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

Group Exercise Class Schedule

May 2025

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

Studio 2	LINDA