


Group Exercise - September Menu

Effective Dates: September 1st-31st

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SUNDAY	
6:00-7:00a	Cycling	6:00-7:00a	Total Body	6:00-7:00a	Cycling	6:00-7:00a	Total Body	6:00-7:00a	Cycling	9:00-10:00a	Cycling
S4	JOANNE	S2	LINDA	S4	FRANCISCO	S2	LINDA	S4	SYLVIE	S4	LES
7:00-8:00a	Group Reformer	7:00-8:00a	YogaFlow	8:30-9:30a	Total Body	7:00-8:00a	Pilates Mat	8:00-9:00	Adv. Step	10:00-11:00a	Total Body
S1 \$	FRANCISCO	S2	Patricia starts 9/7	S3	SUSAN	S2	FRANCISCOstart 9/2	S3	FRANCISCO	S2	LLOYD
9:00-10:00	Group Reformer	7:00-8:00a	Group Reformer	9:30-10:30a	Step	9:00-10:00a	Group Reformer	9:00-10:00a	Group Reformer	11:00a-12:00p	Yoga
S1 \$	KYLE	S1 \$	FRANCISCO	S3	MICHELE	S1 \$	FRANCISCO	S1 \$	FRANCISCO	S2	MANEESHA
8:30-9:30a	Total Body	9:30-10:30a	Cycling	9:00-10:00a	Aqua Fitness	9:00-10:00a	Zumba	9:00-10:00a	Aqua Fitness	LEGEND	
S3	KIM K.	S4	SUSAN	Pool	CAROL	S3	KIM Y.	Pool	CAROL		
9:30-10:30a	Step	9:00-10:00a	Group Reformer	10:30-11:30a	Mat Pilates	10:00-11:00a	willPower & grace	9:00-10:00a	Yoga	S1 - Studio 1	
S3	MICHELE	S1 \$	FRANCISCO	S3	KYLE	S3	FRANCISCO	S3	DAVID	S2 - Studio 2	
9:00-10:00a	Aqua Fitness	9:00-10:00a	Zumba	11:30-12:30p	Group Reformer	12:30-1:25p	Cardio Sculpt	10:30-11:30a	Step & Sculpt	S3 - Studio 3	
Pool	CAROL	S3	KIM Y.	S1 \$	FRANCISCO	S3	SUSAN	S3	LLOYD	S4 - Cycling Studio	
10:30-11:30a	Mat Pilates	10:00-11:00a	Yoga	12:00-12:45p	Cycling	4:30-5:30p	Hatha Yoga	11:30-12:30a	Gentle Conditioning	Pool	
S3	KYLE	S3	DAVID	S4	KATIE	S2	KEVIN starts 9/2	S3	Ev	\$ - Fee based. Register at	
11:30-12:30a	Group Reformer	12:30-1:25p	Cardio Sculpt	5:00-6:00p	Body Sculpt	5:30-6:30p	Mat Pilates	5:30-6:30p	Mat Pilates	smac.groupexercise@smccd.edu	
S1 \$	KYLE	S3	SUSAN	S2	TALIA	S3	ODETTE	S3	Kyle starts 9/10	All classes are 55 minutes in length to allow for a five minute transition in between classes.	
12:00-12:45p	Cycling	4:30-5:30p	Cardio Dance	6:00-7:00p	Kickboxing/Abs	6:00-7:00p	Cycling	6:30-7:30p	Group Reformer		
S4	ANGELA	S2	KATHY starts 9/7	S2	TALIA	S4	LINDA C.	S1 \$	Kyle starts 9/10		
5:00-6:00p	Body Sculpt	6:00-7:00p	Cycling	6:00-7:00p	Cycling	6:00-7:00p	Aqua Fitness	SATURDAY			
S2	LINDA D.	S4	LINDA C.	S4	LES	Pool	KIMBERLY	8:00-9:00a	Interval Training		
6:00-7:00p	Kickboxing/Abs	6:00-7:00p	Aqua Fitness	7:00-8:00p	Vinyassa Flow Yoga	6:30-7:30p	Zumba	S2	FRANCISCO		
S2	LINDA D.	Pool	KIMBERLY	S3	DAVID	S3	LYNN-MARIE	8:00-9:00a	Cycling		
6:00-7:00p	Cycling	5:30-6:30p	Zumba	Club Hours: Monday - Friday: 5:30am-10:00pm Saturday/Sunday: 7:00am - 7:00pm		Phone: 650-378-7373		S4	BRIA		
S4	LINDA C.	S3	RHONDA					9:00-10:00a	Mat Pilates		
7:00-8:00p	Vinyassa Flow Yoga	6:30-7:30p	Total Body	Club Hours: Monday - Friday: 5:30am-10:00pm Saturday/Sunday: 7:00am - 7:00pm		Phone: 650-378-7373		S2	FRANCISCO		
S3	DAVID	S3	LINDA D.					9:00-10:00a	Aqua Fitness		
		7:30-8:30p	Mat Pilates	Club Hours: Monday - Friday: 5:30am-10:00pm Saturday/Sunday: 7:00am - 7:00pm		Phone: 650-378-7373		Pool	KIMBERLY		
		S3	PATTY					10:00-11:00a	Zumba		
				Club Hours: Monday - Friday: 5:30am-10:00pm Saturday/Sunday: 7:00am - 7:00pm		Phone: 650-378-7373		S2	CATHERINE		
								10:00-11:00a	Group Reformer		
				Club Hours: Monday - Friday: 5:30am-10:00pm Saturday/Sunday: 7:00am - 7:00pm		Phone: 650-378-7373		S1 \$	FRANCISCO		
								10:00-11:30a	Foam Roller		
				Club Hours: Monday - Friday: 5:30am-10:00pm Saturday/Sunday: 7:00am - 7:00pm		Phone: 650-378-7373		S3 \$\$	Workshop		
				Club Hours: Monday - Friday: 5:30am-10:00pm Saturday/Sunday: 7:00am - 7:00pm		Phone: 650-378-7373			9/25 with Susan		
								4:00-6:00p	"Living the Yoga		
				Club Hours: Monday - Friday: 5:30am-10:00pm Saturday/Sunday: 7:00am - 7:00pm		Phone: 650-378-7373		S2 \$\$	Lifestyle"		
				Club Hours: Monday - Friday: 5:30am-10:00pm Saturday/Sunday: 7:00am - 7:00pm		Phone: 650-378-7373			starts 9/4withDavid		

Class Etiquette

1. Classes are a group activity; we request that you follow the instructor's routine.
2. Please be on time. Entering a class in progress is not recommended and unsafe.
3. Keep conversation to a minimum.
4. Please do not enter the classroom before the current class has finished.
5. Appropriate exercise attire must be worn.
6. Gym bags are not permitted in the studios.
7. Water must be in an enclosed, unbreakable container. Food is not permitted.
8. In consideration of other members, no cell phones in the studios and we request that pagers are on silent mode.
9. We recommend the use of a towel.
10. Only instructors operate stereos.
11. Please remember personal hygiene.
12. Please refrain from wearing perfume, cologne and scented lotions.
13. For health and hygiene reasons, please provide your own yoga mat for yoga.
14. We request that all equipment used in class is returned to the proper storage area.

SAN MATEO
ATHLETIC CLUB

AT
COLLEGE OF SAN MATEO

