



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 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 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	<b>SUNDAY</b>	
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 Studio 2	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 Studio 2	Zumba *** WENDY			9:00-9:50a Small Pool	Party in the Pool * RED
<b>RESERVATIONS REQUIRED FOR ALL GROUP EXERCISES CLASSES.</b>										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

