How is the SMAC Fit Pass different from Group Exercise?

Group exercise classes are complimentary to members and are great options for instructor-led workouts. They are designed for anyone to join at any time and cater to larger groups, which may limit modifications and personalized programming. The SMAC Fit Pass program will include assessments that will **track your progression** within a community of members with similar goals.

How is the SMAC Fit Pass different from Personal Training?

The SMAC Fit Pass is an affordable alternative to Personal Training that builds camaraderie among participants with exclusive highlights and tips encompassing the four Pillars of Performance – Mindset, Nutrition, Movement and Recovery.

CLUB HOURS

Monday - Friday 5:30 AM - 9:30 PM

Saturday & Sunday 7:00 AM - 7:00 PM

SAN MATEO ATHLETIC CLUB

At College of San Mateo
Health & Wellness Building, Bldg. 5
1700 W. Hillsdale Boulevard
San Mateo, CA 94402

Phone: 650.378.7380

Email: smac.fitness@smccd.edu

SAN MATEO ATHLETIC CLUB AT COLLEGE OF SAN MATEO | PROVIDING THE EXOS EXPERIENCE

MINDSET NUTRITION MOVEMENT RECOVERY

MAKE THE INVESTMENT TO BE
FOCUSED **I**N YOUR **T**RAINING PROGRAM

SMAC FIT PASS

MONTHLY SMALL GROUP TRAINING PROGRAM

MINDSET NUTRITION MOVEMENT RECOVERY

SAN MATEO ATHLETIC CLUB AT COLLEGE OF SAN MATEO

MAKE THE INVESTMENT TO BE
FOCUSED **I**N YOUR **T**RAINING PROGRAM

SMAC FIT PASS PROGRAM

MEMBER PRICING

Monthly Program Cost

1 session
(drop-in) $38

One session per week
(4 sessions per month) $132

Two sessions per week
(8 sessions per month) $240

Three sessions per week
(12 sessions per month) $342

Fit Pass Pro*
(Up to 16 sessions per month) $432

Fit Pass Flex *NEW*
(8 sessions with 3 month expiration) $272

RSVP required based on availability. One or two session(s) per week option requires RSVP of the same time slot each week. All sessions must be used within the calendar month. Sessions may not be carried over. Max of 5-7 people per session based on equipment and space.

*Fit Pass Pro option allows interchangeable sessions each week with advance RSVP based on availability.

Contact smac.fitness@smccd.edu or call 650.378.7380 for a brief consultation or for more information.

The SMAC Fit Pass is an affordable alternative to Personal Training that will

TRACK YOUR PROGRESSION WITHIN A COMMUNITY OF MEMBERS

What is the SMAC Fit Pass?

The SMAC Fit Pass is a monthly training program. It is small group training at your fingertips that allows you to have progressive training with a personal trainer to keep you motivated and accountable each week. Sessions can be chosen based on your specific goals and needs.

Your program can include:

- Strength/Power Sessions
- Core/Balance Sessions
- Cardio/Weight Loss Sessions
- Flexbility/Mind-Body Sessions

This monthly program is designed to keep you committed and consistent. Our small group sessions have a max of 5-7 people, so you will receive individualized attention from your trainer. All sessions will require RSVP at least 24 hours in advance based on availability.

Monthly schedules and session descriptions can be found at the Courtesy Desk or on our website under the fitness tab at https://smccd.edu/sanmateoathleticclub/fitness/

What do I get with this Program?

When joining the SMAC Fit Pass Program, you will receive:

- **Baseline measurements** (Submax tests and body composition) before your first session, with follow-up measurements every 60 days in the program
- **Monthly objective goal** (i.e., weight loss, body composition, or performance goals)