



San Mateo Parks & Recreation Department
ADULT DANCE & FITNESS
In-person and virtual live-stream options
Spring 2022 (March 14 – June 4)

Key:
 (V) = Virtual Class
 (IP) = In-person Class
 If location not listed = Beresford

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Body Sculpting/ Strength Training (IP) 9:00-10:00am Patti Michelsen	Cardio/Strength & Stretch (V&IP) 9:00 – 10:00am Rhonda Fitzpatrick	Total Body (V) 9:00-10:00am Rhonda Fitzpatrick	Boot Camp Beresford Park (IP) 7:15-8:00am Linda Dehoff	Total Body (V&IP) 9:00-10:00am Linda Dehoff	
Pilates Mat: Strong & Flexible (V) 10:00-11:00am Kim Moore	Strength Training/ Healthy Living (IP) 10:15-11:15am Mae Chesney	Body Sculpting/ Strength Training (IP) 9:00-10:00am Patti Michelsen			
Cardio Dance 10:15-11:15am Patti Michelsen	Qi Gong (IP) 10:30-11:30am Senior Ctr. Kathleen McCarthy	Cardio Dance 10:15-11:15am Patti Michelsen	Strength Training/ Posture Power (IP) 10:15-11:15am Jill Daly		Tai Chi (V) Int: 9:00-10:00am Kathleen McCarthy
		Pilates Mat: Strong & Flexible (V) 10:00-11:00am Kim Moore	Yoga in the Redwoods (IP) 11:00am-12:00pm Central Park Donna Lanam	Pilates Mat & Strengthening (V&IP) 10:15-11:15am Rhonda Fitzpatrick	Zumba (IP) 10:30-11:30am Gaby Torres
Staying Fit with Arthritis (V&IP) 1:00-2:00pm Mary Furuta	Chair Yoga (V) 12:45-1:45pm Mae Chesney	Staying Fit with Arthritis (V&IP) 1:00-2:00pm Mary Furuta		Staying Fit with Arthritis (V&IP) 1:00-2:00pm Mary Furuta	MixedFit (V) 10:00-11:00am Donna Rivera
			Chair Yoga (V) 12:45-1:45pm Mae Chesney		
		Cardio/Strength & Stretch (V) 6:15-7:15pm Mary Furuta			American Line Dancing Workshop (IP) 4:00-6:00pm Beresford Park Allen Isidro
	Barre Fusion (V) 5:00-6:00pm Yue Whelchel				Sunday
Cardio/Strength & Stretch (V) 6:15-7:15pm Mary Furuta	Yoga 1 (V) 6:00-7:00pm Peggy Guaraldi	Tai Chi Int. (V) 6:30-7:30pm Loren Chin	Barre Fusion (V) 5:00-6:00pm Yue Whelchel		Hooray for Bollywood (IP) 11:00-12pm Broadway Babies Shruti Patel
Zumba (IP) 6:15-7:15pm Shoko Boyd	Zumba (IP) 6:15-7:15pm Gaby Torres	Zumba Toning (V) 6:30-7:30pm Gaby Torres	Ballet Basics (VIP) 6:00-7:00pm Kristine Chambers		
Tap II (V&IP) 6:30-7:30pm Melissa Cheu	Yoga Fusion (IP) 6:30-7:30pm Donna Lanam	U-Jam Fitness (IP) 6:30-7:30pm Stephanie Cunich	Yoga 1 (IP) 6:00-7:00pm Senior Ctr. Peggy Guaraldi		
	Tai Chi Beginning: (V) 6:30-7:30pm Loren Chin		Jazz Dance: Mixed Level (IP) 7:30-8:30pm Emma Mamis	Social Ballroom Basic (IP) 7:00-7:50pm Judy & Bart Lewis	
Zumba (IP) 6:30-7:30pm King Ctr. Gaby Torres		Yoga 1 (IP) 6:30-7:45pm Senior Ctr. Adriana Buenaventura	Belly Dance: Mixed Level (IP) 7:30-8:30pm Senior Ctr. Malia DeFelice	Social Ballroom Int. (IP) 8:00-8:50pm Judy & Bart Lewis	
	Argentine Tango Beginning (IP) 7:30 - 8:20pm David & Nancy Mendoza	Line Dance – Beginning (IP) 6:30-7:30pm Cathy Dacumos	Zumba (IP) 6:30-7:30pm King Ctr. Gaby Torres		

	Argentine Tango Inter./Adv. (IP) 8:30-9:20pm David & Nancy Mendoza	Line Dance – Next Level (IP) 7:45-8:45pm Cathy Dacumos	Salsa & Night Club 2-Step (IP) 7:30-8:30pm Kimi Wynn	
		Line Dancing Combo 6:30-8:45pm Cathy D.	Hula (IP) 7:30-8:30pm <i>Senior Ctr.</i> Valentina Linsangan	

About Our Program

Our goal is to provide excellent dance and fitness classes virtually and in-person, providing you a fun and supportive experience.

Our classes are taught by professionals who are certified in exercise physiology, personal training, and dance instruction. Regardless of your ability, you will have a great experience in our program, all at an affordable price!

Dance & Fitness Programs

- Cardio/Strength & Stretch
- Body Sculpting/Strength Training
- Strength Training/Posture Power/Healthy Living
- Total Body
- U-Jam
- MixedFit
- MOVE IT – Family Groove
- Zumba
- Zumba Toning
- Yoga I
- Yoga II
- Yoga Fusion
- Ageless Yoga
- Chair Yoga
- Yoga in the Redwoods
- Pilates: Strong & Flexible
- Pilates Mat & Strengthening
- Staying Fit with Arthritis
- Tai Chi – Beg., Int. & Mixed Levels
- Ballet Basics
- Jazz Dance
- Tap II
- Hula
- American Line Dancing & Music & Motion
- Line Dancing Beg. & Next Level

Dance & Fitness

Instructors:

Adriana Buenaventura
Mae Chesney
Melissa Cheu
Loren Chin
Martin Cruz
Stephanie Cunich
Jill Daly
Cathy Dacumos
Malia DeFelice
Linda Dehoff
Rhonda Fitzpatrick
Mary Furuta
Peggy Guaraldi
Allen Isidro
Donna Lanam
Valentina Linsangan
Gina Lorton
Emma Mamis
Kathleen McCarty
Patti Michelsen
Arwa Motiwala
Kim Moore
Mercedes Navarro
Donna Rivera
Gaby Torres
Yue Whelchel
Kimi Wynn



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

www.cityofsanmateo.org

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

