



Empower M.E. Member Portal

How to Access Virtual (ZOOM) Group Classes

1. Visit the SMAC Member Portal: ourclublogin.com/500092
(please 'bookmark' or 'add to favorites' for future reference.)
2. First time users: Your default Username AND Password is your SMAC Member ID# (found on the back of your keytag).
 - a. If you get an error message it means either your account is still frozen (please email thaw@smccd.edu to reactivate your membership)OR
 - b. If you have already reactivated your account there may be an outdated username linked to your account (please email smac.fitness@smccd.edu for assistance.)

3a. You may change Username if you would like:

- Change Username -
OPTIONAL STEP

FIRST TIME LOGGING IN?
Would you like to change your username?
Current Username:
TMP29694

Yes, I Want To Change

NO THANKS, CONTINUE

3b. You MUST create a new password for future use:

- UPDATE PASSWORD -
REQUIRED STEP

We take security very seriously and because of that, we have a few password rules:

- Must meet the requirements listed below the input box
- Must not contain your username
- Your 5 previous passwords cannot be used
- Cannot use the same password that was used in the last 6 months

Current Password

.....

New Password

.....

- ✓ 8 to 32 alphanumeric characters
- ✓ 1 lowercase letter
- ✓ 1 uppercase letter
- ✓ 1 number
- ✓ 1 special character
- ✓ No spaces
- ✓ Does not contain the word 'password'

Confirm New Password Passwords

Match!

.....

Save

4. Once you are in the member portal you will see on your Dashboard (home page) there are 'Additional Links' on the right side or bottom of the page. Click '[Access Virtual Group Classes](#)'.



SAN MATEO ATHLETIC CLUB
COLLEGE OF SAN MATEO

Dashboard

My Packages | Log out

My Account
\$0.00
Balance Due
Total Charges: \$0.00 | What's Due? | Last Payment:
Account History | Pay Now

My Upcoming Appointments
You have no scheduled appointments.
* Widget displays 2 weeks out
Book Appointment

My Upcoming Classes
You have no scheduled classes.
* Widget displays 2 weeks out
Class Schedule

My Info
Test Member Test Member
1700 W. Hillside Blvd.
Building 5
San Mateo, CA 94402
850

My Family
Family Members

Additional Links
[San Mateo Athletic Club Website](#)
[Access Virtual Group Classes](#)
[How To: Reserve Pool & Fitness](#)
[How To: Reserve On-Site Group Classes](#)
[Interested in Private Training Sessions?](#)
[SMAC Fit Pass Small Group Training](#)
[Like Us on Facebook](#)
[College of San Mateo](#)

5. You now have access to the Zoom Links for the SMAC Virtual Group Class schedule.

Be sure to click the button at the top of the page that corresponds with the class color block.

Please note that you will be placed in the ZOOM Waiting Room until the instructor admits you into the class at the scheduled time.

HOME WELCOME BACK FITNESS

Virtual Group Class Schedule

Click for Yellow Class (Zoom Link 1)

Click for Green Class (Zoom Link 2)

Click for Lavender Class (Zoom Link 3)

SAN MATEO ATHLETIC CLUB
UNIVERSITY OF CALIFORNIA
COLLEGE OF SAN MATEO

Effective: January 24, 2021

Virtual Class Schedule						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:00-6:55a Cardio Sculpt YUE	7:30-7:55a Meditation* CAROL	6:00-6:55a Cardio Sculpt CHERIE	7:00-7:55a Mat Pilates* JEAN	6:00-6:55a Cardio Sculpt YUE	8:00-8:55a Yoga Flow RHONDA	
7:00-7:55a Hatha Yoga JEAN YVES	8:00-8:55a Barre Fusion YUE	7:00-7:55a Hatha Yoga CAROL	8:00-8:55a Barre Fusion YUE	7:00-7:55a Hatha Yoga & Meditation CAROL	9:00-9:55a Mat Pilates RHONDA	
8:00-8:55a Core Blast MOUNA	8:30-9:25a 10/20/20* NEW JOHN	8:00-8:55a HIT MOUNA	9:00-9:55a HIT YUE	8:00-8:55a Body Conditioning CHERIE	10:30-11:25a Core Blast & HIT MOUNA	
8:00-8:55a Fish Out of Water* CHERIE	9:00-9:55a HIT YUE	9:00-9:55a Fish Out of Water* CHERIE	10:30-11:25a Stable & Strong* STERLING	9:00-9:55a Fish Out of Water* CHERIE	11:30-12:25p Zumba® CANDI	
10:30-11:25a Yogilates LAURA	10:30-11:25a Stable & Strong* STERLING	10:30-11:25a Mat Pilates JEAN	11:30-12:25p Zumba® KIM	10:00-10:55a Yoga Vinyasa LAURA	SUNDAY	
10:30-11:25a DanceFit SHAR	11:30-12:00p Stable & Strong II STERLING	11:30-12:25p Yoga 50/Flex. VY	1:00-1:55p Gentle Yoga* JEAN	11:30-12:25p Pilates Sculpt LLUANA	9:00-9:55a Yoga Vinyasa LAURA	
11:30-12:25p Hatha Yoga CAROL	11:30-12:25p Zumba® KIM	12:00-12:55p Body Conditioning ALYSSA	4:00-4:55p Yoga Vinyasa TAISSIA	12:00-12:55p Body Conditioning ALYSSA	9:00-9:55a Mat Pilates LAURA	
4:30-5:25p Body Conditioning NEW CHERIE	1:30-1:55p Gentle Yoga* JEAN	4:00-4:55p Chen Tai Chi Kigong* BEN	3:30-6:25p Body Conditioning SHAR	5:00-5:55p DanceFit SHAR	10:30-11:25a Body Conditioning SHAR	
6:30-6:25p Kickbox Conditioning LINDA	4:00-4:55p Yoga Yin CHRISTINE	6:30-4:25p Barre Fusion YUE	6:30-7:25p Zumba® CANDI		11:30-12:25p Yoga Stretch & Restore* VY	
6:30-7:25p WOD Ujama® SHERONA	5:30-6:25p HIT LINDA	6:30-7:25p HOD Open/Stretch/HIT* MARLENE	* Appropriate for those new to exercise, pre/post natal or with limited mobility.		TO JOIN A ZOOM VIRTUAL CLASS	
	6:30-7:25p Mat Pilates* LAURA		Click BUTTON at the Top of the page that corresponds with the Class Color		YELLOW = ZOOM LINK #1 GREEN = ZOOM LINK #2 LAVENDER = ZOOM LINK #3	
On Site Class Schedule *						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
9:00-9:55a Cycle* On Site BRETT	6:00-6:55a Cycle* On Site JORY	9:00-9:55a Cycle* On Site LINDELL	6:00-6:55a Cycle* On Site JORY	5:00-5:55p Boot Camp* [Pool Deck] JOSH	8:00-8:55a Boot Camp* [Pool Deck] ALYSSA	9:00-9:55a Cycle* On Site BRETT
*Reservations Required for On-Site Classes. Visit our HOME page for details.			Please arrive on time for class, listen to your body, take breaks as needed and hydrate often. Please refer to our website for major holiday schedule changes. Questions/comments please email Group Exercise Manager, Cherie Schultz: schultzc@smccd.edu			Club Hours Monday - Friday 8:00am - 7:00pm Sat/Sun 7:00am - 2:00pm

ENJOY YOUR CLASS!

Looking to make a reservation for on-site Group Classes, Pool, or SMAC Outside Gym? Please see [SMAC Website](#) for more details.