Pilates Small Group Sessions

Beginning October 1, 2019

Pilates Reformer Sessions

A great workout for strength, flexibility and core control utilizing theStudio Reformer. Based on the work of Joseph Pilates.

SessionTimes:

Tuesday
6:00 - 6:50 am w/ Sybille (Elite**)
9:30 - 10:20 am w/ Cristina (Foundation**)

Wednesday
6:00 - 6:50 am w/ Sybille (Foundation**)
9:30 - 10:20 am w/ Liliana (Total Body**)
12:30 - 1:20 pm w/ Jean (Foundation**)

Saturday
10:00 - 10:50 am w/ Cristina

Pilates Apparatus Sessions

An excellent pilates equipment based class utilizing different apparatus such as the Wunda Chair, TrapezeTable and Studio Reformer.

SessionTimes:

Monday
9:30 - 10:20 am w/ Liliana (Apparatus Foundation**)

Tuesday
6:00 - 6:50 pm w/ Marlys (Total Body**)

Wednesday
4:30 - 5:20 pm w/ Marlys (Apparatus Foundation**)

Thursday
6:00 - 6:50 am w/ Sybille
9:30 - 10:20 am w/ Rhonda (Total Body**)
6:00 - 6:50 pm w/ Cristina

Friday
10:30 - 11:20 am w/ Liliana (Mixed Apparatus Elite**)

Saturday
9:00 - 9:50 am w/ Cristina (Mixed Apparatus Circuit**)

Cost for Members:
**Drop-in: $35 or 8 sessions for $256*
**24 hours advanced RSVP required*
**All packages expire three (3) months after the date of the first session*

*****INCLUDED WITH FIT PASS***

(See Fit Pass Schedule for session descriptions)

Contact:
To schedule, please contact Sybille Draper at* ***drapers@smccd.edu*

SAN MATEO ATHLETIC CLUB AT COLLEGE OF SAN MATEO