



**COLLEGE OF SAN MATEO  
ATHLETIC CENTER**  
Your community connection to education and fitness.

**Starting: January 1, 2022**

## Group Exercise Class Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY			
6:00-6:50a	Cardio Sculpt YUE	6:00-6:55a (Studio 4)	Cycle JORY	7:00-7:50am	Aligned Vinyasa TAISSIA	6:00-6:55a (Studio 4)	Cycle JORY	6:00-6:55a (Studio 4)	Cycle DEBBIE	8:00-9:50a	BOOT CAMP CANDI		
7:00-8:15a	Hatha Yoga & Meditation CAROL (75)	8:00-8:50a	Barre Fusion YUE	8:30-9:20a	HIIT LINDA	7:00-7:50a	Strength & Stretch Fusion JEAN	6:00-6:50a	Cardio Sculpt YUE	9:00-9:50a	Yogilates LAURA		
8:30-9:20a	Core Blast MOUNA	9:00-9:50a	HIIT YUE	9:30-10:20a	Body Sculpt LINDA	8:00-8:50a	Barre Fusion YUE	8:00-8:50a	Body Sculpt MOUNA	9:00-9:55a (Studio 4)	Cycle BRETT		
9:30-10:20a	Body Sculpt MOUNA	9:30-10:20a	Zumba® KIM	9:00-9:55a (Studio 4)	Cycle LINDELL	9:00-9:50a	HIIT YUE	9:00-9:50a	Kickbox Conditioning MOUNA	9:30-10:20a	Core Blast & HIIT MOUNA		
9:00-9:50a	Aqua POOL Fitness GEX	10:30-11:20a	Balance & Power* STERLING	10:30-11:20a	Mat Pilates JEAN	9:30-10:20p	Zumba® KIM	9:00-9:50a	Aqua POOL Fitness SANDY	10:00-10:50a	Zumba® CANDI		
9:00-9:55a (Studio 4)	Cycle LINDELL	1:00-1:50p	Gentle Yoga* JEAN	11:30-12:45p	Yoga Strength & Flexibility VY (75)	10:30-11:20a	Balance & Power* STERLING	10:30-11:20a	Pilates Sculpt LAURA				
10:30-11:20a	Yogilates LAURA	4:00-5:15p	Yoga Yin* CHRISTINE (75)	5:00-5:50p	Barre Fusion YUE	1:00-1:50p	Gentle Yoga* JEAN	5:00-5:50p	Dance Fusion PHOEBE	<b>SUNDAY</b>			
11:30-12:20p	Vinyasa Yoga CHRISTINE	4:30-5:20p	Dance Fusion PHOEBE	6:00-6:50p	Ujam® MARIANNE	4:00-4:50p	Mat Pilates RHONDA			9:00-9:50a	Mat Pilates LAURA		
5:30-6:20p	Kickbox Conditioning LINDA	5:30-6:20p	HIIT LINDA			5:00-5:50p	Yoga Flow RHONDA			9:00-9:50a	Aqua POOL Fitness GINA		
6:00-6:50p	Ujam® GEX	5:30-6:20p (Studio 4)	Cycle CANDI			5:30-6:00p	Zumba STRONG 30® CANDI			10:00-10:50a	Yoga Vinyasa LAURA		
		6:00-6:50p	MixedFit® MARIANNE			6:00-6:50p	Zumba® CANDI			10:30-11:20a	Body Conditioning GEX		
Virtual: ORANGE ROOM - On-site: Studio 2				Pool Deck				Virtual: GREEN ZOOM - On-site: Studio 3				CLUB HOURS: Mon - Fri 6AM - 7PM Saturday & Sunday 7AM - 2PM	

**\*RESERVATIONS REQUIRED FOR ALL  
CLASSES TAKEN ON-SITE.**  
Visit: <http://comfit.smccd.edu>

Pool deck classes may be cancelled due to weather.  
Questions or Comments Please Email: Group Exercise Coordinator - Laura Wratten at: [wrattenl@smccd.edu](mailto:wrattenl@smccd.edu)

**\* MASKS REQUIRED FOR ALL  
INDOOR ACTIVITIES**