



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

JULY 1 - 19, 2023

Group Exercise Class Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
6:00-6:50a Studio 2	Cardio Sculpt YUE	6:00-6:55a Studio 4	Cycle*** JORY	7:00-7:50am Studio 2	Aligned Vinyasa TAISSIA	6:00-6:55a Studio 4	Cycle*** JORY	6:00-6:50a Studio 2	Cardio Sculpt YUE	8:00-8:55a Studio 4	Cycle BEATS*** CANDI
7:00-8:15a Studio 2	Hatha Yoga & Meditation* CAROL (75)	7:30-8:20a Studio 2	Barre Fusion YUE	8:30 - 9:20a Studio 3	HIIT MOUNA	7:30-8:20a Studio 2	Barre Fusion YUE	7:00-7:50a Studio 2	Legs, Bums & Tums KAREN***	8:30-9:30a Studio 2	Yoga Flow* GEX STAFF
8:30-9:20a No class 7/17	Core Blast MOUNA	8:30 - 9:20a Studio 2	HIIT YUE	9:30-10:20a Studio 3	Gentle Conditioning MOUNA	8:30 - 9:20a Studio 2	HIIT YUE	8:30-9:20a Studio 3	Body Sculpt*** MOUNA	9:00-9:50a Pool Deck	Blast on the Deck*** CANDI
9:30-10:20a No class 7/17	Body Sculpt MOUNA	9:30-10:20a Studio 2	Zumba® KIM	9:00-9:55a Studio 4	Cycle*** LINDELL	9:30-10:20p Studio 2	Zumba®*** KIM	9:30-10:20a Studio 3	Kickbox Conditioning MOUNA***	9:00-9:50am Studio 3	HIIT MOUNA
9:00-9:50a Ends 7/19	Summer In the Pool RED	9:30-10:40a Studio 3	Balance & Power* STERLING (75)	9:00-9:50a Ends 7/19	Summer in the Pool RED	9:30-10:40a Studio 3	Balance & Power* STERLING (75)***	9:00-9:50a Small Pool	Aqua POOL Fitness SANDY	10:00-10:50a Studio 2	Zumba® CANDI
9:00-9:55a Studio 4	Cycle*** BRETT	10:30-11:20a Studio 2	Tabata KAREN	10:30-11:20a Studio 3	Mat Pilates* JEAN	10:30-11:20a Studio 2	Tabata KAREN	10:00-10:50a Studio 2	Zumba Gold®* LAURIE***	10:00-10:50am Studio 3	Gentle Conditioning* MOUNA
10:30-11:20a Studio 3	Healthy Back* NANCY	1:00-1:50p Studio 2	Gentle Yoga* DEBI/CHRISTINE	11:30-12:45p Studio 3	Yoga Strength & Flexibility*** VY (75)	1:00-1:50p Studio 2	Gentle Yoga* DEBI/CHRISTINE	11:00-11:50a Studio 2	Pilates Sculpt LAURA	11:00-12:30p Studio 2	Vinyasa Yoga & Meditation DAVID*** (90)
11:30-12:20p Studio 3	Vinyasa Yoga*** CHRISTINE	4:00-5:15p Studio 2	Yin Yoga* CHRISTINE (75)	5:15 -6:05p Studio 2	Barre Fusion*** YUE	4:00-4:50p Studio 3	Mat Pilates* RHONDA	1:00-1:50p Studio 2	TGIF Friday Flow* DEBI	SUNDAY	
12:30-1:30p Studio 3	Body Conditioning ALYSSA	5:00-5:50pm Studio 3	Zumba®*** GABY	5:00-5:50p Studio 3	Core Flow Yoga* CELINA	5:00-5:50p Studio 3	Yoga Flow*** RHONDA	4:00-4:50p 5-170	Jiu Jitsu Fit*** BRUCE		
4:00-4:50p 5-170	Jiu Jitsu Fit*** BRUCE	5:30-6:20p Studio 2	HIIT LINDA	6:00-6:50p Studio 2	Body Conditioning YUE***	6:00-6:50p Studio 2	Strength Conditioning WENDY	5:00-5:50p Studio 2	Move & Groove JOHN	8:30-9:25a Studio 4	Cycle*** TIM
5:00-5:50p Returns 8/1	Total Body Pilates GEX STAFF	6:30-7:25p Studio 4	Cycle*** ALYSSA	6:00-6:50p Studio 3	UJAM®/MixedFit® MARIANNE	6:00-6:50p Studio 3	BollyX*** ARCHANA			9:00-9:50a Small Pool	Party in the Pool* RED
5:30-6:20p Studio 2	Kickbox Conditioning LINDA	7:00-8:15pm Studio 2	Hatha Yoga JOHN (75)							9:30a-10:20a Studio 2	Vinyasa Yoga LAURA
6:00-6:50p Studio 3	DanceMix YUKO									10:30-11:20a Studio 2	Zumba®*** WENDY
6:30-7:20p Studio 2	Body Weight Burn*** GREY	RESERVATIONS REQUIRED FOR ALL GROUP EXERCISES CLASSES Classes marked with (*) appropriate for beginners. Classes marked with (***) offered in studio only. Questions? Contact Laura Wratten - wratten@smccd.edu									
7:00-8:00pm Studio 3	Vinyasa Krama* YUKO										
										Monday-Friday 6:00am - 8:30pm Saturday 7:00am - 5:00pm Sunday 7:00am - 2:00pm	

