



**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 - 7:00 am w/ Lilliana Williams

Tuesdays

6:00 - 7:00 am w/ Sybille Draper

9:30 - 10:30 am w/ Lydia Lee

10:30 - 11:30 am w/ Sybille Draper

Thursdays

6:00 - 7:00 pm w/Lydia Lee

Saturdays

10:00 - 11:00 am w/ Miriam Damon

Sundays

10:00 - 11:00 am w/ Sybille Draper

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

9:30 - 10:30 am w/Lydia Lee

6:00 - 7:00 am w/ Sybille Draper

6:00 - 7:00 pm w/ Lydia Lee

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*