



## ADULT DANCE & FITNESS VIRTUAL CLASSES Spring 2021 (March 15 – June 6) San Mateo Parks & Recreation Department

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Total Body</b> 9:00-10:00am Linda Dehoff	<b>Cardio/Strength &amp; Stretch</b> 9:00 – 10:00am Rhonda Fitzpatrick	<b>Total Body</b> 9:00-10:00am Rhonda Fitzpatrick	<b>Cardio/Strength &amp; Stretch</b> 9:00-10:00am Linda Dehoff	<b>Total Body</b> 9:00-10:00am Linda Dehoff	
<b>Pilates Intro</b> 10:00-11:00am Kim Moore	<b>Qi Gong</b> 10:30-11:30am Kathleen McCarthy	<b>Pilates Intro</b> 10:00-11:00am Kim Moore	<b>Ageless Yoga</b> 10:00-11:00am Veronica Agosta	<b>Pilates Mat &amp; Strengthening</b> 10:00-11:00am Rhonda Fitzpatrick	<b>Tai Chi</b> Int: 9:00-10:00am Kathleen McCarthy
		<b>Staying Fit with Arthritis</b> 1:00-2:00pm Mary Furuta	<b>**American Line Dancing – in person</b> 10:00-11:00am April 8 - June 3 Beresford Park Allen Isidro	<b>Yoga – All Levels</b> 12:00-1:00pm Karen Slovak	<b>Zumba</b> 10:30-11:30am Gaby Torres
<b>Staying Fit with Arthritis</b> 1:00-2:00pm Mary Furuta	<b>Chair Yoga</b> 12:45-1:45pm Karen Slovak		<b>**Yoga in the Redwoods –</b> 11:00am-12:00pm Central Park Donna Lanam	<b>Staying Fit with Arthritis</b> 1:00-2:00pm Mary Furuta	<b>MIXEDFIT</b> 10:00-11:00am Marianne DeGuzman
<b>American Line Dance</b> 2:00-3:00pm Allen Isidro	<b>**American Line Dancing – in person</b> 2:00-3:00pm April 6 - June 8 Beresford Park Allen Isidro	<b>Cardio/Strength &amp; Stretch</b> 6:15-7:15pm Mary Furuta	<b>Chair Yoga</b> 12:45-1:45pm Christine Salah		<b>**American Line Dancing Workshop</b> 3:00-5:00pm April 10 - May 15 Allen Isidro
		<b>Tai Chi</b> Intermediate: 6:30-7:30pm Loren Chin			
	<b>Barre Fusion</b> 5:00-6:00pm Yue Whelchel	<b>Zumba Toning</b> 6:30-7:30pm Gaby Torres	<b>Barre Fusion</b> 5:00-6:00pm Yue Whelchel		<b>Sunday</b>
<b>Cardio/Strength &amp; Stretch</b> 6:15-7:15pm Mary Furuta	<b>Yoga 1</b> 6:00-7:00pm Peggy Guaraldi	<b>WOD U-Jam</b> 6:30-7:30pm Stephanie Cunich	<b>Yoga 1</b> 6:00-7:00pm Peggy Guaraldi		<b>**American Line Dance Private Workshops</b> 3:00-5:00pm April 11 - May 16 Allen Isidro
<b>Tap II</b> 6:15-7:15pm Melissa Cheu	<b>Yoga Fusion</b> 6:30-7:30pm Donna Lanam	<b>Yoga 1</b> 7:30-8:30pm Adriana Buenaventura	<b>Zumba</b> 6:30-7:30pm Gaby Torres		<b>WOD U-Jam</b> 4:00-5:00pm Nancy Yang
	<b>Zumba</b> 6:30-7:30pm Gaby Torres	<b>Line Dance - Beginning</b> 7:00-8:00pm Cathy Dacumos	<b>Tai Chi</b> Mixed Levels: 6:30-7:30pm Kathleen McCarthy		
<b>WOD U-Jam</b> 6:30-7:30pm Marianne DeGuzman	<b>Tai Chi</b> Beginning: 6:30-7:30pm Loren Chin	<b>Line Dance – Next Level</b> 8:30-9:30pm Cathy Dacumos	<b>Hula</b> 7:30-8:30pm Valentina Linsangan		

**\*\*In-person classes  
About Our Program**

Our goal is to provide excellent dance and fitness classes in the safety of your home, providing you a fun and supportive experience. You can design your own program by combining classes that offer stretching, strengthening, and toning with the cardiovascular benefits of cardio classes. Our strengths are that we have the highest quality of instruction with professionals who are certified in exercise physiology, personal training, and dance instruction. Participants will be motivated, educated, and inspired! Regardless of your ability, you will have a great experience in our program, all at an affordable price!

### **Dance & Fitness Virtual Programs**

- Total Body = Cardio & Strength
- Cardio/Strength & Stretch
- WOD U-Jam
- MIXEDFIT
- Zumba
- Zumba Toning
- Yoga Fusion
- Chair Yoga
- Yoga I
- Yoga II
- Yoga – All Levels
- Pilates Intro
- Pilates Mat & Strengthening
- Staying Fit with Arthritis
- Tai Chi – Beg., Int. & Mixed Levels
- Ballet Basics
- Tap II
- Hula
- American Line Dancing
- Line Dancing Beg. & Next Steps

### **Dance & Fitness**

#### **Instructors:**

Veronica Agosta  
Adriana Buenaventura  
Loren Chin  
Melissa Cheu  
Stephanie Cunich  
Cathy Damocus  
Marianne DeGuzman  
Linda Dehoff  
Rhonda Fitzpatrick  
Mary Furuta  
Peggy Guaraldi  
Allen Isidro  
Donna Lanam  
Valentina Linsangan  
Leslie Marx  
Kathleen McCarty  
Kim Moore  
Christine Salah  
Karen Slovak  
Gaby Torres  
Yue Whelchel  
Nancy Yang

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

[www.cityofsanmateo.org](http://www.cityofsanmateo.org)

<https://www.facebook.com/smparksandrec>

