



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

April 2024

Group Exercise Class Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
6:00-6:50a	Cardio Sculpt *** YUE	6:00-6:55a	Cycle *** Studio 4 KAREN	7:00-7:50am	Aligned Vinyasa Studio 2 TAISSIA	6:00-6:55a	Cycle *** Studio 4 SCOTT	6:00-6:55a	Cycle *** Studio 4 KAREN	8:00-8:55a	Cycle BEATS *** Studio 4 CANDI
7:00-8:15a	Hatha Yoga & Meditation * Studio 2 CAROL *** (75)	7:15-8:00a	Barre Fusion Studio 2 YUE	8:30 - 9:20a	HIIT Studio 3 MOUNA	7:15-8:00a	Barre Fusion Studio 2 YUE	6:00-6:50a	Cardio Sculpt *** Studio 2 YUE	8:30-9:30a	Yoga Flow * Studio 2 EMILY
8:30-9:20a	Core Blast Studio 3 MOUNA	8:10-8:55a	HIIT Studio 2 YUE	9:00-9:50a	Aqua Fit * Small Pool NICOLE	8:10-8:55a	HIIT Studio 2 YUE	7:00-7:50a	Legs, Bums & Tums Studio 2 KAREN ***	9:00-9:50a	Blast on the Deck *** Pool Deck CANDI
9:00-9:50a	Aqua Fit * NEW CLASS NICOLE	9:10-9:55a	Aqua Fit * Small Pool YUE	9:30-10:20a	Gentle Conditioning Studio 3 MOUNA	8:30-9:20a	Cardio Step * STARTS 4/11 Margaret ***	8:30-9:20a	Body Sculpt *** Studio 3 MOUNA	9:00-9:50am	HIIT Studio 3 MOUNA
9:00-9:55a	Cycle *** Studio 4 KAREN	9:30-10:20a	Zumba® *** Studio 2 KIM	9:00-9:55a	Cycle *** Studio 4 BRETT	9:10-9:55a	Aqua Fit * Small Pool YUE	9:00-9:50a	Aqua Fit * Small Pool NICOLE	10:00-10:50a	Zumba® Studio 2 CANDI
9:30-10:20a	Body Sculpt Studio 3 MOUNA	9:30-10:40a	Balance & Power * Studio 3 STERLING ***	10:30-11:20a	Mat Pilates * Studio 3 JEAN	9:30-10:40a	Balance & Power * Studio 3 STERLING (75) ***	9:30-10:20am	Kickbox Conditioning Studio 3 MOUNA ***	10:00-10:50am	Gentle Conditioning * Studio 3 MOUNA
10:30-11:20a	Healthy Back *** Studio 3 NANCY	10:30-11:45a	Yoga & Meditation * Studio 2 SUSANA ***	11:30-12:45p	Yoga Strength & Flexibility *** Studio 3 VY (75)	9:30-10:20a	Zumba® *** Studio 2 KIM	10:00-10:50a	Zumba Gold® * Studio 2 LAURIE ***	11:00-12:30p	Vinyasa Yoga & Meditation Studio 2 DAVID *** (90)
11:30-12:20p	Vinyasa Yoga *** Studio 3 CHRISTINE	1:00-1:50p	Gentle Yoga * Studio 2 JEAN	4:30-5:20p	Barre Fusion *** Studio 2 YUE	10:30-11:20a	Tabata Studio 2 KAREN	11:00-11:50a	Total Body Pilates Studio 2 LAURA	SUNDAY	
12:30-1:30p	Body Conditioning Studio 3 ALYSSA	4:00-5:15p	Yin Yoga *** Studio 2 CHRISTINE (75)	5:30-6:20p	Body Conditioning Studio 2 YUE ***	1:00-1:50p	Gentle Yoga * Studio 2 JEAN	12:00-12:50p	Cardio Dance * NEW CLASS NICOLE ***		
4:30-5:20p	Zumba® *** Studio 2 GABY	5:00-5:50p	Cycle *** Studio 4 ALYSSA	6:00-6:50p	UJAM®/MixedFit® Studio 3 MARIANNE	4:00-4:50p	Mat Pilates * Studio 3 RHONDA	1:00-1:50p	TGIF Friday Flow * Studio 2 DEBI	8:30-9:25a	Cycle *** Studio 4 TIM
5:00-6:15p	Yoga Fit & Fun *** Studio 3 JOHN	5:30-6:20p	HIIT Studio 2 LINDA			5:00-5:50p	Yoga Flow *** Studio 3 RHONDA	4:00-4:50p	Jiu Jitsu Fit *** 5-170 BRUCE	9:00-9:50a	Party in the Pool * Small Pool RED
5:30-6:20p	Kickbox Conditioning Studio 2 LINDA	6:00-6:50p	Mat Pilates *** Studio 3 JESSICA *			5:30-5:55p	Strength Express *** Studio 2 WENDY	4:00-4:45p	Total Body Circuit Studio 2 YUE ***	9:30a-10:20a	Vinyasa Yoga Studio 2 LAURA
Hours Monday-Friday 6:00am - 8:30pm Saturday 7:00am - 5:00pm Sunday 7:00am - 2:00pm		7:00-8:15pm	Hatha Yoga *** Studio 2 JOHN (75)			6:00-6:50p	Zumba *** Studio 2 WENDY			10:30-11:20a	Zumba® *** Studio 2 WENDY

Classes marked with (*) appropriate for beginners. Classes marked with (***) are studio only.
Questions? Mouna Soudah at soudahm@smccd.edu.

