



## Empower M.E. Member Portal

### How to Access Virtual (ZOOM) Group Classes

1. Visit the SMAC Member Portal: [ourclublogin.com/500092](http://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](mailto: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  - b. If you have already reactivated your account there may be an outdated username linked to your account (please email [smac.fitness@smccd.edu](mailto:smac.fitness@smccd.edu) for assistance.)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.**

### 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  
COLLEGE OF SAN MATEO

Effective: March 1, 2021

Virtual Class Schedule						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:00-6:55a Cardio Sculpt YUE	7:00-7:55a Meditation * CAROL	6:00-6:55a Cardio Sculpt CHERIE	7:00-7:55a <b>NEW</b> Strength & Stretch Fusion 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 Hema Yoga & Meditation * CAROL	9:00-9:55a <b>NEW</b> Total Body CHERIE <small>1st &amp; 3rd Saturday of month</small>	
8:00-8:55a Core Blast MOUNA	8:30-9:25a <b>10/20/20!</b> JOHN	8:00-8:55a HIIT MOUNA	9:00-9:55a HIIT YUE	8:00-8:55a Body Conditioning CHERIE	9:00-9:55a Mat Pilates RHONDA	
9:00-9:55a Total Body CHERIE	9:00-9:55a HIIT YUE	9:00-9:55a Total Body CHERIE	10:30-11:25a Stable & Strong * STERLING	9:00-9:55a Total Body CHERIE	10:30-11:25a Core Blast & HIIT MOUNA	
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	10:30-11:25a <b>New Time</b> Yoga Vinyasa LAURA	11:30-12:25p Zumba® CANDI	
10:30-11:25a DanceFit SHAR	11:30-12:00p Stable & Strong II STERLING	11:30-12:25p Yoga Str./Flex. VY	12:00-12:55p <b>NEW</b> <b>10/20/20!</b> JOHN	11:30-12:25p Pilates Sculpt LILIANA	<b>SUNDAY</b>	
11:30-12:25p Hatha Yoga CAROL	11:30-12:25p Zumba® KIM	4:00-4:55p Chen Tai Chi /Qi Gong BEN	1:00-1:55p Gentle Yoga * JEAN	5:00-5:55p DanceFit SHAR	8:00-8:55a Yoga Vinyasa LAURA	
4:30-5:25p Body Conditioning CHERIE	1:00-1:55p Gentle Yoga * JEAN	5:30-6:25p Barre Fusion YUE	4:00-4:55p <b>NEW</b> Aligned Vinyasa TAISSA		9:00-9:55a Mat Pilates LAURA	
5:30-6:25p Kickbox Conditioning LINDA	4:00-4:55p Yoga Yin CHRISTINE	6:30-7:25p Ujam®/MixedFit® MARIANNE	5:30-6:25p Body Conditioning SHAR		10:30-11:25a Body Conditioning SHAR	
6:30-7:25p Ujam® SHERONA	4:30-5:25p <b>NEW</b> Core Blast & HIIT ALYSSA		6:30-7:25p Zumba® CANDI		11:30-12:25p Yoga Stretch & Restore * VY	
	5:30-6:25p HIIT LINDA	To join a Virtual class: Click <b>BUTTON</b> at the Top of the page that corresponds with the Class Color at class start time.				* Appropriate for those new to exercise, pre/post natal or with limited mobility.
	6:30-7:25p Mat Pilates* LAURA					
On Site Class Schedule *						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
9:00-9:55a (Pool Deck) Cycle* BRETT	6:00-6:55a (Pool Deck) Cycle* JORY	9:00-9:55a (Pool Deck) Cycle* LINDELL	6:00-6:55a (Pool Deck) Cycle* JORY	5:00-5:55p (Pool Deck) Boot Camp* JOSH	8:00-8:55a (Pool Deck) Boot Camp* ALYSSA	9:00-9:55a On Site Cycle* 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: <a href="mailto:schultzc@smccd.edu">schultzc@smccd.edu</a>				Club Hours Monday - Friday 6:00am - 7:00pm Sat/Sun: 7:00am - 2:00pm

**ENJOY YOUR CLASS!**

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