

ADULT FITNESS CLASSES

Summer 2017 (June 12 – August 19)

San Mateo Parks & Recreation Department

Classes held at Beresford unless otherwise listed.

Shaded boxes indicate Fitness Flex Pass classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Low Impact Aerobics 9:00-9:45am <i>Senior Ctr.</i> Tammy M.	Cardio Plus for 50 & Better 9:00-10:00am Tammy M.	Strength Training & Posture Power 9:00-10:00am <i>Senior Ctr.</i> Jill D.	Cardio Plus for 50 & Better 9:00-10:00am Tammy M.	Beresford Boot Camp M. W. & F 6:00-7:00am Michelle H.	Strength Training Plus+ 7:45-8:45am Angela F.
Yoga 1 9:00-10:15am <i>Senior Ctr.</i> Linda K.	Yoga for 50+ 9:00-10:15am 10:15-11:30am <i>Senior Ctr.</i> Linda K.	Strength Training/ Body Sculpting 9:00-10:00am Patti M. Zumba 10:05-11:05am Patti M.	Wrightercise Boot Camp T. & Th. 6:30-7:30am <i>Seal Point Park</i> Charles W.	Strength Training/ Body Sculpting 9:00-10:00am Patti M.	Zumba 8:45-9:45am Julia W.
Strength Training/ Body Sculpting 9:00-10:00am Classic Cardio Dance 10:05-11:05am Patti M.	Feldenkrais® 9:30-10:30am <i>Senior Ctr.</i> Karen W.	Yoga 2 – Adv. 9:00-10:15am Yoga 2 10:15-11:30am Linda K.		Pilates Mat & Strengthening 10:00-11:00am <i>Senior Ctr.</i> Laura W.	
Strength Training for Healthy Living 10:10-11:10am Tammy M.	Strength Training & Posture Power 10:05-11:05am Jill D.	Stroller Mov't 11:00-11:30am <i>Central Park</i> Yoga in the Redwoods 12:15-1:15pm <i>Central Park</i> Donna L.	Strength Training & Posture Power 10:05-11:05am Jill D.	Low Impact Aerobics 9:00-9:45am <i>Senior Ctr.</i> Tammy M.	Cardio Kickboxing 9:00 – 10:00am <i>Senior Ctr.</i> Sandra M.
Functional Fitness 5:45-6:45pm <i>Senior Center</i> Leonard K.	Chair Yoga 11:30-12:30pm <i>Senior Ctr.</i> Linda K.		Chair Yoga 12:45-1:45pm <i>Senior Ctr.</i> Christine S.	Zumba 9:00 – 10:00am <i>King Ctr.</i> Julia W.	U-Jam/Pound Fusion 9:30-10:30am SMHS Chilou B.
Strength Training/ Body Sculpting 6:00-7:15pm <i>Central Park</i> Tracy S.		Stay Fit with Arthritis 1:00-2:00pm <i>Senior Ctr.</i> Mary F.	Fitness Equipment Clinic 5:30-6:30pm Sept. 29th <i>Beresford Park</i> Michelle H.		
Cardio Kickboxing 5:30-6:30 SMHS Saundra M.		Pilates Intro 5:30-6:30pm <i>Senior Ctr.</i> Gloria B.	Yoga 1 6:00-7:15pm <i>Senior Ctr.</i> Peggy G.	Zumba 10:05-11:05am Patti M.	PIYoLIVE 10:00-11:00am <i>Senior Ctr.</i> Saundra M.
Zumba 6:30-7:30 <i>King Ctr.</i> Gaby T.	Tai Chi Beg: 6:00-7:00pm <i>Senior Ctr.</i> Sheryl C.	Barre Fusion 5:30 – 6:30pm SMHS Donna Lanam			Fitness Equipment Clinics 7/13 @5:45pm-6:45pm <i>Beresford Park</i> Leonard Ko
Yoga 2 6:30-7:45pm <i>Senior Ctr.</i> Christine S.	Zumba 6:15-7:15pm Gaby T.	Strength Training/ Body Sculpting 6:00-7:15pm <i>Central Park</i> Tracy S.	Cardio Tone 6:15-7:15pm Tammy M.	Yoga 1 12:30-1:45pm Annette R.	
U-Jam Fitness 6:30-7:30pm Chilou B.	Yoga Fusion 6:30-7:30pm Donna L.	POUND: Rockout. Workout.™ 6:45 – 7:45pm <i>Senior Ctr.</i> Chilou B.	Yoga Fusion 6:30-7:30pm Donna L.		
STRONG by Zumba™ 6:30-7:30pm Zumba 7:30-8:30pm SMHS Shoko B.	Zumba 6:30-7:30pm SMHS Shoko B.	U-Jam Fitness 6:30-7:30pm Stephanie C.	Zumba 6:30-7:30pm <i>King Ctr.</i> Gaby T.		
		Strength Training/ Body Sculpting 6:15-7:15pm Mary F.	CIZE LIVE 7:30-8:30pm Carolyn H.		
Zumba Gold 6:15-7:15pm Zumba Toning 7:30-8:00pm Mary F.		Yoga 1 7:30-8:45pm Adriana B.			

About Our Program:

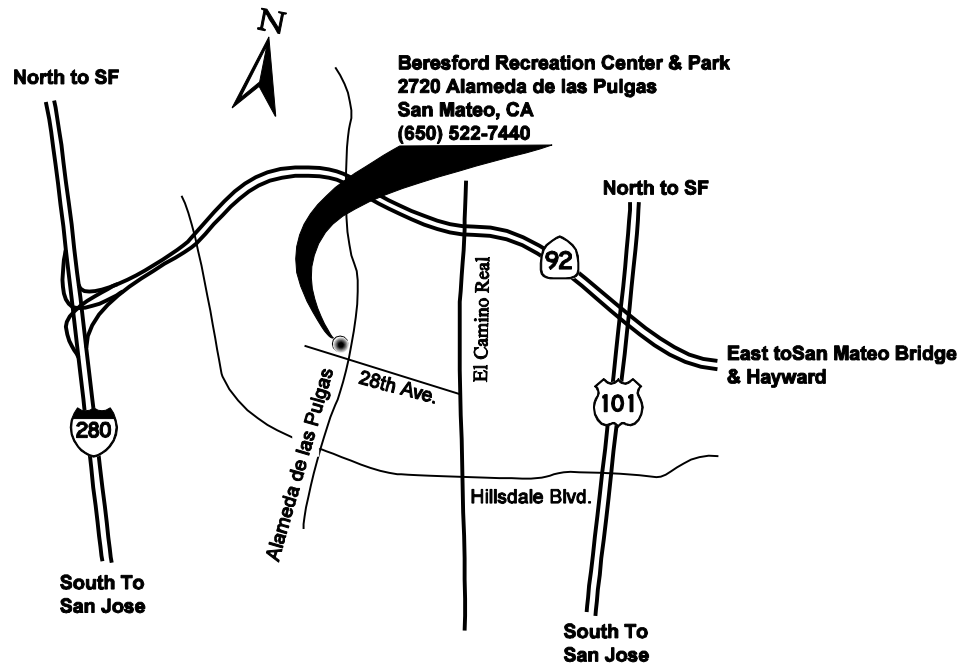
Our goal is to provide an excellent workout in a safe, fun and noncompetitive environment. You can design your own fitness program combining stretching, strengthening, toning with the cardiovascular benefits of aerobics. Our strengths are that we have the highest quality of instruction with professionals who are certified in exercise physiology, strength training, personal training, and aerobic instruction. Each class is more than just a workout. Participants will be motivated, educated and inspired and, regardless of your level of experience, receive a great workout with emphasize on proper body mechanics. **Child Care is available at Beresford for ages up to 7 on Mon-Wed- Fri from 9:00-11:15am. Try our Fitness Flex Pass or Drop-in option to any number of classes and customize your workout to suit your schedule!**

Fitness Instructors:

Chilou Ballelos
Gloria Boehm-Yu
Shoko Boyd
Adriana Buenaventura
Loren Chin
Stephanie Cunich
Jill Daly
Angela Fonte
Mary Furuta
Peggy Guaraldi
Michelle Harger
Leonard Ko
Linda Krinke
Donna Lanam
Tammy Meza
Patti Michelsen
Saundra Mason
JoAnneh Nagler
Mercedes Navarro
Annette Rivlin-Gutman
Christine Salah
Tracy Stewart
Gaby Torres
Julia Walsh
Karen Wigren
Laura Wratten
Charles Wright

Fitness Classes:

Cardio Dance
Cardio Strength – All Levels
CIZE®
CardioKickboxing
U-Jam ®
POUND
Boot Camps
Piloxing
Low Impact Aerobics
Strength Training/Body Sculpting/Posture Power
Stroller Barre & Tabata Mom
Zumba, Zumba Gold, Zumba Toning, Zumba Sentao
Tai Chi
Feldenkrais®
Pilates Intro & Pilates Mat Class
Yoga 1 & 2 and Yoga Fusion & Yoga for Any Age, Chair Yoga



LOCATIONS:

Beresford Recreation Center
2720 Alameda de las Pulgas, San Mateo
650-522-7440

Central Recreation Center
50 E. 5th Ave., San Mateo
650-522-6730 or 650-522-7400

Martin Luther King, Jr. Community Center
725 Monte Diablo, San Mateo
650-522-7470

San Mateo High School (Dance Studio)
506 North Delaware St.
650-522-7560

Senior Center
2645 Alameda de las Pulgas
650-522-7490

**Schedule may change during the first 3 weeks of session. Updated schedules are available on our city website: www.cityofsanmateo.org or check with Front desk staff. Unless otherwise listed, classes are held at the Beresford Ctr.*

For more information, call the San Mateo Parks & Recreation Department
Fitness Program at 650-522-7444 or 650-522-7448

www.cityofsanmateo.org

<http://Facebook.com/SanMateoDance>

