



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

Group Exercise Schedule

Effective Date: January 17, 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
6:00-7:00a	Studio CYCLE CS JORY	6:00-7:00a	Studio CYCLE CS MEGAN	6:00-7:00a	Studio CYCLE CS JORY	6:00-7:00a	Studio CYCLE CS MEGAN	6:00-7:00a	Studio CYCLE CS LINDELL	8:00-9:00a	BOSU CIRCUIT S2 MOUNA
7:00-8:00a	Hatha Yoga I-III S2 • CAROL	6:00-7:00a	Cardio Sculpt S2 LINDA	7:00-8:00a	Hatha Yoga I-II S2 • GLORIA	6:00-7:00a	Cardio Sculpt S2 YUE	8:30-9:30a	Total Body Blast S2 LAURA B	8:00-9:00a	Studio CYCLE CS CANDI
8:30-9:30a	TBC S2 KIMI	7:00-8:00a	BARRE S2 YUE	8:30-9:30a	TBC S2 KIMI	7:00-8:00a	BARRE S2 YUE	9:00-10:00a	Aqua Fitness Pool • CAROLE	9:00-10:00a	Mat Pilates S2 LAURA W.
8:30-9:30a	Core BLAST S3 MOUNA	8:00-8:30a	Core Blast S2 YUE NEW	9:00-10:00a	U-JAM S3 RHONDA	8:00-8:30a	Core Blast S2 YUE NEW	9:00-10:00a	U-JAM S3 SANDY	9:00-10:00a	HIIT Sculpt S3 MOUNA
9:00-10:00a	Aqua Fitness Pool • CAROLE	8:30-9:30a	Cardio Blast S2 YUE NEW	9:00-10:00a	Aqua Fitness Pool • SHAR NEW	8:30-9:30a	Cardio Blast S2 YUE NEW	9:30-10:30a	Studio CYCLE CS LAURA B	9:00-10:00a	Aqua Fitness Pool • SHAR
9:30-10:30a	Studio CYCLE CS LAURA B.	9:30-10:30a	Zumba S2 KIM Y.	9:30-10:30a	Studio CYCLE CS MEGAN	9:30-10:30a	Zumba S2 KIM Y.	9:30-10:30a	Gentle Yoga I-II S2 • JESS	10:00-11:00a	Zumba S2 CANDI
9:30-10:30	HIIT S3 MOUNA	9:30-10:30a	Mat Pilates S3 SYBILLE	9:30-10:30a	Kick & Sculpt S3 KIMI	9:30-10:30a	Mat Pilates S3 SYBILLE	10:30-11:30a	HIIT Sculpt S2 LLOYD	10:00-11:00a	Total Body Blast S3 AJAY
9:30-10:30a	BARRE S2 KIMI	10:30-11:30a	Yoga Flow S2 VY	10:30-11:30a	Mat Pilates S2 LILIANA	10:30-11:30a	Restorative Yoga I S2 • CAROL	11:30-12:30p	Gentle Cond. S2 • LLOYD	11:00-12:30p	Vinyasa Yoga I-III S2 DAVID
10:30-11:30a	Yogilates S2 LILIANA	10:30-11:30a	Gentle Cond S3 • DONNA	11:00-12:15p	Vinyasa Yoga I-III S3 LILY	10:30-11:30a	Gentle Cond S3 • MOUNA NEW	11:30-12:30p	Pilates Sculpt S3 LILIANA	12:30-1:00p	Guided Meditation S2 • DAVID
11:00-12:15p	Vinyasa Yoga I-III S3 LILY	11:30-12:30p	TBC S2 DONNA NEW	11:30-12:30p	Gentle Cond S2 KIMI	11:30-12:30p	TBC S2 AJAY NEW	5:00-6:00p	TBC S2 SHAR NEW	SUNDAY	
11:30-12:30p	Gentle Cond. S2 • KIMI	11:30-12:30p	Stable & Strong S3 • STERLING	5:00-6:00p	TBC S2 DONNA NEW	11:30-12:30p	Stable & Strong S3 • STERLING	6:00-7:00p	ZUMBA S2 SHAR		
5:00-6:00p	TBC S2 LINDA	5:00-6:00p	Yoga Flow S3 GENEVIEVE	6:00-7:00p	Kickboxing S2 DONNA NEW	5:00-6:00p	Yoga Flow S3 RHONDA	LEGEND S2-Studio 2 CS-Cycle Studio S3-Studio 3 Pool		8:00-9:00a	Mat Pilates S2 LAURA W.
6:00-7:00p	Kickboxing S2 LINDA	5:30-6:30p	ZUMBA S2 ANNAMARIE NEW	6:00-7:00p	U-JAM S3 MARIANNE	5:30-6:30p	TBC S2 ANNAMARIE NEW			8:00-9:00a	Aqua Fitness Pool • CAROLE
6:00-7:00p	U-JAM S3 SHERONA	6:00-7:00p	Studio CYCLE CS MARIA	6:00-7:00p	BootCamp Blast Pool Deck ROCKY	6:00-7:00p	CYCLE/Sculpt CS SHAR	STRENGTH CARDIO MIND-BODY AQUA		9:00-10:00a	Studio CYCLE CS SCOTT
6:00-7:00p	Studio CYCLE CS ANDREA	6:15-7:15p	POUND S3 CHILOU NEW	7:00-8:00p	TBC S2 ROBERT	6:15-7:15p	BARRE S3 • RHONDA NEW			9:00-10:00a	U-JAM S2 SANDY
6:00-7:00p	BootCamp Blast Pool Deck ROBERT	6:30-7:30p	Cardio Sculpt S2 LINDA	7:00-8:15p	Vinyasa I-III S3 • JOHN NEW	6:30-7:30p	Zumba S2 CANDI	• Appropriate for those new to exercise, pre/post natal or rehabilitating from an injury Indoor bikes in Cycle Studio are Keiser Mi3 with Shimano SPD pedals.		10:00-11:00a	STRONG by ZUMBA S3 ANDREA
7:00-8:15p	Hatha Yoga I-III S2 • JEAN	6:30-7:30p	Aqua Fitness Pool • ANNAMARIE			6:30-7:30p	Aqua Fitness Pool • ANNAMARIE			10:00-11:00a	Total Body Blast S2 LLOYD
		7:15-8:30p	Sunset Yoga I-III S3 JOHN								

All classes are 55 minutes in length unless otherwise indicated.

For a more successful experience, please refer to the Group Exercise Etiquette Guidelines.

Please refer to amended schedules for major holidays: Memorial Day, Labor Day, Thanksgiving, Black Friday, Christmas Eve, Christmas and New Year's Eve, and New Year's Day.

Donna Johnson, Group Exercise Manager; 650-378-7379; San Mateo Athletic Club, 1700 West Hillsdale Blvd., Building 5, San Mateo, CA 94402; 650-378-7373