



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

JANUARY 1 - 14, 2024

Group Exercise Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-6:50a Cardio Sculpt *** No class 1/1 YUE	6:00-6:55a Cycle *** No class 1/2 KAREN	7:00-7:50am Aligned Vinyasa Studio 2 TAISSIA	6:00-6:55a Cycle *** No class 12/14 SCOTT	6:00-6:50a Cardio Sculpt *** Studio 2 YUE	8:00-8:55a Cycle BEATS *** Studio 4 CANDI
7:00-8:15a Hatha Yoga & Meditation * No class 1/1 CAROL (75)	7:30-8:20a Barre Fusion Studio 2 YUE	8:30 - 9:20a HIIT No class 1/3 MOUNA	7:30-8:20a Barre Fusion Studio 2 YUE	7:00-7:50a Legs, Bums & Tums Studio 2 KAREN ***	8:30-9:30a Yoga Flow * Studio 2 EMILY
8:30-9:20a Core Blast No class 1/1 MOUNA	8:30 - 9:20a HIIT Studio 2 YUE	9:30-10:20a Gentle Conditioning Studio 3 MOUNA	8:30 - 9:20a HIIT Studio 2 YUE	8:30-9:20a Body Sculpt *** Studio 3 MOUNA	9:00-9:50a Blast on the Deck *** Pool Deck CANDI
9:00-9:50a Aqua Social Small Pool OPEN WORKOUT	9:30-10:20a Zumba *** Studio 2 KIM	9:00-9:55a Cycle *** Studio 4 BRETT	9:30-10:20p Zumba *** Studio 2 KIM	9:30-10:20a Kickbox Conditioning No class 1/5 MOUNA ***	9:00-9:50am HIIT No class 1/6 MOUNA
9:00-9:55a Cycle *** No class 1/1 KAREN	9:30-10:40a Balance & Power * Studio 3 STERLING ***	9:00-9:50a Aqua Social Small Pool OPEN WORKOUT	9:30-10:40a Balance & Power * Studio 3 STERLING (75) ***	9:00-9:50a Aqua Social Small Pool OPEN WORKOUT	10:00-10:50a Zumba @ Studio 2 CANDI
9:30-10:20a Body Sculpt No class 1/1 MOUNA	1:00-1:50p Gentle Yoga Studio 2 JEAN	10:30-11:20a Mat Pilates * Studio 3 JEAN	10:30-11:20a Tabata No class 1/4 KAREN	10:00-10:50a Zumba Gold @ * Studio 2 LAURIE ***	10:00-10:50am Gentle Conditioning * Studio 3 MOUNA
9:45 -10:30a Pilates Mat Express Studio 2 LAURA	4:00-5:15p Yin Yoga *** Studio 2 CHRISTINE (75)	11:30-12:45p Yoga Strength & Flexibility *** Studio 3 VY (75)	1:00-1:50p Gentle Yoga * Studio 2 JEAN	11:00-11:50a Total Body Pilates Studio 2 LAURA	11:00-12:30p Vinyasa Yoga & Meditation Studio 2 DAVID *** (90)
10:30-11:20a Healthy Back *** No class 1/1 NANCY	5:00-5:50p Cycle *** Studio 4 Alyssa	5:15 -6:05p Barre Fusion *** Studio 2 YUE	4:00-4:50p Mat Pilates * Studio 3 RHONDA	1:00-1:50p TGIF Friday Flow * Studio 2 DEBI	SUNDAY
11:30-12:20p Vinyasa Yoga *** Studio 2 CHRISTINE	5:30-6:20p HIIT Returns 1/16 LINDA	6:15-7:05p Body Conditioning Studio 2 YUE ***	5:00-5:50p Yoga Flow *** Studio 3 RHONDA	4:00-4:50p Jiu Jitsu Fit *** 5-170 BRUCE	
12:30-1:30p Body Conditioning No class 1/1 ALYSSA	7:00-8:15pm Hatha Yoga *** Studio 2 JOHN (75)	6:00-6:50p UJAM@/MixedFit @ Studio 3 MARIANNE	5:30-5:55p Strength Express *** Studio 2 WENDY		8:30-9:25a Cycle *** Studio 4 TIM
4:30-5:20p Zumba @ *** No class 1/1 GABY			6:00-6:50p Zumba *** Studio 2 WENDY		9:00-9:50a Party in the Pool * Small Pool RED
5:00-6:15p Yoga Fit & Fun *** No class 1/1 JOHN	Happy New Year!				9:30a-10:20a Vinyasa Yoga Studio 2 LAURA
5:30-6:20p Kickbox Conditioning No class 1/1 LINDA	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 Zumba @ *** Studio 2 WENDY

