00-11:00am <b>Pre-Natal Yoga</b> Dolores K. (CRC Party Rm)	11:00-12:00pm <b>Beginning Yoga</b> Julie J.	
12:00-12:55pm <b>Ultimate Circuit</b> <b>Conditioning</b> Alison M.		10:30-11:30am <b>Sr. Chair Yoga</b> Terri W. (Sr. Act # 1)		10:15-11:1am <b>Sr. Yoga</b> Terri W. (Sr. Act #1)		
4:45-5:45pm <b>Zumba</b> Valerie B. 2 <sup>nd</sup> and 4 <sup>th</sup> Sunday		10:05-10:55am <b>Pilates</b> Julie J.		11:00-12:00pm <b>Pilates</b> Julie J.		
	12:00-12:55pm <b>Yoga/Pilates</b> Natalya K.	10:00-11:00am <b>Sr. Aerobics</b> Barbara M. E. Wing Gym	12:00-12:55pm <b>Zumba</b> Laurel R.		12:00-12:45pm <b>Pilates</b> Julie J.	
		11:00-12:00pm <b>Beginning Yoga</b> Natalya K. (Mira Monte-CCC Oct. 7 <sup>th</sup> , 2008)				
	1:00-2:00pm <b>Lo Impact</b> <b>Arthritis</b> Marilyn H.	11:00-12:00pm <b>Roll With It</b> Nicole C.	1:00-2:00pm <b>Lo Impact Arthritis</b> Marilyn H.		1:00-2:00pm <b>Lo Impact Arthritis</b> Marilyn H.	

**Group Exercise Classes**  
**Fall-Winter-Spring 2008-2009**  
**September 1<sup>st</sup>, 2008-March 31<sup>st</sup>, 2009**

**Evening Classes**

**Centennial Recreation Center and Community Cultural Center**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>3:00-4:30pm</b> <b>Teen Weight Training</b> Fitness Staff	<b>3:00-4:30pm</b> <b>Teen 3-on3 B-Ball</b> Fitness Staff	<b>3:00-4:30pm</b> <b>Teen Weight Training</b> Fitness Staff			
	<b>4:00-4:45pm</b> <b>Tween Yoga</b> Terri W.	<b>5:15-6:00pm</b> <b>Hip Hop</b> Suzi S. Mira Monte-CCC (October 2008)		<b>4:00-4:45pm</b> <b>Tween Yoga</b> Yvonne B.		
	<b>5:30-6:30pm</b> <b>Group Cycling</b> Julie J.	<b>5:30-6:25pm</b> <b>Cardio Latin Fusion</b> Ana V.	<b>4:00-5:00pm</b> <b>Beginning Yoga</b> <b>Natalya K.</b> (Mira Monte-CCC Oct. 1 <sup>st</sup> , 2008)	<b>5:30-6:25pm</b> <b>Step</b> Marilyn H.	<b>5:30-6:30pm</b> <b>Group Cycling</b> Vicky B. Sylwia S. (Alternating Fridays)	
	<b>6:35-7:30pm</b> <b>Pilates</b> Natalya K.	<b>6:30-7:25pm</b> <b>Step</b> Dolores B.	<b>6:30-7:25pm</b> <b>Zumba</b> Margot H.	<b>6:30-7:25pm</b> <b>Body Sculpt</b> Laurel R.		
		<b>6:30-7:30pm</b> <b>Yoga</b> Valerie Benitez (Mira Monte-CCC)				
	<b>7:35-8:30pm</b> <b>Group Cycling</b> Sylwia S.	<b>7:30-8:30pm</b> <b>Yoga</b> Amy M.	<b>7:35-8:30pm</b> <b>Group Cycling</b> Sylwia S.	<b>7:30-8:30pm</b> <b>Yoga</b> Amy M		

**Centennial Recreation Center**

171 W. Edmundson Avenue  
Morgan Hill, CA 95037  
408-782-2128  
Fax: 408-778-8286

**Hours of Operation**

**Monday-Friday**  
**5am-10pm**

**Saturday**  
**6:30am-8pm**

**Sunday**  
**8am-6pm**