

# 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
<b>Low Impact Aerobics</b> 9:00-9:45am <i>Senior Ctr.</i> Tammy M.	<b>Cardio Plus for 50 &amp; Better</b> 9:00-10:00am Tammy M.	<b>Strength Training &amp; Posture Power</b> 9:00-10:00am <i>Senior Ctr.</i> Jill D.	<b>Cardio Plus for 50 &amp; Better</b> 9:00-10:00am Tammy M.	<b>Beresford Boot Camp</b> M. W. & F 6:00-7:00am Michelle H.	<b>Strength Training Plus+</b> 7:45-8:45am Angela F.
<b>Yoga 1</b> 9:00-10:15am <i>Senior Ctr.</i> Linda K.	<b>Yoga for 50+</b> 9:00-10:15am 10:15-11:30am <i>Senior Ctr.</i> Linda K.	<b>Strength Training/ Body Sculpting</b> 9:00-10:00am Patti M. <b>Zumba</b> 10:05-11:05am Patti M.	<b>Wrightercise Boot Camp</b> T. & Th. 6:30-7:30am <i>Seal Point Park</i> Charles W.	<b>Strength Training/ Body Sculpting</b> 9:00-10:00am Patti M.	<b>Zumba</b> 8:45-9:45am Julia W.
<b>Strength Training/ Body Sculpting</b> 9:00-10:00am <b>Classic Cardio Dance</b> 10:05-11:05am Patti M.	<b>Feldenkrais®</b> 9:30-10:30am <i>Senior Ctr.</i> Karen W.	<b>Yoga 2 – Adv.</b> 9:00-10:15am <b>Yoga 2</b> 10:15-11:30am Linda K.		<b>Pilates Mat &amp; Strengthening</b> 10:00-11:00am <i>Senior Ctr.</i> Laura W.	
<b>Strength Training for Healthy Living</b> 10:10-11:10am Tammy M.	<b>Strength Training &amp; Posture Power</b> 10:05-11:05am Jill D.	<b>Stroller Mov't</b> 11:00-11:30am <i>Central Park</i> <b>Yoga in the Redwoods</b> 12:15-1:15pm <i>Central Park</i> Donna L.	<b>Strength Training &amp; Posture Power</b> 10:05-11:05am Jill D.	<b>Low Impact Aerobics</b> 9:00-9:45am <i>Senior Ctr.</i> Tammy M.	<b>Cardio Kickboxing</b> 9:00 – 10:00am <i>Senior Ctr.</i> Saundra M.
<b>Functional Fitness</b> 5:45-6:45pm <i>Senior Center</i> Leonard K.	<b>Chair Yoga</b> 11:30-12:30pm <i>Senior Ctr.</i> Linda K.	<b>Stay Fit with Arthritis</b> 1:00-2:00pm <i>Senior Ctr.</i> <b>Mary F.</b>	<b>Chair Yoga</b> 12:45-1:45pm <i>Senior Ctr.</i> Christine S.	<b>Zumba</b> 9:00 – 10:00am <i>King Ctr.</i> Julia W.	<b>U-Jam/Pound Fusion</b> 9:30-10:30am <i>SMHS</i> Chilou B.
<b>Strength Training/ Body Sculpting</b> 6:00-7:15pm <i>Central Park</i> Tracy S.		<b>Pilates Intro</b> 5:30-6:30pm <i>Senior Ctr.</i> Gloria B.	<b>Fitness Equipment Clinic</b> 5:30-6:30pm Sept. 29th <i>Beresford Park</i> Michelle H.	<b>Stroller Barre</b> 9:30-10:45am Donna L.	
<b>Cardio Kickboxing</b> 5:30-6:30 <i>SMHS</i> Saundra M.	<b>Piloxing</b> 5:30-6:30pm <i>SMHS</i> Shoko B.	<b>Barre Fusion</b> 5:30 – 6:30pm <i>SMHS</i> Donna Lanam	<b>Yoga 1</b> 6:00-7:15pm <i>Senior Ctr.</i> Peggy G.	<b>Zumba</b> 10:05-11:05am Patti M.	<b>PIYoLIVE</b> 10:00-11:00am <i>Senior Ctr.</i> Saundra M.
<b>Zumba</b> 6:30-7:30 <i>King Ctr.</i> Gaby T.	<b>Tai Chi</b> Beg: 6:00-7:00pm <i>Senior Ctr.</i> <b>Sheryl C.</b>	<b>Strength Training/ Body Sculpting</b> 6:00-7:15pm <i>Central Park</i> Tracy S.			<b>Fitness Equipment Clinics</b> 6/20 @5:45pm-6:45pm 6/25 @1pm-2pm 7/13 @5:45pm-6:45pm <i>Beresford Park</i> Leonard Ko
<b>Yoga 2</b> 6:30-7:45pm <i>Senior Ctr.</i> Christine S.	<b>Zumba</b> 6:15-7:15pm Gaby T.	<b>Power Flow Yoga</b> 6:30-7:30pm JoAnneh N.	<b>Cardio Tone</b> 6:15-7:15pm Tammy M.	<b>Yoga 1</b> 12:30-1:45pm Annette R.	
<b>U-Jam Fitness</b> 6:30-7:30pm Chilou B.	<b>Yoga Fusion</b> 6:30-7:30pm Donna L.	<b>POUND: Rockout. Workout.™</b> 6:45 – 7:45pm <i>Senior Ctr.</i> Chilou B.	<b>Yoga Fusion</b> 6:30-7:30pm Donna L.	<b>Family Zumba</b> 4:45-5:45pm <i>Social Rm. A</i> Gabriela S.	
<b>STRONG by Zumba™</b> 6:30-7:30pm <b>Zumba</b> 7:30-8:30pm <i>SMHS</i> Shoko B.	<b>Zumba</b> 6:30-7:30pm <i>SMHS</i> Shoko B.	<b>U-Jam Fitness</b> 6:30-7:30pm Stephanie C.	<b>Zumba</b> 6:30-7:30pm <i>King Ctr.</i> Gaby T.		
		<b>Strength Training/ Body Sculpting</b> 6:15-7:15pm Mary F.	<b>CIZE LIVE</b> 7:30-8:30pm Carolyn H.		
<b>Zumba Gold</b> 6:15-7:15pm <b>Zumba Toning</b> 7:30-8:00pm Mary F.		<b>Yoga 1</b> 7:30-8:45pm Adriana B.			

## About Our Program:

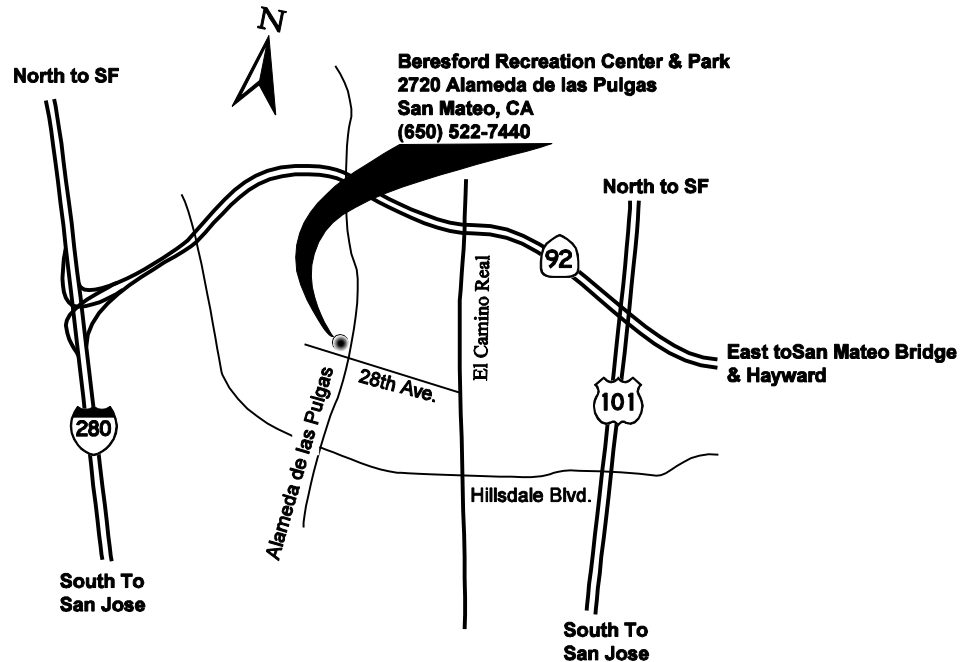
Our goal is to provide an excellent workout in a safe, fun and noncompetitive environment. You can design your own fitness program combining stretching, strengthening, toning with the cardiovascular benefits of aerobics. Our strengths are that we have the highest quality of instruction with professionals 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  
JoAnne 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. 5<sup>th</sup> 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](http://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://www.cityofsanmateo.org)

<http://Facebook.com/SanMateoDance>

