CAÑADA COLLEGE || COLLEGE OF SAN MATEO

ATHLETIC CENTER

January Newsletter

2026 Edition

Holiday Hours

New Year's Day:
Thursday, January 1st • Normal Hours

Martin Luther King Jr. Day:
Monday, January 19th • Limited Hours: 7 a.m. - 2 p.m.

Important Dates

Spring Semester Begins:
Monday, January 12th

CAÑADA COLLEGE
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.

Contact Us

Phone: (650) 381-3575
Email: comfit.cc@smccd.edu

comfit.canadacollege.edu

Kinesiology & Wellness Building
Building 1
4200 Farm Hill Blvd.
Redwood City, CA 94061

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Contact Us

Phone: (650) 378-7373
Email: sanmateoac@smccd.edu

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

This month's newsletter places focus on a January theme: "National Be On-Purpose Month." Who knew there was such a thing? Yet, what better time to think about aligning mindful intention with personal action to create positive change than at the beginning of a new year?

The Athletic Centers at Cañada College and College of San Mateo Athletic Center provide a wonderful framework for "Being on Purpose," with goals to improve your physical, mental, and social wellness.

Physical wellness improves overall health, supporting cardiovascular function, diabetes prevention, better cognition, lower blood pressure and cholesterol, stronger bones, and improved balance, endurance, and flexibility.

The resulting benefits are unquestionable, and most of us already know we get great results from physical activity, yet the question still remains: how do we "do it on purpose," "make it happen on point," and most challenging of all, "stay consistent?"

In 20-plus years working as a trainer, I have always asked every new client to begin with the spiritual journey first. No, not the religious kind—the "let me sit in silence and envision the outcome" kind of spirituality. Get in touch with that deeper self and begin knowing you are "pure potential."

Begin with the vision of the outcome. It could be walking a 5-mile trail, running a ½ marathon, building muscle tone, or perhaps meeting new friends while enjoying exercise. If it's not happening now, know that the very thought and intention is the first step. Then consider the following way to make January "Be On Purpose" month for you. Here are 7 steps to help get you there.

1. Thank the result before it occurs. With this, the knowledge and faith that you will reach your goal is already achieved in your mind.
2. Step forward with a plan. Schedule workouts on your calendar and set a reminder an hour before to prepare and stay on track.
3. Accept that every day will be different. Let go of the minute-by-minute plan. If a machine or class isn't available, pivot and try another option. Change is part of the process—smile and know there are equally beneficial alternatives.
4. Stay consistent. When you miss a planned workout, work out anyway—at a different time or alternate day. The effort you put in is the result you will garner.
5. Let it go. Once you find your weekly rhythm, release the outcome, trust the process, and stay present.
6. Break the cycle of expectation. Results may look different than planned—welcome the changes as positive progress.
7. Follow your flow. It has been stated: 3 days to a decision, 3 weeks to habit, and 3 months to a lifestyle. Stay the course, enjoy the journey, and bring others into the positive.

We invite members to join January 2026 "Be On Purpose" Month as we continue building a stronger community. Thank you for your support and partnership. This new year, we leave you with this thought:

"You are what your deep, driving desire is.
As your desire is, so is your will.
As your will is, so is your deed.
As your deed is, is your destiny."

Happy New Year!
- The Athletic Centers' Teams

CAÑADA COLLEGE || COLLEGE OF SAN MATEO
ATHLETIC CENTER

Membership

CSM Athletic Center Parking

Changes Coming in February 2026: Parking Lot B Closure

College of San Mateo will begin construction preparation for Student Housing with a tentative target date of mid-February 2026. This will require the closure of Parking Lot B at that time. During the month of January, parking will not be affected.

Students, faculty, and CSM Athletic Center members are encouraged to park in Lots A and C upon the effective closure of Lot B. Specific dates will be emailed and texted to all members several weeks in advance of the change.

Please see the link to the campus map below for reference to campus parking:

Click Here for CSM Campus Map

It is suggested that anyone with an appointment at CSM-Athletic Center arrive early to ensure parking and walk time to the Athletic Center for a timely arrival.

Currently the contruction date is tentative, however this will be announced in time for Athletic Center members to learn about the implementation of the new parking locations.

New Members Referral Program January 2026

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.

Learn more on the membership page of the Athletic Centers website or by speaking directly with a Membership Sales Specialist.

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.

comfit.smccd.edu • sanmateoac@smccd.edu • (650) 378-7373

comfit.canadacollege.edu • comfit.cc@smccd.edu • (650) 381-3575

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ATHLETIC CENTER

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

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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

BETA

NEW MEMBER ORIENTATION CLASSES

We invite new and current members to join our Athletic Center's Orientation Class, where our leadership team will walk you through member access and available amenities.

Attendees will receive an exclusive welcome gift!

CLASS TIMES

Monthly Meetings in Classroom 214, Bld 1

First Tuesday • 5:30 p.m.

Third Thursday • 10:00 a.m.

Reserve your spot 48 hours before class time through the Empower M.E. portal.

For more information, contact Director of Community Fitness, Grey Sanderson, at **sandersong@smccd.edu.**

Aquatics

CSM Aquatics

The month of January brings new beginnings, new visions, and a new purpose. January is the perfect time to hone in on your vision, set strides, and set the tone for the rest of the year.

At the College of San Mateo Athletic Center, we pride ourselves on all the amenities we offer. Whether you're interested in fitness classes, personal training, or maximizing your aquatic fitness, the Center is the perfect place to start your new year habits!

If you are a frequent gym-goer, the most exposure you might have to the pool deck is simply looking at it. Time to dive a bit deeper (pun intended) and discover the variety of aquatic programs available!

This includes a robust schedule of programming, including lap swimming, group and private swim lessons, Aqua-Fit, Bulldogs Swim Club (youth swim team), and Master's Swim. The team is confident you will find something you like!

We pride ourselves on being one of the few local facilities that offers a year-round, heated, outdoor Olympic-sized 50-meter pool with long-course availability. Long-course offers a unique opportunity to significantly increase the distance of your workout, going from the standard 25 yards to a full 50 meters (double the distance). If you are looking for an exciting way to challenge yourself, check out our long-course times, offered on Friday evenings at 7:00 PM and Saturdays from 10:00 AM–12:00 PM.

Regular lap swimming is offered seven days a week (weekdays from 6:00 AM–8:00 PM and weekends from 7:00 AM–5:00 PM). That's a lot of opportunity to get your swim on! The Olympic Pool runs colder, allowing for a vigorous workout, measuring 77–78 degrees Fahrenheit. The Instructional Pool, alternatively, runs warmer at 87–89 degrees Fahrenheit. The warmer water offers a gentler experience on the body—great for low-impact endeavors and recovery.

Can't swim? We've got you! Lessons are your ticket to confidently spending time in the pools.

For adults, private lessons are the way to go, tailored to your unique needs and goals. For youths aged 3–12, group lessons are where most children thrive. Group lessons are structured, with each level focusing on specific skill development. To inquire about private or group lessons, please reach out to our team at **bulldogs.ss@smccd.edu.**

For the more advanced swimmer, Master's is a great program to check out. Head Coach Tom Reudy has been coaching at the Athletic Center for over 15 years, offering a wealth of knowledge, tips, and tricks on how to become a better swimmer. (Please check the Master's Swim schedule and fees at the front desk or on our website.) We also offer Bulldogs Swim Club for those aged 12–18. Here, kids grow their swimming skills while forming a lifelong hobby that carries into adulthood.

The employees at the Athletic Center challenge you to make this year your best yet! Remember, goals like this are a marathon, not a race. Keep your body moving, and don't get discouraged if you miss a day or two.

Aquatics

Visit the CSM Athletic Center front desk or check our website today to explore our full schedule and dive into your new healthy habit—swimming!

A friendly reminder that the new semester starts **January 12th**. Please be sure to review the updated Pool Lane Availability Sheet beforehand, as academic classes and intercollegiate swim programs hold lanes in this shared space.

To learn more about CSM-Athletic Center Aquatics contact: Aquatics Operations Manager, Stephanie Vuong at: **vuongs@smccd.edu.**

CSM Bulldogs Swim Club

"Starting the New Year with Purpose"

January is usually a month of new beginnings. For our swimmers, it's a great moment to pause and think about what they would like to accomplish—not only in the pool, but also in school and daily life.

This month's theme, "Be On Purpose", reminds us to be clear about what we're working toward. When swimmers understand their goals, practices start to feel different. They become more focused, more engaged, and more confident. Even small steps begin to matter.

This January, I encourage athletes to consider the following:

- Think of one or two simple goals for the season.
- Arrive at practice with intention and a plan for an excellent session–even on days when you feel tired.
- Consider improvements and celebrate them.
- Learn from small challenges and use them to grow.
- Reflect after each workout and ask: "What did I do today to move forward?"

As coaches, we do our best to guide every swimmer through these processes. Purpose doesn't have to be something big—sometimes it's as simple as showing up, trying your best, and supporting your teammates.

Let's begin the new year with steady, meaningful steps. Thank you for being part of our BSC family, and let's make 2026 a strong and purposeful year together.

To learn more about Bulldog's Youth Swim Club, contact: Coach Igor at: **marchenkoi@smccd.edu.**

CSM Masters

January is National "BE ON PURPOSE MONTH." Technically, January has become "Make Dreams Happen and Take Responsibility" Month. This is the month that we start putting all those good thoughts we have every day into action. Those "actions" change our lives by placing focus on "meaning" and "purpose."

Let's make January a great month to start the new year by looking back at our lives and taking stock of all the bumps in the road that have stopped us from making positive progress. This is the time to acknowledge the "bumps" and begin eliminating each and every one of them—or in some cases, embrace them as a new way to grow. The goal here is to bring more purpose and less drama into our lives. Remember that drama creates fear, and this ultimately leads to "self-talk" that takes away from achieving the goals we hope to accomplish.

This is the time to put our positive energy towards all things that really matter. Is drama positive? Does drama really help you get over the bumps and achieve the goal of "purpose?" I don't think so...

This process doesn't have to be a monumental journey. Keep it simple. Baby steps can actually be huge steps in achieving "purpose." Personally, I need to exercise.

Any kind of exercise will do. Of course, heading to the gym is the most obvious kind of exercise. However, I find the simple act of laughter to be such a freeing kind of exercise. We don't realize that reading is a great exercise—not reading about the negative things in the world, but reading with learning, lightness, and fun in mind.

I find doing crossword puzzles to be incredibly relaxing. Talk about keeping it simple… I find that making my bed in the morning, regardless of how early I have to get up for work, makes me really happy. Because when I return home, my room looks very comfy. Ok, probably too much personal info… haha. But I think you get the idea.

The takeaway from all of this is to find whatever it is that makes you happy. Find that "purpose!" Keep it simple. Eliminate everything that deviates from that goal. There is so much out there to help you in this journey. Find all the positive in your journey and use it.

As we get "less young," we start to realize just how quickly time is flying by and how precious each day truly is. Life can feel busy and overwhelming, but this awareness is a powerful reminder to focus on what really matters. Ask yourself: "How do I want to live my life?" Now is the time to find your "purpose," embrace it fully, and take deliberate steps to make it happen. Live intentionally, savor each experience, and enjoy every moment along the way; these are the moments that truly shape a life well-lived.

To learn more about Masters Swim Program at CSM, contact: Coach Tom at: **reudyt@smccd.edu.**

CAÑ Aquatics

Welcome to 2026 on the CAN Pool Deck! We are so eager and excited to have you back in our (thankfully heated) pools in January. A couple quick reminders and notes:

- Colts Swim School is officially back from break on Monday, January 5th!
- We thank our members for their patience and understanding as we closed down our pools for annual filter repair for a few days in Mid-December. Our pools are healthy and ready for extended use throughout the new year!

January is National Be On-Purpose Month and emphasizes the importance of setting yourself up to succeed with good habits and structure around you, in order to hit your personal and professional goals. Our team at CAN Aquatics is ready to support and serve you by providing a clear framework around your aquatics needs, whether that's help with lap lane reservations, setting up a swim assessment with your child, or joining an Aqua-Fit class with your friends!

1. 15-Minute Standby Policy for Lap Lane Reservations: During certain days and times, you may have noticed that the pools get more use than others! We require reservations to be made through our Member Portal for all swim lanes. You may have noticed that when a specific pool time is at capacity, you still have the ability to reserve, but you are placed on **STANDBY.**

a. "Standby" means that you are on the waiting list. Our Standby Policy for lap lane reservations means that you can check-in with our lifeguards for the lap lane. If there is space in the pool, they will put you in, but you may be asked to wait up to 15 minutes after the start of the hour to allow for those that reserved first time to make it to their lane.

b. Conversely, if you are Reserved for a Pool Lane, try to show up on time! If someone on Standby comes to the lane time and you are not there 15-min after the start of the hour, you will lose your spot.

c. Please work kindly and patiently with our lifeguards out on deck regarding this policy and always follow the direction of our staff.

2. Reminder – No Photos or Videos Can Be Taken Out on the Pool Deck:
We know – but that view!! Unfortunately, for ALL member's safety and security (including our children and minors) we ask for phones to be kept safely in your locker while you swim.

3. Please Don't Hang on the Lane Lines:
Last year, we experienced delays and had to shut down some pool lanes because lane lines had snapped or degraded to the point they had to be replaced. This is often caused by hanging on the lane lines, or leaning on them while you talk to your neighbor. Please - so that we can continue to offer uninterrupted lane reservations – don't hang on the lines.

To learn more about CAN Athletic Center Aquatics contact: Grey Sanderson at: **sandersong@smccd.edu.**

CSM Fitness

January – National "Be On Purpose" Month

This holiday encourages us to start the new year by putting our good intentions into action—both in our personal and professional spheres of life. While January often brings resolutions, "Be On Purpose" month challenges us to go a step further: to turn those resolutions into habits rooted in clarity, consistency, and meaningful effort. If you don't know yet what your purpose is, start by figuring out what you are passionate about. Those things that give you a burst of joy when you think about them, make you come alive! Following your passions, living by your set of beliefs and values, and living in the moment are a few ways to ensure you live each day with purpose.

History and Why Purpose Matters

The theory developed by Edwin A. Locke and his colleagues suggests that a key reason some people outperform others is the difference in the goals they set for themselves. In essence, higher goals tend to lead to higher levels of performance. Locke's concept of goal-setting was inspired by Aristotle's idea of final causality—the belief that having a purpose drives people to act. Building on this foundation, Locke began exploring how goals influence human behavior and productivity. When you enter the gym with a clear purpose—whether it's improving strength, boosting energy, relieving stress, or simply prioritizing yourself—you move differently. You train with intention. You stay focused. And most importantly, you build momentum that reaches far beyond the gym walls. This momentum often spills over into other areas of life, helping you make progress toward personal, professional, and even relational goals.

Bringing Purpose into Your Workouts

All month long, you can highlight simple ways to stay grounded in your "why." That might look like the following:

- Setting a small intention before each workout.
- Tracking a weekly habit.
- Choosing one skill or movement to improve.
- Showing up even on the days when motivation dips.

How Purpose Extends Beyond Fitness

Purpose-driven habits aren't just for your workouts. When you practice intention here, you often find it carries over into your career, relationships, and personal growth. Discipline improves. Confidence builds. You begin to honor the commitments you make to yourself—and that mindset transforms every area of life. National Be On-Purpose Month gives us the motivation we need to set specific goals and stick to them.

Tell Us About It!

Throughout January, look for intention-setting prompts, micro-challenges, and moments of reflection to help you stay connected to your gym goals and build consistency. Share your purpose with our staff or coaches—when you voice your goals, they become more real, and accountability begins to take shape. Our team is here to guide, motivate, and celebrate with you every step of the way. Let's make this month the start of something intentional, sustainable, and empowering.

To learn more about CSM-Athletic Center Fitness Programming, contact Fitness Operations Manager, Megan Pham at: **phamm@smccd.edu.**

CAN Fitness

Setting S.M.A.R.T. Fitness Goals for a Purposeful New Year

January is National Be On Purpose Month—a perfect time to pause, reflect, and set intentions that truly matter for the New Year. It's a chance to move beyond vague resolutions and take deliberate steps toward the life and fitness you want. Fitness goals are among the most popular resolutions, yet they can often feel challenging to achieve or sustain without a clear plan. That's where the S.M.A.R.T. goal framework comes in. By making your goals Specific, Measurable, Achievable, Relevant, and Time-bound, you can transform broad intentions—like "losing weight" or "getting fitter"—into concrete actions that drive real, lasting progress. This approach not only gives you direction, it builds momentum, motivation, and confidence as you start the year with purpose.

S – Specific

Setting specific goals involves clearly defining exactly what is trying to be accomplished. These types of goals will answer the who, what, where, when, and why behind the intention being set: "I will walk on the treadmill every day for 30 minutes every day in the month of January to improve my cardiovascular health".

M – Measurable

Tracking specific metrics helps maintain progress and allows for adjustments along the way. Measurable fitness goals include clear numbers or benchmarks to work toward, such as: 'I will begin a strength training routine to safely deadlift 150 pounds.'

A – Achievable

Having realistic goals that are actually achievable is important to avoid frustration and giving up. This can involve setting smaller weekly fitness goals to aim towards a larger goal later on: "I will increase my running distance by 5 minutes each week to prepare for the half marathon this summer."

R - Relevant

Relevant goals will matter to you and what you are trying to accomplish. Asking yourself "why" you want to choose a specific goal will make the process more meaningful and attainable: "I will add 20 minutes of cardiovascular exercise to each workout to improve my stamina while playing with my children".

T – Time-Bound

Establishing deadlines and timeframes for fitness goals sets actionable intentions by improving motivation, creating a healthy urgency, and avoiding procrastination. The New Year is an ideal time to refresh fitness routines by reflecting on potential improvements and setting target dates to achieve: "I will lose 5 pounds each month through diet and exercise to fit into my dress for my best friend's wedding in March".

Schedule your complimentary Fitness Assessment here or by emailing Fitness Operations Manager Joe Moorbrink at **moorbrinkj@smccd.edu.**

Group Exercise

CSM Group Exercise

Group exercise is a great way to hit reset and get back on track. Showing up to your favorite GEX class helps you build healthy habits, boosts your confidence, improves your mood, and increases consistency. In group fitness, you are reminded that you are not alone on your fitness journey. Encouraging instructors are here to guide you—just keep moving and you will achieve success and possibly make a few new friends! Take a group exercise journey, with over 190 classes to choose from across two locations. We look forward to your participation and hearing about your successes.

CSM GEX Time Changes

Tuesdays & Thursdays

- **Aquafit w/ Yue at 9:00 a.m. → *now at 8:10 a.m.***

Tuesdays

- **HIIT w/ Linda at 8:10 a.m. → *now at 8:00 a.m.***

Thursdays

- **Core Blast w/ Jo at 7:30 a.m. → *now at 7:00 a.m.***

Thursdays

- **HIIT w/ Jo at 8:30 a.m. → *now at 8:00 a.m.***

CSM-AC Instructor Spotlight

Roll & Release w/ Kari – Fridays at 12 p.m.

Kari has a passion for movement and has been teaching for over 20 years. She's been part of the CSM-AC team for six years, teaching Pilates privates and small-group classes, along with TRX and Pilates Mat at CAN-AC. Her diverse background reflects extensive training across several fitness modalities and experience working with students of all levels.

Roll & Release (Fridays at noon) is an active recovery class that focuses on improving mobility, range of motion, flexibility, and releasing muscle tension. Foam rolling techniques, stretching, and other tools help your body move and feel better. Try this class today and experience **recovery** in a group setting.

CAÑ Group Exercise

Benefits of TRX Offered at CAN-AC

TRX can help you in many ways to strengthen your body, but did you know it is also known to improve strength, balance, agility, flexibility, and bone density? Yes, TRX is a favored exercise for enhancing bone density, as it helps build, maintain, and strengthen the bones, muscles, and tendons. The mechanical load and muscle tension generated during TRX exercises stimulate bone formation, which is crucial for strengthening bones and preventing conditions like osteopenia and osteoporosis.

Here's how it works:

- Weight-Bearing Exercise
- Resistance Training
- Progressive Overload
- Balance and Fall Prevention

Many TRX exercises are performed standing, making them weight-bearing and helping bones become stronger and denser. Using your body weight as resistance, the forces exerted by muscles and tendons provide the stimulus (mechanical loading) for bone growth. TRX intensity can be increased by adjusting your body angle, allowing progressive loading that continually strengthens bones over time.

TRX training also significantly improves balance and core strength, which is vital for aging adults, while also reducing the risk of falls and directly lowering the likelihood of osteoporosis-related fractures.

Regular TRX training can lead to significant increases in bone mineral density (BMD) in areas particularly prone to fractures, especially in women with osteopenia. TRX can also help you achieve a stronger, more balanced body. CAN-AC offers **14 TRX GEX classes per week** with membership.

CAÑ Meet Our TRX Instructor

TRX Saturdays

Join Kendra on **Saturdays at 12:15 p.m.** for an all-levels, bootcamp-style TRX class. Kendra completed her training at the SF TRX Training Center in 2012. TRX is a full-body workout that engages all your muscle groups. We will also incorporate weights, gliders, core exercises, and stretching—a complete full-body workout. Come join the fun!

Total Body TRX

Join Linda on **Sundays at 10:00 AM in Studio 207**. Linda incorporates dumbbells and other equipment, such as medicine balls and weighted bars, so you'll get an energizing workout in every class. Whatever your level—whether a beginner or an advanced TRX enthusiast—Linda will provide options and adjustments to keep you motivated and build strength. She has been a group exercise instructor for 20 years and looks forward to helping you achieve your fitness goals.

Group Exercise

TRX Tuesday

Join Kari on **Tuesdays @ 10 a.m. in Studio 207.** This class includes cardio, functional movement, stability, full-body strength training, and stretching. It's great for all levels, as you will learn how to use the straps, proper technique for each exercise, body positioning, and clarity to increase or decrease intensity with modifications.

Total TRX

Join Candi for high-energy, quick-flowing **TRX sequences** synced to the music. This class targets agility, balance, core, and flexibility with a dynamic mix of cardio and bodyweight floor work. No props are needed, and all levels are welcome—intensity is easily adjusted with modifications for every participant.

TRX Wednesday & Friday

Join Jennifer on **Wednesdays & Fridays at 11:30 a.m. on the Roof for a total-body TRX** workout tailored to your experience and goals. This session builds strength, endurance, and balance, leaving you feeling fully worked out, refreshed, and grateful for our gorgeous rooftop setting and community.

Total TRX

Join Kirsten at **Beast TRX on Fridays at 6:30 p.m.** for an advanced, circuit-style workout focused on high-intensity strength and functional conditioning. This session features a challenging non-TRX core circuit and pushes you safely to the point of failure. Orthopedic modifications are offered, but a "Beast Face" is required.

CAÑ GEX Time Changes & New Classes

Mondays
- **TRX w/ Candi, Studio 207 at 10 a.m.**
- **Power Fitness w/ Jacob, Studio 207 at 11:30 a.m.**
- **TRX w/ Candi, Rooftop at 12 p.m.**
- **Circuit Training w/ Linda, Studio 207 at 6 p.m.**

Tuesdays
- **Boomer Bootcamp w/ Tommy, Studio 208 at 6 a.m.**

Wednesday
- **Power Fitness w/ Jacob, Studio 207 at 5:30 p.m.**

Thursday
- **Power Fitness w/ Jacob, Studio 207 at 5:30 p.m.**

Sundays
- **Power Fitness w/ Jacob, Studio 207 at 5:30 p.m.**

Group Exercise

CAÑ Health & Wellness Paid Classes

Every New Year, the majority of people make resolutions hoping this time they will stick and make a difference in their physical appearance. However, we often forget about our inner health. The New Year also brings a new opportunity to focus on self-growth. Our Health and Wellness program offers members multiple opportunities to focus on inner self-healing and personal growth.

In January, join the calming and de-stressing **Sound Bath and Breathwork Series** with Purvi. What is Sound Bath and Breathwork? Sounds used in sound healing are examples of Ahata Nada, external "struck" sounds that serve as tools to access Anahata Nada, the deep internal sound cultivated in preparation for meditative states.

Purvi will hold **Sound Bath and Breathwork classes in January** on:

- **Wednesday, January 14th • 5:30 p.m. - 7:00 p.m.**
- **Sunday, January 18th • 3:00 p.m. - 4:30 p.m.**
- **Wednesday, January 28th • 5:30 p.m. - 7:00 p.m.**

These are paid classes for our members at a reduced fee of $30 per session. You can sign up for all series classes through **Jonas Compete at least 48 hours prior to the class to reserve your spot.**

January often ignites the fire of self-awareness, and energy healing may be the key to experiencing less pain, more peace, increased focus, and greater success in achieving your fitness and health goals in 2026.

The CAN-Athletic Center Health and Wellness program also offers **Reiki healing sessions and Reiki I, II, III Attunement Certification Courses** for members to become more educated and/or certified.

This January 2026, we will hold a **free Reiki Workshop** to educate members on Reiki healing and how it can support your fitness goals through recovery and recharge.

To learn more about the January workshop, or to reserve a session with a Reiki practitioner or to learn more about any CAN-AC Group Exercise, contact: Candi Cabrera at **cabrerac@smccd.edu.**

GEX January Birthdays!

Alyssa, January 3rd
Sandra, January 10th
Kari, January 12th
Linda, January 14th
Nancy, January 28th
Kristen, January 29th

Questions regarding GEX classes contact:
CSM-AC - Mouna Soudah at **soudahm@smccd.edu**
CAN-AC - Candi Cabrera at **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.**

CAÑADA COLLEGE
ATHLETIC CENTER
Your community connection to education and fitness.

comfit.canadacollege.edu/class.html

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

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).*

Front Desk

CSM Front Desk

As we enter a new year and embrace National "Be On Purpose Month," it's a great time to reflect on what purpose looks like in our day-to-day operations at the Athletic Center. Purpose isn't always about major milestones—it often shows up in small, consistent actions that support the wellbeing of our students, faculty, staff, and community. At the Athletic Center, our purpose is creating a welcoming, safe, and supportive environment where everyone can pursue their health and wellness goals. Every interaction—greeting members, guiding them on equipment, coordinating schedules, or maintaining facilities—contributes to fostering growth-oriented spaces for students.

For Student Assistants at the front desk, purpose means building strong work habits, learning clear processes, and gaining confidence. Supporting their development is a meaningful part of our mission, and I'm grateful for the team's ongoing mentorship. Membership at a community college athletic center is unique in that we build community through caring. As we move into another year, I encourage you to reflect on your own purpose—whether it's committing to fitness, spending time with family, or both—and embrace it fully.

CSM Athletic Center Front Desk
To Learn more about CSM-AC Front Desk, contact Julisa Lopez at **lopezj@smccd.edu**.

CAÑ Front Desk

Every day, we see members arrive with intention—to improve themselves, whether physically, mentally, or professionally. January is the perfect time to reconnect with your "why" and set purposeful actions for the month and year ahead. Aligning your efforts with personal and professional goals—committing to workouts, relieving stress, improving mobility, or carving out time for yourself—turns small, consistent choices into meaningful progress.

From our front desk, we witness this intentionality in action and support it however we can: cheering you on, answering questions, and helping you navigate your fitness journey. Whether you're seeking an accountability partner, exploring new training options, or adjusting your membership, the Front Desk team is here to help you stay purposeful and aligned with the goals that matter most.

If professional growth is part of your focus this year, consider joining our team—we currently have several job openings and would love to support your next purposeful step. Remember, purpose isn't about perfection—it's about showing up with intention. Here's to a purposeful month and a powerful year ahead!

Cañada College Athletic Center Front Desk
To learn more about the CAN-AC Front Desk, contact Ricardo Aguilar at **aguilarr@smccd.edu**.

PACIFIC DINING
Food Service Management

order & pickup

College of San Mateo

Skyline College

Cañada College

pacific-dining.com/csmcafe

pacific-dining.com/skylinecafe

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** and Cañada College - **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.