



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

**FEBRUARY 2025**

## Group Exercise Class Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
6:00-6:50a Studio 2	<b>Cardio Sculpt</b> *** YUE	6:00-6:55a Studio 4	<b>Cycle</b> *** KAREN	7:00-7:50am Studio 2	<b>Aligned Vinyasa</b> TAISSIA	6:00-6:55a Studio 4	<b>Cycle</b> *** SCOTT	6:00-6:50a Studio 2	<b>Cardio Sculpt</b> *** YUE	8:00-8:55a Studio 4	<b>Cycle BEATS</b> *** CANDI
7:00-8:15a Studio 2	<b>Hatha Yoga &amp; Meditation</b> * CAROL *** (75)	7:15-8:00a Studio 2	<b>Barre Fusion</b> YUE	8:30-9:45a Studio 2	<b>Yoga &amp; Meditation</b> * SUSANA ***	6:30-7:20a Studio 3	<b>Body Sculpt</b> *** AMANDEEP *	7:00-7:50a Studio 2	<b>Strength &amp; Toning</b> * KAREN ***	8:30-9:30a Studio 2	<b>Yoga Flow</b> * EMILY
8:30-9:20a Studio 3	<b>Core Blast</b> MOUNA	8:10-8:55a Studio 2	<b>HIIT</b> YUE	8:30 - 9:20a Studio 3	<b>HIIT</b> MOUNA	7:15-8:00a Studio 2	<b>Barre Fusion</b> YUE	8:30-9:20a Studio 2	<b>Body Sculpt</b> *** MOUNA	9:00-9:50a Pool Deck	<b>Blast on the Deck</b> *** CANDI
8:30-9:20a NEW CLASS	<b>BollyX</b> *** AMANDEEP	9:00-9:50am Studio 3	<b>Zumba®</b> *** KIM	9:00-9:50a Small Pool	<b>Aqua Fit</b> * AMANDEEP	8:10-8:55a Studio 2	<b>HIIT</b> YUE	8:30 - 9:20a NEW CLASS	<b>JazzLatin</b> * SLISANA ***	9:00-9:50am Studio 3	<b>HIIT</b> MOUNA
9:00-9:50a Small Pool	<b>Aqua Zumba</b> * SANDRA	9:10-9:55a Small Pool	<b>Aqua Fit</b> * YUE	9:00-9:55a Studio 4	<b>Cycle</b> *** BRETT	9:00-9:50am Studio 3	<b>Zumba®</b> *** KIM	9:00-9:50a Small Pool	<b>Aqua Fit</b> * SANDY	10:00-10:50a Studio 2	<b>Zumba®</b> CANDI
9:00-9:55a Studio 4	<b>Cycle</b> *** KAREN	10:00-10:50a Studio 3	<b>Balance &amp; Power</b> * STERLING ***	9:30-10:20a Studio 3	<b>Gentle Conditioning</b> * MOUNA	9:10-9:55a Small Pool	<b>Aqua Fit</b> * YUE	9:30-10:20am Studio 3	<b>Kickboxing</b> MOLINA ***	10:00-10:50am Studio 3	<b>Gentle Conditioning</b> * MOUNA
9:30-10:20a Studio 2	<b>Functional Stretch</b> * AMANDEEP ***	4:00-5:15p Studio 3	<b>Yin Yoga</b> *** CHRISTINE (75)	10:00-10:50a NEW CLASS	<b>Functional Stretch</b> * AMANDEEP ***	10:00-10:50a Studio 3	<b>Balance &amp; Power</b> * STERLING ***	10:00-10:50a Studio 2	<b>Zumba Gold®</b> * SANDRA ***	11:00-12:30p Studio 2	<b>Vinyasa Yoga &amp; Meditation</b> DAVID *** (90)
9:30-10:20a Studio 3	<b>Body Sculpt</b> MOUNA	5:00-5:50p Studio 4	<b>Cycle</b> *** ALYSSA	10:30-11:20a Studio 3	<b>Mat Pilates</b> * JEAN	4:00-4:50p Studio 3	<b>Mat Pilates</b> * RHONDA	11:00-11:50a Studio 2	<b>Total Body Pilates</b> LAURA	<b>SUNDAY</b>	
10:30-11:20a Studio 2	<b>Healthy Back</b> *** NANCY	5:30-6:20p Studio 2	<b>HIIT</b> LINDA	11:00-11:50a Starts Feb 19th	<b>Zumba®</b> *** GABY	5:00-5:50p Studio 3	<b>Yoga Flow</b> *** RHONDA	1:00-1:50p Studio 2	<b>TGIF Friday Flow</b> * DEBI		
10:30-11:20a Studio 3	<b>Total Body Circuit</b> AMANDEEP ***	5:30-6:20p Studio 3	<b>Mat Pilates</b> *** LAURA *	11:30-12:45p Studio 3	<b>Yoga Strength &amp; Flexibility</b> *** VY (75)	5:30-5:55p Studio 2	<b>Strength Express</b> *** WENDY	4:00-4:45p Studio 2	<b>Total Body Circuit</b> YUE ***	8:30-9:20a Studio 2	<b>Mat Pilates</b> LAURA
11:30-12:20p Studio 2	<b>Vinyasa Yoga</b> *** CHRISTINE	6:30-7:20p Studio 3	<b>Zumba®</b> *** SANDRA	4:30-5:20p Studio 2	<b>Barre Fusion</b> *** YUE	5:30-6:20p NEW CLASS	<b>Cycle</b> *** LISA			8:30-9:20am Studio 3	<b>BollyX</b> * Thariny ***
12:30-1:20 Studio 2	<b>Gentle Yoga</b> * JEAN	7:00-8:15pm Studio 2	<b>Hatha Yoga</b> *** JOHN (75)	5:30-6:20p Studio 2	<b>Body Conditioning</b> YUE ***	6:00-6:50p Studio 2	<b>Zumba</b> *** WENDY			9:00-9:50a Small Pool	<b>Party in the Pool</b> * RED
12:40-1:30p Studio 3	<b>Body Conditioning</b> ALYSSA			6:00-6:50p Studio 3	<b>UJAM®/MixedFit®</b> MARIANNE			9:30-10:25a Studio 4	<b>Cycle</b> *** TIM	9:30a-10:20a Studio 2	<b>Vinyasa Yoga</b> LAURA
4:30-5:20p Studio 2	<b>Zumba®</b> *** GABY			10:30-11:20a Studio 2	<b>Zumba®</b> *** WENDY						
5:00-6:15p Studio 3	<b>Yoga Fit &amp; Fun</b> *** JOHN									10:30-11:20a Studio 2	<b>Zumba®</b> *** WENDY
5:30-6:20p Studio 2	<b>Kickbox Conditioning</b> LINDA										

**Hours**  
**Monday-Friday** 6:00am - 8:30pm  
**Saturday** 7:00am - 5:30pm  
**Sunday** 7:00am - 5:30pm

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

