



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

# Holiday Hours

## **Sunday, December 24<sup>th</sup>** **Club Hours: 7:00am-12:00pm**

**8:00 am** – AQUA FITNESS w/CAROLE  
**8:00 am** – PILATES MAT w/LAURA  
**9:00 am** - CYCLE w/SCOTT  
**9:00 am** - ZUMBA w/ALYSSA  
**9:30 am** – VINYASA I-III (90) w/DONNA  
**10:00 am** - TOTAL BODY BLAST w/LLOYD

## **Monday, December 25<sup>th</sup>** **Club Closed**

## **Sunday, December 31<sup>st</sup>** **Club Hours: 7:00am - 12:00pm**

**8:00 am** – AQUA FITNESS w/CAROLE  
**9:00 am** - CYCLE w/SCOTT  
**9:00 am** – ZUMBA/U-JAM MASH-UP (90)  
w/RHONDA & SHAR  
**10:00am** VINYASA I-III w/JESS  
**10:30 am** – TOTAL BODY BLAST w/LLOYD

## **Monday, January 1<sup>st</sup>** **Club Hours: 8:00am-1:00pm**

**9:00am** – AQUA FITNESS w/CAROLE  
**9:00am** – KICKBOXING w/MOUNA  
**9:00am** – HATHA/RESTORATIVE w/CAROL  
**9:30am** - CYCLE w/ SHAR  
**10:00am** – TOTAL BODY BLAST w/LLOYD  
**10:30am** - YOGALATES w/RHONDA

**Best wishes**  
**for a**  
**Happy Holiday Season**

