

Group Exercise - 2012 Menu

Effective Dates: January 2nd thru June 17th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-7:00a Group Reformer S1 \$215 FRANCISCO	5:45-7:00am HR Training \$125 FRANCISCO	6:00-7:00a Race Day Ride Spinning LINDELL	6:00-7:00a Total Body S2 FRANCISCO	6:00-7:00a Interval Ride Spinning TODD	8:00-9:00a BOSU Total Body S2 FRANCISCO
6:00-7:00a Interval Ride Spinning KARIN	6:00-7:00a Group Reformer S1 \$215 ODETTE	8:30-9:30a BATUKA S3 New Class STACY	7:00-8:00a Pilates Mat S2 FRANCISCO	6:00-7:00a Group Reformer S1 \$215 FRANCISCO	8:00-9:00a Strength Ride Spinning ANDREA
6:00-7:00 Pilates Mat S2 New Class SYBILLE	6:00-7:00a Cardio Sculpt S2 LINDA D.	8:30-9:30a Total Body S2 SUSAN	9:00-10:00a Zumba S3 KIM Y.	7:00-8:00a Group Reformer S1 \$215 ODETTE	9:00-10:00a Mat Pilates S2 FRANCISCO
8:30-9:30a Total Body S2 KIMI	7:00-8:00a YogaFlow S2 PATRICIA	9:30-10:30a Step & Sculpt S2 KIMI	9:00-10:00a Strength Ride Spinning MICHELLE	8:00-9:00a Step & Sculpt S3 SUSAN	9:00-10:00a Aqua Fitness Pool AMY
9:30-10:30a Group Reformer S1 \$215 FRANCISCO	8:00-9:00a Adv. Step S3 New Class FRANCISCO	9:00-10:00a Aqua Fitness Pool CAROLE	10:00-11:00a SOLE Training S3 FRANCISCO	9:00-9:30a Healthy Back S2 FRANCISCO	9:00-10:00a Athletic Step S3 SUSAN
9:30-10:30a Kickboxing/Abs S2 KIMI	9:00-10:00a Interval Ride Spinning SUSAN	10:30-11:30a Mat Pilates S2 LILIANA	11:00-Noon SMACpower S2 New Class STACY	9:30-10:00a Stretch Out S2 FRANCISCO	10:00-11:00a Group Reformer S1 \$215 FRANCISCO
9:00-10:00a Aqua Fitness Pool CAROLE	9:30-10:30a Group Reformer S1 \$215 FRANCISCO	5:00-6:00p Body Sculpt S2 LILY	11:00-Noon Group Reformer S1 \$215 FRANCISCO	9:00-10:00a Aqua Fitness Pool CAROLE	10:00-11:00a Zumba S2 CATHERINE
10:30-11:30a Mat Pilates S2 FRANCISCO	9:00-10:00a Zumba S3 KIM Y.	6:00-7:00p Kickboxing/Abs S2 CATHY	4:30-5:30p Hatha Yoga S3 KEVIN	9:00-10:00a Endurance Ride Spinning SUSAN	10:00-11:00a Total Body S3 SUSAN
11:30-12:30a GentleConditioning S2 KIMI	10:00-11:00a Gentle Flow Yoga S3 DAVID	6:00-7:00p Strength Ride Spinning SYBILLE	5:30-6:30p SMACpower S2 New Class FRANCISCO	10:00-11:00 Group Reformer S1 \$215 FRANCISCO	SUNDAY 8:00-9:00 Mat Pilates S2 SYBILLE
12:30-1:15p BOSU Total Body S2 KELLY	11:00-Noon SMACpower S2 New Class KELLY	6:00-7:00p Group Reformer S1 \$215 KIM P.	6:00-7:00p Interval Ride Spinning KARIN	10:30-11:30a Step & Sculpt S2 LLOYD	9:00-10:00a Race Day Ride Spinning SYBILLE
1:15-2:00p Interval Ride Spinning TODD	11:30-12:30p Group Reformer S1 \$215 FRANCISCO	7:00-8:00p VinyassaFlowYoga S3 LILY	6:00-7:00p Group Reformer S1 \$215 KIM P.	11:30-12:30a Gentle Conditioning S2 LLOYD	9:00-10:00a BATUKA S2 New Class CATHY
5:00-6:00p Cardio Sculpt S2 LINDA D.	4:30-5:30p YogaFlow S3 PATTY	7:30-8:30p Ballet Bar Workout S2 KEVIN	6:30-7:00p Healthy Back S3 New Class LINDSEY	12:30-1:30p Pilates Sculpt S2 LILIANA	10:00-11:00a Total Body S2 LLOYD
6:00-7:00p Kickboxing/Abs S2 LINDA D.	4:30-5:30p Group Reformer S1 \$215 FRANCISCO		7:00-7:30p Stretch Out S3 New Class LINDSEY	5:00-6:00p Total Body S2 STACY	11:00-12:00p Gentle Flow Yoga S2 DAVID
6:00-7:00p Endurance Ride Spinning ANDREA	6:00-7:00p Interval Ride Spinning FRANCISCO		6:30-7:30p Zumba S2 LYNNMARIE	6:00-7:00p Zumba S2 ANDREA	
6:00-7:00p Total Body Pool Deck KARIN	7:00-8:00 SOLE Training S3 New Class FRANCISCO		7:30-8:30pm Pilates Sculpt S2 LINDSEY		
7:00-8:00p Vinyassa Yoga S2 JEAN	5:30-6:30p Zumba S2 RHONDA				
7:30-8:30p Ballet Bar Workout S2 KEVIN	6:00-7:00p Group Reformer S1 \$215 KIM P.				
Updated 5/21/2012	6:30-7:30p Cardio Sculpt S2 LINDA D.				
	7:30-8:30p Kickboxing/Abs S2 CATHY				



**SAN MATEO
ATHLETIC CLUB**
AT
COLLEGE OF SAN MATEO

Club Hours:
Monday - Friday: 5:30am-10:00pm
Saturday/Sunday: 7:00am - 7:00pm
Phone: 650-378-7373

All classes are 55 minutes in length to allow for a five minute transition in between classes.

Sign-up for your Complimentary Pilates Reformer Workout
smac.groupexercise@smccd.edu



LEGEND

S1 - Studio 1
S2 - Studio 2
S3 - Studio 3

SPINNING Studio
Pool

\$ - Fee based. Register at
smac.groupexercise@smccd.edu

Total Body Conditioning

AQUA

YOGA / PILATES

SPINNING

Group Fitness

DESCRIPTIONS

Aqua Fitness – Water aerobics offers a total body workout in a non-impact setting. We will combine cardiovascular, strength and flexibility exercises to provide you with a complete workout. Whether you are rehabilitating from an injury or simply looking for something new to try, come experience Aqua Fitness! All levels welcome.

Ballet Bar Workout – Workout like a ballet dancer!!! Using all the methods and tools a ballet dancer would use to get in shape and have fun. Experience the daily exercise routine dancers do to become great athletes. A total body workout. Emphasis on leg work, building core and back strength and increasing flexibility.

Batuka – Hot! New pre-choreographed dance workout that is getting people moving all over North America, great cardio workout for everyone.

BOSU Total Body – BOSU (Both Opposite Sides UP), Step, kickboxing, weights...and more! This workout offers variety at its best! Challenge yourself week after week with new moves designed to help you achieve a fun yet intense cross-training workout. All levels welcome.

Body Sculpt – Using the stability ball as primary equipment, challenge your body with various strength and toning exercises, using dumb bells, resistance tubing and body bars. Ball exercises target the core in every movement by challenging your balance as you work to stabilize your body through the range of motion. Try it once and you'll be asking where you can get a stability ball of your own! All levels welcome.

Cardio Sculpt – Instructor's choice is the theme here. Each week experience a surprise cardiovascular class. Step? Kickboxing? Hi/Lo? Bosu? All of the above? Who knows?! No class is boring, and all classes are taught for all levels to attend. Open your mind to the FUN!

Endurance Energy Zone – Sustain Long periods of moderate exercise intensity to build a strong aerobic base and raise your metabolism

Strength Energy Zone – Climb hills at moderate to high intensities to build muscular strength and endurance

Interval Energy Zone – Challenge your cardiovascular system and increase caloric burn with aerobic or anaerobic intervals.

Race Day Energy Zone – Put your training to the test with a time trial simulation that pushes you to your peak (Experienced, fit riders only.)

Recovery Energy Zone – Restore and energize your body after intense training with a low intensity ride on the bike

Gentle Conditioning – Great Class for everyone!!! This class is a great start for any beginner.

Gentle Yoga Flow – Great for beginners, great class, with a slower pace.

Group Reformer – (*Fee Based Class*), 8 sessions, this is an excellent workout for strength, increase flexibility, agility develop optimal core control. (*Sign-up at smac.grouplexercise@smccd.edu, limited to 4 participants*)

Healthy Back – 30 minute express class concentrating on back, abs, and core exercises using the fundamentals of Yoga and Pilates. Great class for everyone!

HR CYCLE Camp – (Fee Base Class), Reasons to use Heart Rate Monitor Training, reach you fitness goals, using a heart rate monitor is the easiest and most accurate way to continuously measure your heart rate. *(Sign-up at smac.groupexercise@smccd.edu, limited to 8 participants)*

Kickboxing/Abs! – Jab! Cut! Hook! Kick! This class combines aerobic and anaerobic boxing drills designed in a cardio-choreographed fashion. Short, quick movements with high repetition challenge your heart rate while toning muscles. Sweat it out in this class! All levels welcome

Mat Pilates – Think “long lean body”. This class focuses on strength and flexibility of the major muscle groups and is based on the traditional studies of Joseph Pilates. If you’re not sure if yoga or Pilates is for you, try mat Pilates. The exercises combine core activities and breathing/relaxation. Instructor may use additional equipment such as stability balls or resistance bands to enhance movements. All levels welcome.

SOLE Training – from the creator of willPower&Grace - Sole training is a foot fitness program based on a series of exercises that you can do anywhere, anytime. Learn to align your feet to enhance your posture and prevent and correct injuries. Explore reflexology methods, as well as a full range of foot fitness benefits. Sole Training students will learn a to strengthen and stretch their toes, feet and ankles... and over time will enjoy improved balance in daily activities and workouts, a stronger walking/ running stride, even reduction in foot, leg and lower back pain. **Note: This class is traditionally executed barefoot. If you are not comfortable barefoot, it is OK to wear a thin soled sneaker.*

Advance Step – More choreography dance moves on the step, a little faster paced, and recommended for the seasoned stepper.

SMACpower – Strength, Muscular Activation, Core power. We use the STEP, Bodybar, and Dumbbells only. No BOSU, No Ball, No Resistance Bands, No Grapevines, No Mamba cha cha cha’s. 55 minutes of 3 min, 4 min, 5 min, segmented muscle group workout on muscular strength, activation and core power. Great for beginners and a

Step & Sculpt – Get the best of both worlds in this action packed class! Step aerobic combinations alternating with body sculpting exercises will strengthen every muscle in your body and provide a great cardiovascular workout. Step combinations in this class are not as “dance based” as you’ll find in Step 101 – the focus of this class is raising your heart rate and then cross-training with sculpting exercises at a lower heart rate intensity. All levels welcome.

Stretch Out – 30 min express class concentrating on stretching out the entire body, using the fundamentals of Yoga and Pilates. Great class for everyone!

Total Body Conditioning – Focus on toning and strengthening your muscles using various pieces of equipment (dumb bells, body bar, resistance bands, step, balls, and more!) This class is designed to teach you proper form and execution of many different exercises while putting emphasis on tone, strength and flexibility. A light cardiovascular warm-up and flexibility based cool-down will round out your hour. Learn the basics here and don’t be afraid to try these moves on your own! All levels are welcome; modifications to exercises are always offered.

Vinyasa Flow Yoga – The word Vinyasa means “breath-synchronized movement.” The teacher will instruct you to move from one pose to the next on an inhale or an exhale. This technique is sometimes also called Flow because of the smooth way that the poses run together and become like a dance.. A dynamic system of practicing “asanas” (poses). This practice focuses on the synchronization of breath and the continuous flow of movement.

Zumba™ – Zumba combines high energy, captivating music with Latin inspired moves that will leave you asking for more. Think *Dancing With The Stars* is fun to watch? Try some similar moves for yourself! Zumba is a “feel good” workout geared toward all levels. Think you’re not a dancer? No problem! We bet you’ll find the dancer within. All levels welcome.