

# SMAC at Home - Virtual Class Schedule - No equipment needed\*

August

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
6:00am	Cardio Sculpt Yue		Cardio Sculpt Cherie		Cardio Sculpt Yue		
7:00am	Meditation Carol	Indoor Cycle* Cherie	Meditation Carol	Pilates Mat Jean			
8:00am	Core Blast Mouna	Barre Yue	HIIT Mouna	Barre Yue	Body Conditioning Cherie	Yoga Flow Rhonda	Yoga Vinyasa Laura
9:00am	Fish out of Water (GEX Aqua) Cherie	HIIT Yue	Fish out of Water (GEX Aqua) Cherie	HIIT Yue	Fish out of Water (GEX Aqua) Cherie	Mat Pilates Rhonda	Mat Pilates Laura
10:30am	Mat Pilates Liliana	Stable & Strong Sterling	Mat Pilates Liliana	Stable & Strong Sterling	Yoga Vinyasa Laura	Core Blast & HIIT Mouna	Body Conditioning Shar
11:30am	Hatha Yoga Carol	ZUMBA® Kim	Hatha Yoga Carol	Dance Fit Shar	Mat Pilates Liliana	ZUMBA® Candi	Yoga Stretch & Restore Vy
1:00pm	Body Conditioning Precious	Gentle Yoga Jean	Body Conditioning Precious	Gentle Yoga Jean		<b>Helpful Tips:</b> <ul style="list-style-type: none"> <li>• Prepare your home workout space to be clear of any obstacles or hazards. Insure you have plenty of space.</li> <li>• Please arrive on time.</li> <li>• Listen to your body and perform the workouts at your suitable level of intensity.</li> <li>• Hydrate your body as needed.</li> </ul>	
4:00pm	Qigong & Meditation John	Yoga Yin Christine	Chen TaiChi Ben	Yoga Vinyasa Taissia			
5:30pm	Kick Boxing Conditioning Linda	Tabata Linda	<b>NEW</b> Barre Fusion Yue	Body Conditioning Shar	Dance Fit Shar		
6:30pm	WOD-Ujam® Sherona	Pilates Mat Laura	WOD-Ujam® MixedFit® Marianne	ZUMBA® Candi			

\*Indoor cycle requires a stationary bike or trainer.



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

PROVIDING THE  
**EXOS**  
EXPERIENCE