

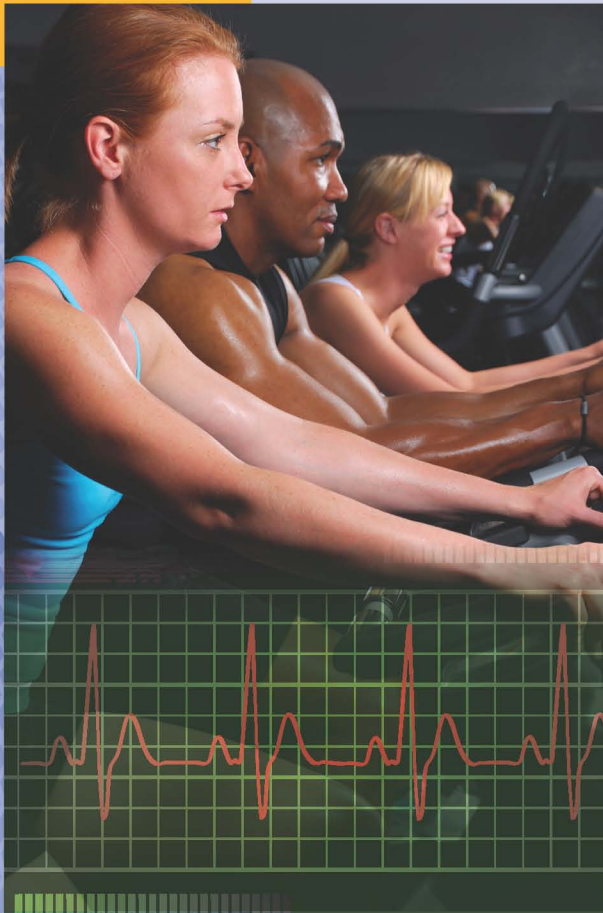


SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

HEART RATE CYCLE CAMP

NEW SPECIALTY GROUP EXERCISE CLASS WITH FRANCISCO FLORES, M.A.

- ♥ Burn Calories
- ♥ Increase Energy
- ♥ Strengthen Your Cardio-Respiratory System



Training with a Heart Rate Monitor will take your cycling workouts to a whole new level!

- Accurately measure your heart rate
- Evaluate ease or difficulty of your workout
- Avoid weight loss plateaus, fatigue and injury
- Achieve your fitness goals

CLASS SCHEDULE:

Eight sessions: Two classes per week for four weeks

Tuesdays/Thursdays 5:45am – 7:00am

COST:

Members: \$125

Nonmembers: \$150

Classes limited to 8 participants.

If you do not have a Heart Rate Monitor, one will be provided.

HEART RATE CYCLE CAMP INFORMATION AND REGISTRATION

Call: 650.378.7373

Email: smac.groupexercise@smccd.edu

**Open to
the Public**

Visit Our Website: smccd.edu/sanmateoathleticclub