



**SAN MATEO
ATHLETIC CLUB**
AT
COLLEGE OF SAN MATEO

1700 W. HILLSDALE BLVD., BLDG. 5
SAN MATEO + CA + 94402
650.378-7373 + [WWW.SMCCD.EDU/
SANMATEOATHLETICCLUB/](http://WWW.SMCCD.EDU/SANMATEOATHLETICCLUB/)
INVESTING IN YOUR HEALTH SUPPORTS
EDUCATION IN YOUR COMMUNITY



Pilates Small Group Sessions

Pilates Reformer Sessions

A great workout for strength, flexibility and core control utilizing the Reformer. Based on the work of Joseph Pilates.

Session Times:

Mondays

6:00 - 6:50 am w/ Cristina
9:30 - 10:20 am w/ Liliana
10:30 - 11:20 am w/ Sybille (*starting June 13*)
5:00 - 5:50 pm w/ Toni

Tuesdays

6:00 - 6:50 am w/ Sybille
9:30 - 10:20 am w/ Cristina
6:00 - 6:50 pm w/ Lydia

Wednesday

12:30 - 1:20 pm w/ Sybille

Fridays

10:30 - 11:20 am w/ Liliana

Saturdays

10:00 - 10:50 am w/ Toni

Sundays

10:00 - 10:50 am w/ Cristina

Pilates Apparatus Sessions

Pilates Apparatus: An excellent pilates equipment based class utilizing different apparatus such as the Wunda Chair, Trapeze Table and Reformer.

Session Times:

Thursdays

6:00 - 6:50 am w/ Sybille
9:30 - 10:20 am w/ Lydia
6:00 - 6:50 pm w/ Cristina

Cost for Members:

- *Drop-in: \$35 or 8 sessions for \$237
- *24 hours advanced reservation required.
- *All packages expire three (3) months after the date of the first session.

Contact:

*To schedule, please contact Sybille Draper at drapers@smccd.edu