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

Happy New Year!

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