



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

SEPTEMBER 2023

Group Exercise Class Schedule

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | |
|---|---|--------------------------|------------------------------------|------------------------------|--|-----------------------------|--|-----------------------------|-----------------------------------|---------------------------|---|
| 6:00-6:50a Studio | 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 * EMILY |
| 8:30-9:20a No class 9/11 | Core Blast MOUNA | 8:30 - 9:20a Studio 2 | HIIT YUE | 9:30-10:20a No class 9/13 | Gentle Conditioning MOUNA | 8:30 - 9:20a Studio 2 | HIIT YUE | 8:30-9:20a Returns 9/22 | Body Sculpt *** MOUNA | 9:00-9:50a Pool Deck | Blast on the Deck *** CANDI |
| 9:30-10:20a No class 9/11 | Body Sculpt MOUNA | 9:30-10:20a Studio 2 | Zumba® KIM | 9:00-9:55a NEW DAY | Cycle *** BRETT | 9:30-10:20p Studio 2 | Zumba® *** KIM | 9:30-10:20a Returns 9/22 | Kickbox Conditioning MOUNA *** | 9:00-9:50am Studio 3 | HIIT MOUNA |
| 9:00-9:50a Small Pool | Aqua Fit DIANNA | 9:30-10:40a Studio 3 | Balance & Power * STERLING (75) | 9:00-9:50a Small Pool | Aqua Fit DIANNA | 9:30-10:40a Studio 3 | Balance & Power * STERLING (75) *** | 9:00-9:50a Small Pool | Aqua Social OPEN WORKOUT | 10:00-10:50a Studio 2 | Zumba® CANDI |
| 9:00-9:55a Studio 4 | Cycle *** KAREN | 1:00-1:50p WORKSHOP | Yoga From Inside JOHN | 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 | 4:00-5:15p Studio 2 | Yin Yoga * CHRISTINE (75) | 11:30-12:45p Studio 3 | Yoga Strength & Flexibility *** VY (75) | 1:00-1:50p Studio 2 | Gentle Yoga * CHRISTINE | 11:00-11:50a Studio 2 | Total Body Pilates LAURA | 11:00-12:30p Studio 2 | Vinyasa Yoga & Meditation DAVID *** (90) |
| 11:30-12:20p Studio 3 | Vinyasa Yoga *** CHRISTINE | 5:00-5:50p Studio 3 | Zumba® *** GABY | 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 | 5:00-5:50p NEW TIME | Cycle *** Alyssa | 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 | | |
| 5:00-6:15p NEW CLASS | Yoga Fit & Fun JOHN | 5:30-6:20p Studio 2 | HIIT LINDA | 6:00-6:50p Studio 2 | Body Conditioning YUE *** | 5:30-5:55p No class 9/14 | Strength Express WENDY | 5:00 -5:50p NEW CLASS | BollyX *** ARMANDEEP | 8:30-9:25a Studio 4 | Cycle *** TIM |
| 5:30-6:20p Studio 2 | Kickbox Conditionina LINDA | 7:00-8:15pm Studio 2 | Hatha Yoga JOHN (75) | 6:00-6:50p Studio 3 | UJAM®/MixedFit® MARIANNE | 6:00-6:50p No class 9/14 | Zumba *** WENDY | | | 9:00-9:50a Small Pool | Party in the Pool * RED |
| RESERVATIONS REQUIRED FOR ALL GROUP EXERCISES CLASSES. | | | | | | | | | | 9:30a-10:20a Studio 2 | Vinyasa Yoga LAURA |
| Classes marked with (*) appropriate for beginners. Classes marked with (***) offered in studio only. Questions? Contact Laura Wratten at wrattenl@smccd.edu. Hours: Monday-Friday 6:00am - 8:30pm • Saturday 7:00am - 5:00pm • Sunday 7:00am - 2:00pm | | | | | | | | | | 10:30-11:20a Studio 2 | Zumba® *** WENDY |

