



Group Exercise Schedule

Effective Date: August 15, 2018 - December 13, 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 CIRCUITS 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 KELLY	8:00-9:00a	CYCLE Beats CS CANDI
8:30-9:30a	Total Body Con S2 KIMI	7:00-8:00a	BARRE FUSION S2 YUE	8:30-9:30a	Total Body Cond S2 KIMI	7:00-8:00a	BARRE Fusion S2 YUE	9:00-10:00a	U-JAM S3 SANDY NEW	8:30-9:30a	Aqua Fitness Pool • SHAR
8:30-9:30a	Core BLAST S3 MOUNA	8:00-8:30a	Core Blast S2 YUE	9:00-10:00a	ZUMBA S3 CANDI	8:00-8:30a	Core Blast S2 YUE	9:00-10:00a	Aqua Fitness Pool • TRISTIN	9:00-10:00a	Mat Pilates S2 LAURA
9:00-10:00a	Aqua Fitness Pool • ANNAMARIE	8:30-9:30a	Cardio Blast S2 YUE	9:00-10:00a	Aqua Fitness Pool • VONN NEW	8:30-9:30a	Cardio Blast S2 YUE	9:30-10:30a	Studio CYCLE CS KELLY	9:00-10:00a	HIIT Sculpt S3 MOUNA
9:30-10:30a	Studio CYCLE CS MOUNA	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 TRISTIN	9:30-10:30a	Mat Pilates S3 SYBILLE	9:30-10:30a	Kick & Sculpt S2 KIMI	9:30-10:30a	Mat Pilates S3 SYBILLE	10:40-11:30a	HIIT Sculpt Express 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	10:30-11:25a	Restorative Yoga I S2 • CAROL	11:30-12:30p	Gentle Conditioning S2 • LLOYD	11:00-12:30p	Vinyasa Yoga I-III S2 DAVID
10:30-11:30a	Yogilates S2 LILIANA	10:30-11:30a	Gentle Conditioning S3 • TRISTIN	11:00-12:15p	Vinyasa Yoga I-III S3 LILY	10:30-11:30a	Gentle Conditioning S3 • MOUNA	11:30-12:30p	Pilates Sculpt S3 LILIANA	12:30-1:00p	Deep Meditation S2 • DAVID
11:00-12:15p	Vinyasa Yoga I-III S3 LILY	11:30-12:30p	Stable & Strong S2 STERLING	11:30-12:30p	Gentle Conditioning S2 • KIMI	11:30-12:30p	Stable & Strong S2 • STERLING	5:00-6:00p	Total Body Con S2 SHAR		
11:30-12:30p	Gentle Cond. S2 • KIMI	5:00-6:00p	Yoga Flow S3 GENEVIEVE	5:00-6:00p	BARRE Sculpt S2 YUE	11:30-12:30p	Total Body Con S3 AJAY	6:00-7:00p	ZUMBA S2 SHAR	SUNDAY	
5:00-6:00p	Total Body Con S2 LINDA	6:00-7:00p	Studio CYCLE CS MARIA	6:00-7:00p	Total Body Cond S3 YUE	5:00-6:00p	Yoga Flow S3 RHONDA			8:00-9:00a	Mat Pilates S2 LAURA
6:00-7:00p	Kickboxing S2 LINDA	6:15-7:15p	POUND/UJAM FUSION NEW S3 CHILOU	6:00-7:00p	U-JAM S2 MARIANNE	5:30-6:30p	HIIT S2 LAUREN	LEGEND		8:30-9:30am	Deep Water Aqua Fitness Pool • SHAR NEW
6:00-7:00p	U-JAM S3 SHERONA	6:30-7:30p	Cardio Sculpt S2 LINDA	6:00-7:00p	BootCamp Blast Pool Deck MIKE	6:00-7:00p	CYCLE/Sculpt CS SHAR	S2-Studio 2	CS-Cycle Studio	8:30-9:30am	Aqua Fitness Pool • CAROLE/VONN (month of August)
6:00-7:00p	Studio CYCLE CS LAUREN	6:30-7:30p	Aqua Fitness Pool • ANNAMARIE	6:00-7:00p	Studio CYCLE CS LAUREN NEW	6:15-7:15p	BARRE S3 • RHONDA	S3-Studio 3	Pool	9:00-10:00a	Studio CYCLE CS SCOTT
6:00-7:00p	BootCamp Blast Pool Deck ROBERT	7:15-8:30p	Sunset Yoga I-III S3 JOHN	7:00-8:15p	Hatha Yoga I-III S3 • JOHN	6:30-7:30p	Zumba S2 CANDI	STRENGTH		9:00-10:00a	U-JAM S2 SANDY
7:00-8:15p	Hatha Yoga I-III S2 • JEAN					6:30-7:30p	Aqua Fitness Pool • ANNAMARIE	CARDIO		10:00-11:00a	BARRE S3 YUE NEW
						7:15-8:30p	Vinyasa I-III S3 LAUREN	MIND-BODY		10:00-11:00a	Total Body Blast S2 LLOYD
								AQUA		11:00-12:15p	Vinyasa Yoga I-III S2 LAURA
								• 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.			

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

Lauren Egavian, Group Exercise Manager: San Mateo Athletic Club, 1700 West Hillsdale Blvd., Building 5, San Mateo, CA 94402: 650-378-7379

CLASS DESCRIPTIONS

- Aqua Fitness** — Total body and non-impact. Cardiovascular, strength, & flexibility exercises, great for rehab or a killer workout. All levels.
- Deep Water Aqua Fitness** — Classes are conducted using one lane in the Olympic Pool. This non-impact workout is great for any level of fitness given one can swim for short distances in deep water and be able to tread water with a floatation aqua belt. A deep-water workout can address cardiovascular fitness, increase flexibility and muscular resistance training.
- BARRE** — A full body workout, fusing ballet barre, cardio, Pilates, yoga, and core conditioning. Instructor may utilize additional equipment such as light weights, bands, BOSU, and barre with mat work to strengthen the core and improve flexibility. All levels.
- BOSU Circuits** — Utilizing the BOSU balance trainer, this class focuses on upper and lower body strength, core, and cardio in a format that will take your fitness to new heights! All levels.
- Bootcamp Blast** — A total body outdoor workout incorporating giant tires, kettle bells, sand bags, battle ropes, and body weight paired with athletic skills and drills! A high-energy, fast paced ultimate challenge for the athlete in each of us! Not for beginners.
- Cardio Blast** — An intense cardiovascular workout that will challenge your aerobic and anaerobic capacities. Super high energy for a super fun class! If you want to sweat, this is the class for you.
- Cardio Sculpt** — Strength training routines while working on your cardiovascular system...the best of both worlds!
- Core Blast** — Improve core strength, stabilization, range of motion, while reducing muscle tightness in this total body workout.
- Cycle/Sculpt**— A fusion of on-the-bike cardiovascular training and off-the bike strength training w/hand weights, bands & medicine balls!
- Gentle Conditioning** — A low-impact strength class for all levels, as well as a wonderful start for any beginner! Use bands, weights, and balls to achieve total body conditioning. Finish with a relaxing stretch.
- Guided Meditation**— Take 30 minutes out of your day to breathe, find deep relaxation, eliminate stress, and cultivate inner stillness.
- Hatha Yoga I-II** — Blend asanas (poses) with deep breathing techniques for a mind-body connection. Increase strength, flexibility; improve posture and relaxation. Open to all levels and great for beginners!
- HIIT** — High Intensity Interval Training involving a series of low to high intensity periods of exercises. Burn calories, improve cardiovascular endurance, and building strength. All levels.
- Kickboxing** — Jab! Hook! Roundhouse! Aerobic and anaerobic kickboxing drills with a cardio-choreographed format. Quick movements and high repetition challenge your heart rate while toning muscles.
- Kick and Sculpt** — Combines the benefits of Kickboxing with Body Sculpting in an interval-training format. The best of both worlds!
- Mat Pilates** —Focus on strength & flexibility of the major muscle groups. A combination of core, breathing, and relaxation. All levels.
- POUND/U-JAM FUSION** — POUND® is a full-body cardio jam session, combining cardio, Pilates, strength training and drumming. U-Jam Fitness® is an athletic hip-hop fitness workout that combines dance and high-energy music. Come rock it out with a fusion of two workouts all in one class. 30/30 blend! 30 minutes of POUND followed by 30 minutes of UJAM. All ages and fitness levels are welcome!
- Restorative Yoga I** — Ideal for anyone wanting to work on stress release, flexibility, and balance. Props, blankets, and bolsters are incorporated to support participants in seated and reclining poses focusing on relaxation, breath, and flexibility. All levels.
- Sunset Yoga I-III** — A great way to wind down your day with a deep practice of yoga poses; strength, flexibility, and awareness. All levels.
- Stable & Strong** — Ideal for older adults, those in rehab, and beginners who want to increase range of motion via functional movement, balance and strength.
- Studio Cycle** — This cardiovascular class simulates a road ride incorporating endurance, strength, aerobic, and anaerobic workouts. Great for all fitness levels.
- STRONG By Zumba™** — A combination of high intensity interval training with the science of synced music motivation. In every class, music and moves sync perfectly to push you beyond your limits.
- Total Body Blast** — High energy athletic training is a metabolic workout that combines whole-body strength training exercises with cardiovascular intervals. Maximum fat loss, increased muscle mass, and a healthy metabolism. Be ready to sweat!
- Total Body Conditioning**— Tone and strengthen your muscles using dumbbells, BodyBars, resistance bands, steps, balls, and more! Learn proper form and execution of many different exercises emphasizing strength and flexibility. All levels.
- U-Jam** — This athletic cardio dance fitness program unites world beats with urban flavor and flair! All levels.
- Vinyasa Yoga I-III** — A dynamic yoga practice that links body movements to breath. The class will move in a continuous, dance-like flow, and you will breathe, sweat, and relax! All levels.
- Yoga Flow I-III** — Great for beginners, this Hatha yoga class set to a slower pace will combine a flow technique with deep breathing exercises that will improve the mind-body connection. All levels.
- Yogilates** — A fusion of Yoga and Mat Pilates for a complete full-body and core workout!
- Zumba** —High energy, captivating music with Latin inspired moves will leave you asking for more! This feel good workout is geared towards all levels, and will help you find the dancer within!