



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

# Group Exercise Schedule

Effective Date: May 1 - June 10th, 2019

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
5:45-7:00a CS	Studio CYCLE JORY	6:00-7:00a CS	Studio CYCLE JAMIE	5:45-7:00a CS	Studio CYCLE JORY	6:00-7:00a CS	Studio CYCLE JAMIE	6:00-7:00a CS	Studio CYCLE LINDELL	8:00-9:00a S2	BOSU CIRCUITS MOUNA
7:00-8:00a S2	Hatha Yoga I-III • CAROL	6:00-7:00a S2	Cardio Sculpt LINDA	7:00-8:00a S2	Hatha Yoga I-II • CAROL	6:00-7:00a S2	Cardio Sculpt YUE	8:30-9:30a S2	Total Body Blast KELLY	8:00-9:00a CS	CYCLE Beats CANDI
8:30-9:30a S2	Total Body Con KIMI	7:00-8:00a S2	BARRE Fusion YUE	8:30-9:30a S2	Total Body Cond KIMI	7:00-8:00a S2	BARRE Fusion YUE	9:00-10:00a S3	U-JAM SANDY	8:15-9:15a Pool	Aqua Fitness • CAROLE
8:30-9:30a S3	Core BLAST MOUNA	8:00-8:30a S2	Core Blast YUE	9:00-10:00a S3	ZUMBA CANDI	8:00-8:30a S2	Core Blast YUE	9:00-10:00a Pool	Aqua Fitness • ANNAMARIE	9:00-10:00a S2	Mat Pilates LAURA
9:00-10:00a Pool	Aqua Fitness • CAROLE	8:30-9:30a S2	Cardio Blast YUE	9:00-10:00a Pool	Aqua Fitness • CHERIE	8:30-9:30a S2	Cardio Blast YUE	9:30-10:30a CS	Studio CYCLE KELLY	9:00-10:00a S3	HIIT Sculpt MOUNA
9:30-10:30a CS	Studio CYCLE BRETT	9:30-10:30a S2	Zumba KIM Y.	10:00-11:00 S3	Chair Yoga LYNDA H.	9:30-10:30a S2	Zumba KIM Y.	9:30-10:30a S2	Yoga Flow I-II • JESS	10:00-11:00a S2	Zumba CANDI
9:30-10:15 S3	HIIT MOUNA	9:30-10:30a S3	Mat Pilates SYBILLE	10:00-11:00a CS	Studio CYCLE CANDI	9:30-10:30a S3	Mat Pilates SYBILLE	10:40-11:30a S2	Cardio Sculpt Tabata LLOYD	10:00-11:00a S3	Total Body Blast AJAY
9:30-10:30a S2	BARRE Fusion KIMI	10:30-11:30a S2	Yoga Flow VY	9:30-10:30a S2	Kick & Sculpt KIMI	9:30-10:15a CS	Simply Cycle CHERIE	11:30-12:30p S2	Strength Conditioning LLOYD	11:00-12:30p S2	Vinyasa Yoga I-III DAVID
10:15-11:00a S3	MixedFit ANNAMARIE	10:30-11:30a S3	Gentle Conditioning • CHERIE	10:30-11:30a S2	Mat Pilates LILIANA	10:30-11:25a S2	Restorative Yoga I • CAROL	11:30-12:30p S3	Pilates Sculpt LILIANA	12:30-1:00p S2	Guided Meditation • DAVID
10:30-11:30a S2	Yogilates LILIANA	11:30-12:30p S2	Stable & Strong • STERLING	11:00-12:15p S3	Vinyasa Yoga I-III LILY	10:30-11:30a S3	Total Body Conditioning MOUNA	5:00-6:00p S2	Total Body Con SHAR		
11:00-12:15p S3	Vinyasa Yoga I-III LILY	12:30-1:00p S2	Stable & Strong II • Sterling	11:30-12:30p S2	Strength&Balance KIMI	11:30-12:30p S2	Stable & Strong • STERLING	6:00-7:00p S2	Dance Fit SHAR	SUNDAY	
11:30-12:30p S2	Strength&Balance KIMI	5:00-6:00p S3	Yoga Flow GENEVIEVE	5:00-6:00p S2	BARRE Fusion YUE	11:30-12:30p S3	Gentle Conditioning • MOUNA				
5:00-6:00p S2	Total Body Con LINDA	5:30-6:30p S2	Boot Camp CHERIE	6:00-7:00p S2	Total Body Condition YUE	5:00-6:00p S3	Yoga Flow RHONDA	<b>LEGEND</b> S2-Studio 2      CS-Cycle Studio S3-Studio 3      Pool		8:00-9:00a S2	Mat Pilates LAURA
6:00-7:00p S2	Kickboxing LINDA	6:00-7:00p CS	Studio CYCLE ALYSSA	6:00-7:00p S3	U-JAM MARIANNE	5:30-6:30p S2	Boot Camp CANDI			8:30-9:30am Pool	Deep Water Aqua Fitness • SHAR
6:00-7:00p S3	U-JAM SHERONA	6:15-7:15p S3	POUND/UJAM FUSION CHILOU	6:00-7:00p CS	OUTDOOR BC MIKE	6:00-7:00p CS	CYCLE/Sculpt SHAR	<b>STRENGTH</b> CARDIO <b>MIND-BODY</b> AQUA		9:00-10:00a S2	U-JAM SANDY
6:00-7:00p CS	Studio CYCLE BRETT	6:30-7:30p S2	Cardio Sculpt LINDA	6:00-7:00p CS	Studio CYCLE MIKE A.	6:15-7:15p S3	BARRE Fusion • RHONDA			10:00-11:00a S3	BARRE Fusion YUE
6:00-7:00p Pool Deck	OUTDOOR BC ROBERT	6:30-7:30p Pool	Aqua Fitness • ANNAMARIE	7:00-8:30p S2	Hatha Yoga I-III • JOHN	6:30-7:30p S2	Zumba 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 S2	Strength Conditioning LLOYD
7:00-8:00p S2	Hatha Yoga I-III • JEAN	7:15-8:30p S3	Sunset Yoga I-III JOHN			6:30-7:30p Pool	Aqua Fitness • ANNAMARIE			11:00-12:15p S2	Vinyasa Yoga I-III LAURA

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.

Cherie Schultz, Group Exercise Manager - schultzc@smccd.edu / 650-378-7379

(Revised 4-17-19)

# SMAC Group Exercise Descriptions

## AQUA

**Aqua Fitness** — Total body and non-impact. Cardiovascular, strength, & flexibility exercises, great for rehab or a killer workout. Beginner and participants with limitations. 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. Level II-III.

## CARDIO

**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. Level II-III.

**Cardio Sculpt** — Strength training routines while working on your cardiovascular system...the best of both worlds! All levels.

**Cardio Sculpt Tabata** - Strength training routines while working on your cardiovascular system following Tabata format: Each exercise 20 seconds HIIT alternated with 10 seconds of recovery for 8 rounds/4 minutes total. Level II-III.

**Cycle Beats** — A fun cycling class with upbeat fun music and drills to increase leg and heart endurance. All levels.

**Cycle/Sculpt**— A fusion of on-the-bike cardiovascular training and off-the bike strength training w/hand weights, bands & medicine balls! All levels.

**DanceFit** - An intense cardio format, incorporating dance styles and music from around the world. The workout also includes elements of athletic movement, plyometrics, and body-weight conditioning. No dance experience needed! All levels.

**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.

**HIIT Sculpt** - High Intensity Interval Training involving a series of low to high intensity periods of exercises. Focuses mostly on strength training exercises. 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.

Level II-III

**Kick and Sculpt** — Combines the benefits of Kickboxing with Body Sculpting in an interval-training format. The best of both worlds!

Level I-III.

**MixedFit®** - A people-inspired fitness program that combines explosive dance movements with bodyweight toning. 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 levels.

**Simply Cycle** - A beginner level cycle class. Focusing on correct bike set up, proper cycling alignment, building the cardiovascular system and muscular strength. This class is designed for everyone from beginners wanting to learn basic cycling techniques, to those coming back post-injury, to cycling enthusiasts who enjoy working out in a moderate intensity. All levels.

**Studio Cycle** — A cardiovascular class simulates a road ride incorporating endurance, strength, aerobic, and anaerobic workouts. All levels.

**U-Jam** — An athletic cardio dance fitness program unites world beats with urban flavor and flair! All levels.

**Zumba**—High energy, captivating music with Latin inspired moves will leave you asking for more! This feel good workout will help you find the dancer within! All levels.

*(Revised 4-17-19)*

## MIND BODY

**Guided Meditation**— Take 30 minutes out of your day to breathe, find deep relaxation, eliminate stress, and cultivate inner stillness.

**Hatha Yoga I-III** — Blend asanas (poses) with deep breathing techniques for a mind-body connection. Increase strength, flexibility; improve posture and relaxation. Check schedule for individual class levels.

**Mat Pilates** — Focus on strength & flexibility of the major muscle groups. A combination of core, breathing, and relaxation. All levels.

**Pilates Sculpt** – Pilates based strength training techniques utilizing small equipment to challenge balance and core strength. All levels

**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.

**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! All levels

## STRENGTH

**BARRE Fusion** - 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.

**Boot Camp (BC)** – A total body workout in this ever changing class format. Strengthen major muscles utilizing body weight as well as a variety of exercise equipment such as dumbbells, resistance bands, and/or steps. Incorporates both upper and lower body exercises to increase overall endurance and elevate your heart rate. Level I-III

**Outdoor BC** — A total body outdoor Boot Camp 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.

**Chair Yoga** - Chair yoga is a form of yoga as therapy practiced sitting on a chair, or standing using a chair for support. The poses, or asanas, are often adaptations of modern yoga poses.

**Core Blast** — Improve core strength, stabilization, range of motion, while reducing muscle tightness in this total body workout. All levels.

**Gentle Conditioning** — A non-impact strength class for all levels. Use bands, weights, and balls to achieve total body conditioning and balance. Finish with a relaxing stretch. Beginners & level I

**Stable & Strong** — Ideal for older adults, those in rehab, and beginners who want to increase range of motion via functional movement, balance and strength. Beginners & level I.

**Stable & Strong II** - -This 30 minute class will offer exercises and drills intended to be the next level from the regular Stable & Strong class. Each class will focus in one fitness area. Various equipment will be utilized including free weights, exercise bands, stability balls, Bosu, exercise mats and more. Beginners & level I.

**Strength & Balance** Full body strength conditioning, balance work, core on the floor and 15 minutes of stretching. All levels.

**Strength Conditioning** - Strengthen major muscle groups with body-weight exercises and utilize a variety of exercise equipment such as dumbbells, resistance bands, and/or steps to target the major muscle groups. Utilizes high repetition work to build muscular endurance and stamina. Great balance and core stabilization exercises are incorporated into this great workout. All levels

**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! Level II & III.

**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.