



# December Newsletter

2025 Edition



## **Holiday Hours**

**Christmas Eve Day: Wednesday, December 24th**  
Closed

**Christmas Day: Thursday, December 25th**  
Closed

**New Year's Eve Day: Wednesday, December 31st**  
Limited Hours: 7 a.m. - 2 p.m.

**New Year's Day: Thursday, January 1st**  
Normal Hours: 5:45 a.m. - 8:30 p.m.

**CAN-AC: Both Pools CLOSED:**

**December 16th - 18th for Annual Maintenance**



CAÑADA COLLEGE  
**ATHLETIC CENTER**

Your community connection to education and fitness.



COLLEGE OF SAN MATEO  
**ATHLETIC CENTER**

Your community connection to education and fitness.

## Membership Hours

### Monday - Friday

6:00 a.m. - 2:00 p.m.

4:00 p.m. - 8:30 p.m.

**Pools close at 8:00 p.m.**

### Saturday & Sunday

7:00 a.m. - 5:30 p.m.

**Pools close at 5:00 p.m.**

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6:00 a.m. - 8:30 p.m.

**Pools close at 8:00 p.m.**

### Saturday & Sunday

7:00 a.m. - 5:30 p.m.

**Pools close at 5:00 p.m.**

## Contact Us

Phone: (650) 381-3575

Email: [comfit.cc@smccd.edu](mailto:comfit.cc@smccd.edu)

[comfit.canadacollege.edu](http://comfit.canadacollege.edu)

Kinesiology & Wellness Building  
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4200 Farm Hill Blvd.  
Redwood City, CA 94061

## Contact Us

Phone: (650) 378-7373

Email: [sanmateoac@smccd.edu](mailto:sanmateoac@smccd.edu)

[comfit.smccd.edu](http://comfit.smccd.edu)

Health & Wellness Building  
Building 5  
1700 W. Hillsdale Blvd.  
San Mateo, CA 94402

*Free parking currently remains in effect for all semesters.*

Front Desk News • Fitness • Aquatics • Pilates • Pickleball • Endurance Training  
Group Exercise • Membership • Athletic Center Rules & Regulations



# Editor's Note

## 2025 in Review

CAN and CSM Athletic Centers extend the Happiest of Holiday Wishes to all of the students, faculty, and community members who made every month in 2025 a success at the Athletic Centers!

Whether you are a new member (with one or two months of participation) or a seasoned member attending the first Athletic Center since opening day, we continued to grow together in the spirit of community at an institution of higher learning.

This year, while you learned about us at the Athletic Centers, our highlight was learning more about each of your fitness goals, passions, and preferences. So exactly what is the next level of service in our roles for 2026? It's delivering the best operations and programming we are able to in the areas you identified, including Group Exercise, Aquatics, Fitness Equipment, Check-in, and Customer Service.

With our efforts to be our best, did you know that we are currently breaking attendance records at CAN Athletic Center, with an average of 45,000 visits monthly in 2025? CSM Athletic Center is following closely with a monthly average of 35,000!

Suffice it to say, it is no easy task supporting the daily upkeep, usage needs, staffing, and operations, as we

highlighted in the "Behind the Scenes" issue of the newsletter earlier in the year. To that point, while we look back on 2025, we are looking forward to a new year more than ever and in the spirit of community and partnership. Our talking points and mission continue to focus on quality and how we all work together to make SMCCCD Community Fitness a shining beacon that welcomes all with a goal of improving personal fitness.

The 2025 monthly Athletic Center Newsletter in review reflects back on content delivered throughout the year to provide you with reminders on events, successes, and approaches to apply, become involved with, and help implement. Among the many 2025 newsletter topics, the following are a few standouts: improving mental health, maintaining health through the holidays, navigating success during back-to-school month, social wellness, spring fitness resolutions resets, and what it takes at Athletic Centers behind the scenes.

Take a look at the topics in this end-of-year December 2025 Athletic Centers Newsletter as we circle back together in a variety of conversations, information, and introductions provided to members.

If you haven't read all of the newsletters thus far, we hope that you will find something of interest here that continues to drive your fitness passion, sense of community belonging, and support of CAN & CSM Athletic Centers.

# Membership



## Earn a "GYM HERO'S" Carry Bag!

Promotion Extended – Ending Dec. 15, 2025!



Gym Hero is now extended to all Athletic Center Members ending December 15, 2025!

The CAN & CSM Athletic Centers encourage everyone to participate in recognition of—and dedication to—following fitness floor rules. Through participation and shared efforts, student, faculty, and resident community members who return weights, wipe down equipment, stay off their phones, wear proper gym attire, allow others to “work in,” and avoid dropping weight stacks help make the fitness floor a safer, more organized space. Participants will collect 9 stamps for each activity and receive a GYM HERO carry bag.

Take this positive member reward challenge and ask a fitness attendant for a Gym Hero Card today! CAN & CSM Fitness Attendants will walk the fitness floor and recognize each member’s efforts by stamping your card for the activities listed. Complete your card by getting all 9 activities stamped and receive a logo’d CSM or CAN Athletic Center drawstring bag!

Start collecting your stamps today and make working out at CAN & CSM Fitness Centers fun, organized, and rewarding. Get your Gym Hero Card and take steps to help make the fitness floor a better place!

## New Members Referral Program December 2025

The Athletic Centers continue to build a membership of new, enthusiastic like-minded individuals joining through the Membership Referral Program. We encourage our current members to refer a friend, family member, or work-colleague to join the Athletic Center. This provides the current member a chance to enter a drawing to win a 1, 3 or 7-day consecutive guest pass with a value between \$30-\$210.

The new referred member will benefit too, with a \$50 discount referral on the new membership enrollment fee!

Together we are building a wonderful community connection to education and fitness.

## San Mateo County K-12 Faculty, Staff, & Administrators Special Memberships

We encourage the incredibly dedicated educators and public servants working for San Mateo County to keep a healthy work life balance and to practice self-care by taking advantage of the benefits of wellness and fitness at the Athletic Centers at College of San Mateo and Cañada College. **Public school K-12 Faculty, Staff and Administrators** memberships receive special rates in appreciation of their dedication, service and hard work. Our way of thanking you for what you do! Pricing and information can be found on page 5.



## Your Community Connection to Education & Fitness

Cañada College and College of San Mateo Athletic Centers welcome **San Mateo County Public School K-12 Teachers, Staff, and Administrators** to experience the joy of movement.

Do you have family or friends who are current members at either Athletic Center? You can also redeem a \$50 off the enrollment fee if you have a referral.

### Faculty/Staff/Administrators Monthly Rates

| Category | Enrollment Fee | Single-Site | Dual-Site |
|----------|----------------|-------------|-----------|
| Single   | 120            | 32.10       | 40.66     |
| Duo      | 192            | 58.85       | 73.83     |
| Family   | 264            | 80.25       | 100.58    |

### Faculty/Staff/Administrators Monthly Rates (Non-Prime-Time)

Limited access: Monday-Friday: 6 a.m. - 9 a.m. & 4 p.m. - Close • Weekends: no restrictions

| Category | Enrollment Fee | Single-Site | Dual-Site |
|----------|----------------|-------------|-----------|
| Single   | 60             | 12.84       | 16.05     |
| Duo      | 96             | 25.68       | 33.17     |
| Family   | 132            | 35.31       | 43.87     |



**College of San Mateo Athletic Center**

[comfit.smccd.edu](http://comfit.smccd.edu) • [sanmateoac@smccd.edu](mailto:sanmateoac@smccd.edu) • (650) 378-7373



**Cañada College Athletic Center**

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**ATHLETIC CENTER**



## **We Hear You! Member Experience Response Form**

We encourage you to share your insights, concerns, and comments. Each month the Membership Teams will include the survey below.

Scan the QR code below to reply, respond or comment about your athletic center member experience. We welcome your observations and suggestions to help us improve, implement and expand our customer service best-practices!

We thank you and value your input.

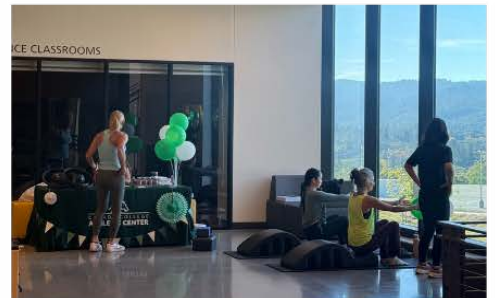


**Scan QR Code or  
Click Here**

# 4th Annual Athletic Centers Showcase: RECAP!

A big thank you to our members for showing up and bringing guests to our 4th Annual Athletic Center Showcase! These weekends are always a special opportunity for the Athletic Center team to show our appreciation for our incredible member community through the ability to bring guests as we open our doors in this "open house" concept. Whether you brought a guest or not, we hope you enjoyed the special surprises and new programming across our quadrants of Pilates, Personal Training, Group Exercise, Fitness, Aquatics, Pickleball, and more.

The turnout and support over the weekend were incredible, as the Athletic Centers welcomed over 214 brand-new guests across two locations over two days. We sincerely want to express our thanks and appreciation for this amazing community and hope that you enjoyed the Showcase!





# Aquatics

## CAÑ Aquatics

### Announcement:

### Pool Closures: December 16th - 18th for Annual Maintenance

What a year it has been! As we look back on 2025, we're thrilled to celebrate the fantastic programming, growth, and community spirit that has made Cañada College Athletic Center Aquatics a true hub for swimmers of all levels. From advanced athletes chasing goals to families making a splash together, our pools have been buzzing with energy and achievement throughout the year, and we are excited to share it with you all.

This year, we were proud to build on our foundational programs while introducing exciting new initiatives that were met with overwhelming enthusiasm.

Here's a look at the highlights that made 2025 a year to remember:

- **Expanded Learn-to-Swim Programs:** Our group and private lessons for kids and adults continued to be the cornerstone of our mission. This year, we taught over 350 students in our group lessons and another 100 members through our private lesson program.
- **Masters Swim Excellence:** Our Masters Swim program, led by our incredible coaching team, offered 17 one-hour practices each week. This is a massive commitment to our dedicated swimmers and has supported adult swimmers' advancements in fitness and technique.

- **Family Swim Days:** Family Swim Days launched, giving families a dedicated time to "free swim" and enjoy our beautiful facility together. This offering quickly became a weekend highlight.

### Here's how our community stayed active and connected this year:

- 350+ students enrolled in our group swim lessons.
- 100 members developed skills through our private lesson program.
- 17 Masters practices offered every single week – 884 hours per year.
- Family Swim Days saw an average of 90 individuals per session, making it an instant hit for community fun.

### A Huge Thank You to Our Incredible Staff

The success of CAN Aquatics programming is powered by an amazing team. We are especially proud that our staff are mostly full-time students who go above and beyond. This year, they dedicated themselves to compliance with mandatory trainings, including First Aid, CPR, Lifeguard Certifications, and professional development workshops. Their commitment to safety, skill, and service is the foundation of everything we do. We thank the staff for their dedication.

To learn more about Cañada College Athletic Center Aquatics, contact Aquatics Operations Manager, Isaak Bravo at [bravoi@smccd.edu](mailto:bravoi@smccd.edu).

# Aquatics

## CSM Aquatics

With the blink of an eye, December has arrived and 2025 is coming to a close! How fast time flies when you are dedicating yourself to hobbies that you love and focusing on your health and wellness.

The Aquatics programming at College of San Mateo Athletic Center prides itself on keeping things fresh, exciting, and welcoming. The state-of-the-art aquatic facilities and certified, passionate instructors are ready to help you meet your goals this winter.

Listed below are offerings providing a structured aquatic path for all age groups and skill levels:

- **Bulldogs Swim School:** Perfect for beginner swimmers of all ages who want to master the fundamentals and feel confident in the water.
- **Bulldogs Swim Club:** A fantastic environment for intermediate youth to develop technique, build endurance, and experience the camaraderie of a team.
- **Masters Group:** A program for advanced adult swimmers looking for high-level coaching, fitness, and friendly competition.

If structured classes aren't quite what you are looking for, lap swimming is always an option. It allows for the ultimate customization: speed, stroke, and duration – it's all up to you to decide!

Whether you need a quick, intense workout or a calming, meditative swim, the lanes are open for you. We remind everyone to refer to the Lane Availability sheet to check open lanes before booking your reservations accordingly.

Friendly reminder: please cancel any sessions you are no longer planning to attend. Let's swim and reserve

space in the spirit of community so that all have a chance to get into the water!

Alternatively, if you want to experience fun and socialization in the pools, consider Aqua Fit and Aqua Social classes. The goal-appropriate workouts blend fitness, music, and community connection. We thank you for your continued cooperation and support of rules that keep the pools, the members, and the programming on point. Looking forward to seeing you on deck!

To learn more about CSM-Athletic Center Aquatics contact: Aquatics Operations Manager, Stephanie Vuong at: [vuongs@smccd.edu](mailto:vuongs@smccd.edu).

## CSM Bulldogs Swim Club

This year has been another strong step forward for our Bulldogs swimmers. We've seen great progress across all groups – from our youngest kids learning to move confidently through the water to our senior athletes who continue to build strength, endurance, and discipline week after week.

One of the biggest updates this year was expanding our training program, especially for the upper levels. Swimmers now have more pool time and additional dryland sessions, with new exercises focused on strength, mobility, and body control. These adjustments are already showing great results.

Throughout the season, we've also had plenty of team events and swim meets that helped bring everyone closer together. The team spirit has grown stronger, and it's clear that our swimmers are supporting each other more than ever.

It's also been really rewarding to see our assistant coaches – Nefeli, Anjali, and Matthew – growing into

# Aquatics

## *(CSM Bulldogs Swim Club - Continued)*

their roles bringing positive energy and genuine care to every practice. What stands out too is how our coaching staff has become a true team – with real understanding, trust, and support for one another.

A big thank you to Aquatics Operations Manager, Stephanie Vuong, for her constant help with all administrative and team needs. Whether it's gear, equipment, or logistics, everything gets taken care of quickly and smoothly thanks to her.

And also a huge thanks to CSM Director of Community Fitness, Kurt Scholler, for always encouraging new ideas that help our program grow bringing creative vision and thoughtful leadership to everything we do. His support and perspective have been a big part of what keeps our team moving forward.

Looking ahead, I'm excited to keep this momentum going into 2026. Thank you to all our families, swimmers, and volunteers for making this such a strong and inspiring year.

To learn more about Bulldog's Youth Swim Club, contact: Coach Igor at: [marchenkoi@smccd.edu](mailto:marchenkoi@smccd.edu).

## **CSM Masters**

Our San Mateo Masters swim team had a very active 2025, competing in numerous local and championship pool swim meets, triathlons, and open water events. We could not be happier with their participation and their amazing results.

Many of our swimmers also participated in the worldwide SWIM TREK SERIES. These are not necessarily competitions, but a chance to travel around the world and swim in spectacularly beautiful and exotic bodies of water. It is

an opportunity to hang out with your teammates as well as an opportunity to meet new swimmers from around the globe.

Swimming is an amazing community of people who love the water and are always excited to try new adventures and share experiences with new swimming friends. An incredible time is always had by all!

Because the San Mateo Masters swim team has ballooned to approximately 300 swimmers (combined CSM-AC and CAN-AC), we were fortunate to be able to add new workouts.

In addition to our current team, we welcomed three great new coaches added to the staff: Diane Bayne and Alesksei Averchanko (CAN-AC), and Jonathan Ko (CSM-AC). We are so proud of the positive responses to all our coaches and overall programming.

These positive responses are reflected in the number of swimmers who are participating in each workout. A good example is our Saturday workouts, which are now averaging between 85–90 swimmers total! We will continue to provide the best quality workouts to all our team members and are proud of each of you and your accomplishments.

To learn more about Masters Swim Program at CSM, contact: Coach Tom at: [reudyt@smccd.edu](mailto:reudyt@smccd.edu).



# Group Exercise

## CAÑ-AC Group Exercise

What a year of growth at Cañada College Athletic Center. Group Fitness at CAN-AC started 2025 with 111 GEX classes and 51 instructors, ending the year with 125 GEX classes, 76 GEX instructors, and a new paid monthly schedule offering 16 new classes focusing on health and wellness. The overall increase in GEX classes added exceeds +16%, with an increase of 34.5% in part-time group fitness instructors brought onto our team.

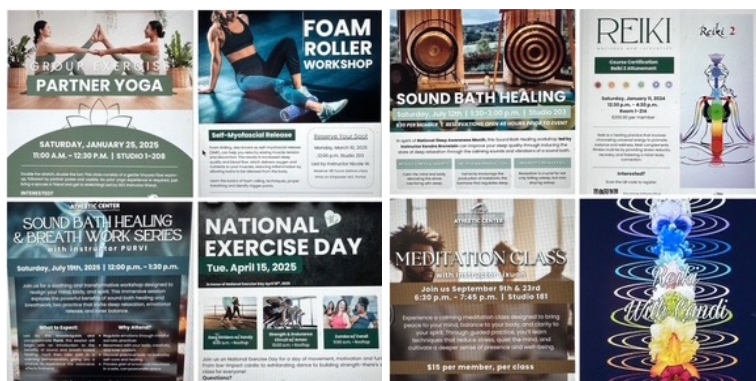
A variety of choices in our GEX classes allows a unique spectrum of fitness options for our members, including:

- **Strength Classes:** 43
- **Cardio Classes:** 33
- **Mind/Body:** 37
- **Aqua Classes:** 8
- **Pickleball:** 4

CAN-AC GEX worked hard offering events throughout 2025, allowing the members to have fun while getting fit. A total of 23 GEX events and workshops were offered in 2025 focusing on strength, endurance, health, and wellness with encouraged participation. Every goal to achieve success in a fun and relatable way for our members happened—thanks to all of you!

Hosting the 4th Annual Summer Solstice Rooftop Yoga and 4th Annual Party in Pink Dance for Breast Cancer Awareness in 2025 supported community and represented dedicated members and teammates. We welcomed the summer with our Rooftop DJ GEX classes in May and provided live music at our Hot August Nights GEX rooftop event to wind down the summer months.

Closing out 2025 with two more events on the CAN-AC GEX calendar, **Black Friday's Turkey Burn** added a few cardio classes the day **after Thanksgiving** to burn off that extra turkey, and on **December 9th** we will host—weather permitting—our last rooftop event for the year, **Glow Up and Sweat**, bringing a few of our members' favorite GEX instructors and classes back to the rooftop for two and a half hours of GEX classes under the stars, the final event for 2025.



# Group Exercise

## CAÑ-AC GEX Event Recap!



## CAÑ-AC New Classes

### *New December Class*

Vinyasa with Taissia  
Sundays | 12:00 p.m. | Studio 203

For more information on classes or programming at CAÑ-AC Group Exercise, contact Candi Cabrera at [cabrerac@smccd.edu](mailto:cabrerac@smccd.edu).

## CSM-AC Group Exercise



It has been an incredible year for our GEX Community at CSM, from wonderful new instructors joining the team to the new classes, especially our fun themed classes.

We welcomed several new energetic GEX instructors to our schedule this year, each bringing their own unique style and energy to our community. Our lineup became even stronger with new formats designed to challenge and inspire our members.

Several of our themed classes at CSM were Pink in October, where we wore pink and powered through special classes in honor of Breast Cancer Awareness Month

# Group Exercise

## *(CSM-AC Group Exercise – Continued)*

Halloween Spooktacular, where we had spooky playlists and fun costumes that brought members together for a day to remember; and our Thanksgiving Burn class, a pre-feast sweat session.

Thank you, CSM GEX Family, for your continued energy, consistency, and community spirit that make this program what it is. Let's keep moving and have even MORE fun in 2026!

## CSM-AC New Class

### BollyX with Sandeep – Mondays | 8:30 a.m.



Sandeep is a dynamic and energetic Bollywood fitness instructor with a passion for helping people stay fit while having fun. With 8 years of experience in the fitness industry, Sandeep combines the high-energy moves of Bollywood dance with effective fitness routines to create an exciting and impactful workout experience.

Certified in BollyX, Sandeep specializes in Bollywood-inspired fitness classes that blend rhythmic dance steps with cardio, strength training, and flexibility exercises. This fusion of dance and fitness not only improves cardiovascular health but also builds strength, tones muscles, and boosts overall stamina—all while keeping the energy high and the atmosphere fun.

Sandeep believes in the power of dance to transform

both body and mind. Whether you're a beginner or an experienced dancer, every class is designed to be inclusive, motivating, and accessible to all. Through positive reinforcement and a personalized approach, Sandeep ensures that every student feels confident, challenged, and empowered.

When not teaching, Sandeep stays active through Pilates and yoga, exploring new ways to inspire others to lead a healthy and active lifestyle.

For more information on classes or programming at CSM-AC Group Exercise, contact Mouna Soudah at [soudahm@smccd.edu](mailto:soudahm@smccd.edu).

## GEX December Birthdays!

Sandy Frojelin, December 2nd  
Candi Cabrera, December 10th  
Amandeep Barboza, December 12th  
Taissia Belozerova, December 19th  
David Cho, December 25th  
Thariny Mayooranthan, December 30th

### Questions regarding GEX classes contact:

**CSM-AC** – Mouna Soudah at [soudahm@smccd.edu](mailto:soudahm@smccd.edu)

**CAN-AC** – Candi Cabrera at [cabrerac@smccd.edu](mailto:cabrerac@smccd.edu)



# Group Exercise Schedules

Did you know that College of San Mateo and Cañada College Athletic Centers combine to offer 190 complimentary Group Exercise classes each week? Embrace your passion to move, connect and be one with a community of like-minded members. Pick from a large selection of Group Exercise classes. Try something new or challenge yourself—**there's something here for you!** To reserve, please visit the **Empower M.E. member portal**.



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[comfit.canadacollege.edu/class.html](https://comfit.canadacollege.edu/class.html)



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[comfit.smccd.edu/group-exercise](https://comfit.smccd.edu/group-exercise)

**CLICK TO SEE OUR CURRENT GROUP EXERCISE SCHEDULE**

## GEX "Rules of the Road" & Reminders

- *No Food or Drinks. Closed topped water bottles are great!*
- *Reservations are required for ALL Group Exercise classes at both Athletic Centers.*
- *Please arrive to class on time. Late arrival beyond 10 minutes is not recommended as proper warm-ups are necessary to ensure safe increases of intensity elevation.*
- *Please consider your courtesy towards others and the instructor, and keep talking to a minimum during instruction.*
- *Please check online for GEX changes and updates.*
- *Classes marked with \*\*\* are not offered virtually (CSM-AC only).*

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**ATHLETIC CENTER**

## Celebrating Growth in 2025

August 2025 marked three years since the Cañada College Athletic Center opened its doors for community membership. Since then, the facility has seen incredible growth and progress. Below we reflect on how this year the Fitness department has worked diligently to support our growing membership:

### Partnership with Kinesiology and Dance

The Community Fitness and Kinesiology and Dance departments work closely together to ensure clear communication between community members and students sharing the facility. Both departments have partnered to create operating procedures to message important updates on facility use. Members and students are notified in advance about equipment and facility usage to help support planned programming and scheduling.

### Increase in Staffing

The Fitness department is proud to have added talented staff over the past year to provide outstanding service for members seeking specialized services. Three Certified Personal Trainers, eleven Group Exercise Instructors, two Pilates Instructors, and one Recovery Specialist joined our team in 2025.

### Addition of New Equipment

In March of 2025, three treadmills and five strength machines were added to the equipment on the fitness

floor. Additionally, smaller functional equipment such as resistance bands, ab rollers, kettlebells, and cable attachments were added. Stay tuned for more equipment updates in future newsletter articles as we continue to optimize the facility.

### Gym Hero

Gym Hero was launched in September of this year in an effort to celebrate and acknowledge members who pride themselves on helping staff keep the facility running smoothly. Stop by the Fitness desk on your next visit to learn more about Gym Hero and how to receive a logoed drawstring swag bag. Due to high demand, this promotion has been extended until the end of the fall semester on December 16th, 2025.

### Specialized Programming

This year, specialized programming was added on the fitness floor, in Pilates, and in the Group Exercise studios. Members can now enjoy small group training in our weekly Muscular Endurance classes and newly added SKI-Fit classes, both as drop-ins or for a monthly fee. Group Exercise lead Candi Cabrera has done an incredible job offering monthly themed group classes as well as monthly Health and Wellness classes, including Tai Chi and Meditation. Newly added Pilates equipment allows members to enjoy small group classes and specialized routines.

For more information on scheduling group fitness programming, contact Operations Manager Joe Moorbrink at [moorbrinkj@smccd.edu](mailto:moorbrinkj@smccd.edu).



# CSM Fitness

As we approach the end of another amazing year, we want to take a moment to reflect on everything we've accomplished together at the College of San Mateo Athletic Center — and share a few exciting updates as we head into the new year!

2025 has been a year filled with energy, progress, and community. From personal bests and fitness milestones to packed classes and new friendships, we've watched our members push boundaries and support one another every step of the way. Your dedication is what makes the Athletic Center more than just a gym — it's a community that inspires greatness.

This year, we also introduced new group fitness classes, hosted special events and challenges, and continued to expand our wellness offerings. Every success we've had is a reflection of your commitment and passion for health and fitness. We're committed to continuing to improve our facility and ensuring every visit leaves you feeling stronger, healthier, and more motivated.

## Equipment Upgrades

We're always striving to give our members the best possible fitness experience. This year, we upgraded our cardio area by adding:

- 6 new recumbent bikes
- 5 new upright bikes
- 2 new treadmills

These additions provide more options, comfort, and flexibility for every fitness level — whether you're warming

up, recovering, or pushing through an intense cardio session.

## Gym Hero Project

One of the highlights this year was launching the Gym Hero Project, which is ongoing until December 16th. This project is designed to promote positive gym etiquette and reward members for following the Athletic Center rules. From wiping down equipment and re-racking weights to showing respect and encouraging others, our Gym Heroes help create the welcoming and supportive atmosphere we all enjoy.

We recognize a Gym Hero who consistently sets a great example for others. Thank you to everyone who has participated — your effort makes a real difference in our community! Stop by the fitness desk to start your Gym Hero journey — it's not too late!

## A Heartfelt Thank You

To all our members — thank you for your continued support and dedication throughout the year. Your feedback, enthusiasm, and commitment inspire us every day to make the College of San Mateo Athletic Center the best it can be. Let's finish the year strong and step into 2026 with energy, determination, and pride in what we continue to build together in the spirit of community.

To learn more about CSM-Athletic Center Fitness Programming, contact Fitness Operations Manager, Megan Pham at: [phamm@smccd.edu](mailto:phamm@smccd.edu).



# Pilates

## The Work That Follows You

As the year winds down, we've been thinking about what progress really means in the Pilates studio.

It isn't about harder resistance springs or new exercises. Most of the time, it shows up quietly—in how you lie on the Reformer, how your breath meets the spring's extension and contraction, and how your body begins to move with a little more ease and a little less effort.

This year, we've seen many of you shift from doing Pilates to really feeling it. Finding control by grounding, not gripping. Letting the breath lead. Learning that strength doesn't always mean tension; sometimes it feels like space, calm, or steadiness.

We've also seen the work move beyond the studio—how you bend, rotate, or lift without discomfort; how your joints feel lighter and more flexible during daily activities; how your body moves on walks, runs, or when playing with your kids; and how your body feels at ease in all of it. That is what we love most—seeing the method help you feel active, comfortable, and at ease in your body.

The Pilates Reformer apparatus teaches us this again and again. The springs meet you exactly where you are.

They show you your habits, your effort, your ease. Over time, the equipment stops being something to conquer and becomes something to listen to—a quiet dialogue between your body and your breath.

As the year closes, notice the small victories and proudly own them.

Pilates work isn't confined to the studio; it follows you. It shows up in your daily life, quietly reminding you how strong, capable, and comfortable your body can be.

To learn more about Pilates Reformer training, contact:

### **Cañada College Athletic Center Pilates**

Pilates Lead, Christina Mancin at [mancinc@smccd.edu](mailto:mancinc@smccd.edu).

### **CSM Athletic Center Pilates**

Pilates Lead, Sybille Draper at [drapers@smccd.edu](mailto:drapers@smccd.edu)



## CSM & CAÑ Front Desk

It has been wonderful seeing both new and familiar faces settle into routines emphasizing self-improvement. Throughout this year we have seen our members countless times, and we've noticed your dedication and drive to improve your health. Know that every "welcome in" and "see you later" is accompanied by appreciation and recognition of your effort.

We are proud to have been a part of your journey, and we are thankful that you have been a part of ours. As 2025 comes to a close, we want to thank you all for the kind and joyful interactions at the Front Desk.

Our staff is grateful to the many members who recognize their effort, especially for our Student Assistants, as your patience and empathy go a long way in supporting their professional development.

If you are looking for new challenges or to take advantage of all that the Athletic Centers have to offer in 2026, please come on over to the front desk and we can support you!

With the new year approaching, we hope to see you all finish this year on a high note and begin the new year as strong as possible.

Let's make this a year to strengthen body, mind, soul, and community!

### Cañada College Athletic Center Front Desk

To learn more about the CAN-AC Front Desk, contact Ricardo Aguilar at [aguilarr@smccd.edu](mailto:aguilarr@smccd.edu).

### CSM Athletic Center Front Desk

To Learn more about CSM-AC Front Desk, contact Julisa Lopez at [lopezj@smccd.edu](mailto:lopezj@smccd.edu).



# order & pickup



College of San Mateo

 **Skyline College**

  
Cañada College

[pacific-dining.com/csmcafe](http://pacific-dining.com/csmcafe)

[pacific-dining.com/skylinecafe](http://pacific-dining.com/skylinecafe)

[pacific-dining.com/canadacafe](http://pacific-dining.com/canadacafe)

Student Dining now serving until 7:00 p.m.

# Membership Rules

## Guest Fees

We remind our guests that Guest Fees will be credited back to the purchase of a new membership. Individuals who first pay the fees and then join the Athletic Center afterwards will receive that credit at that time. Guests are encouraged at our locations and we look forward to meeting and sharing our facilities and programming.

## Rules and Regulations

We encourage our members to support and adhere to the rules and regulations to assurances of best practices and ease of process for the benefit of showing caring to our college students, faculty and staff and community members.

### Hours of Operation

1. Hours of Operation are posted on the SMCCD Community Fitness Website: College of San Mateo - [comfit.smccd.edu](http://comfit.smccd.edu) and Cañada College - [comfit.canadacollege.edu](http://comfit.canadacollege.edu).
2. Holiday and Special event hours will be posted in advance of changes on the website.

### Member/Guest Eligibility for Use

1. Only Members of the College of San Mateo Athletic Center / Canada College Athletic Center (SMCCD fitness and pool facilities at the college(s) of San Mateo and/or Cañada), herein referred to "SMCCD Community Fitness Members," in good financial standing will be able to use the facility or facilities. Single location membership or dual membership location designation-memberships must be purchased in advance and align with the membership on file for accessibility and use at either or both locations.
2. A one-day Guest Pass is available for members to purchase for their guest at a charge of \$30.

3. Local guests may only use the facility 1 time per month, local ID is required.
4. Out of town family guests, may use the facility up to 4 times monthly, out of town ID is required.
5. Guests must be accompanied by a current member who is 18+ years of age while using the facility.

### Enforcement of Rules

The SMCCD Community Fitness staff will protect the rights and privileges of rule-abiding members. Behavior deemed inappropriate by attending staff or management will be addressed with courtesy. Members who display intentional noncompliant behavior or actions affecting the safe operations of the facility to self or others will be asked to leave the fitness, exercise, or swim area to discuss corrections. Willful disruptions, (arguing and fighting) with members, staff or public safety will result in removal from the facility and may also result in the suspension of/ or cancellation of the membership.

### Rules

1. Use of the SMCCD Community Athletic Center(s) is restricted to students, faculty, and community members in good financial standing and/or attending academic instruction.
2. All Members and Guests must register at the Front Desk prior to using the center.
3. All Members wishing to use the SMCCD Community Athletic Center(s) are required to complete registry and enrollment paperwork, including Membership Application, Liability Waiver, and payment information for monthly member charges.
4. All Paid Member Services, including personal training, semi-private fitness training, Pilates, swim instruction etc. will be conducted by an SMCCD employee.
5. All persons using the SMCCD Athletic Center(s) do so at their own risk and agree to abide by the rules for use of the facility.

# Membership Rules

6. Members and Guests are responsible for their own personal property. The SMCCD Athletic Center(s) assumes no responsibility for any loss or damage to personal property.
7. The Family Membership has been created for family use together, with at least one parent or guardian working out with their child/children at that time, thusly children 15 to 17 should be in the company of the member parent or guardian during their workout. (An adult friend brother or acquaintance age 18 or older is not a replacement for the parent or guardian who has signed up to the Family Membership, with requirements to be with family during workouts).
8. Horseplay, profanity, and disruptive conduct are strictly prohibited.
9. Proper workout fitness and sports attire must be worn when working out in the Fitness area or group exercise classes. Street clothes are not acceptable, and members will be asked to change clothing or leave the workout area if attire is not assuredly sport/fitness/yoga attire and with proper sports shoes. Examples of inappropriate dress include, torn clothing, cargo pants, bathing suits, flip flops, sandals, bare feet clothing with belts, buckle or made of denim etc.
10. Fitness equipment is required to be wiped down by each user after completion of each exercise.
11. Trash must be placed in containers provided for this purpose.
12. Food is not permitted inside the fitness, pool, or group exercise areas.
13. Open speaker audio is not allowed at any time.  
**Phone calls are not allowed in the fitness areas or locker rooms.** They must be taken outside, at the front desk area or Aquatics lobby. Members will be required to end phone call made in the fitness area or locker rooms, by attending staff or managers.
15. Only pre-authorized, employed individuals of the SMCCD Athletic Centers may record or photograph activity. Members and their guests are not permitted to use any recording devices to capture visual or audio content at any time.
16. The time limit on equipment is 30 minutes, when others are waiting.
17. Re-racking weights in proper order is a requirement at this facility. This location is a student teaching facility and weights are required to be replaced in their intended manner.
18. Cancellation policy on all paid services is 24 hours. Cancellations within 24 hours will incur the full charge of the service.
19. Locker room facilities are available for all members and their guests. Children 15-17 must be accompanied by their parent or guardian.
20. Member may not adjust lights, fans, temperature controls, yet may seek staff assistance.
21. No personal notices, advertising posters, distribution of personal or business or posting of non-approved SMCCD material is allowed at any time.
22. Cell phone & personal devices may not be charged at outlets dedicated to cardiovascular equipment.
23. Members are required to make reservations for pool lanes and GEX classes.

**All persons using SMCCD Fitness Center(s) do so at their own risk and agree to abide by these rules for use of the facility.**