

CAÑADA COLLEGE || COLLEGE OF SAN MATEO

ATHLETIC CENTER

Your community connection to education and fitness.



January Newsletter

2024 Edition



Holiday Hours: Happy Birthday MLK Jr!

Martin Luther King Jr. Day • Mon, January 15, 2024

8:00 a.m. – 1:00 p.m.



CANADA COLLEGE
ATHLETIC CENTER

Your community connection to education and fitness.



COLLEGE OF SAN MATEO
ATHLETIC CENTER

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Membership Hours

Monday - Friday

6:00 a.m. - 2:00 p.m.

4:00 p.m. - 8:30 p.m.

Pools close at 8:00 p.m.

Saturday

7:00 a.m. - 5:00 p.m.

Sunday

7:00 a.m. - 2:00 p.m.

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Monday - Friday

6:00 a.m. - 8:30 p.m.

Pools close at 8:00 p.m.

Saturday

7:00 a.m. - 5:00 p.m.

Sunday

7:00 a.m. - 2:00 p.m.

Contact Us

Phone: (650) 381-3575

Email: comfit.cc@smccd.edu

comfit.canadacollege.edu

Kinesiology & Wellness Building
Building 1
4200 Farm Hill Blvd.
Redwood City, CA 94061

Contact Us

Phone: (650) 378-7373

Email: sanmateoac@smccd.edu

comfit.smccd.edu

Health & Wellness Building
Building 5
1700 W. Hillsdale Blvd.
San Mateo, CA 94402

Parking fees will not be charged for the Spring 2024 semester.

Front Desk News • Aquatics • Fitness News • Group Exercise • Membership
Endurance Training • Campus Lifestyle • Athletic Center Rules & Regulations



Editor's Note



Happy New Year!

The Athletic Centers wish you a Happy New Year! This year's 2024 January newsletter places focus on **Recovery**. While New Year's Resolutions are assuredly on everyone's minds, the formula for improved physical and mental health and success is not "go, go, go," it's "pace, pace, pace." Following are a few considerations to make a part of your weekly habits, in efforts to be the best version of yourself.

Aerobic and strength training benefits are typically realized within eight weeks for a beginner and within 3-4 weeks for the returning fitness enthusiast. The process however requires commitment to a least three days of activity weekly, combining balance to exercise with rest and recovery.

The question is often asked am I building muscle during a workout or during rest? The answer is broadly summarized as strength and aerobic training, create micro-tears in the muscle fibers. These fibers knit more tightly during rest and recovery, creating denser muscles capable of handling greater loads.

It is suggested that no two muscles groups should be worked out on consecutive days. This being said, there are great opportunities to participate in more aggressive strength and/or cardio workouts on one day, followed by active recovery such as stretching, restorative yoga or light cardio the next day.

The benefits of exercise are many and include the release of growth hormone; testosterone and the creation of more sensitive muscle cells which better receive and process the effects of testosterone. Yes, this includes the female population too!

Considering physical recovery for a moment, it is best to begin with a **one day ON, one day OFF** routine. The benefits are many, including improved physical health tied to mental health and a decrease in measured stress. Research shows balanced workouts with "recovery" help to greatly reduce stress. Yet, stress, is a broadly used term; with little emphasis placed on the details of its' destructive affect to physical health.

Even moderate levels of stress will begin to negatively affect cardiovascular output; respiratory function; sleep patterns; reproduction and overall immunity to common virus and bacteria. The decrease in sleep leads to higher cortisol levels (a stress hormone) and increases the chances to develop Type II Diabetes, increased blood pressure and heart disease.

Planning your workouts for 2024 is a given. This year, why not also make the additional effort to take the time to plan your recovery? Make 2024 the year when you reap the rewards of a balanced life. Your physical and mental health will reward you.

HOLIDAY HUSTLE



Front Desk News

Holiday Hustle Final Days

Happy New Year! At the start of a brand-new year, take a moment to celebrate the incredible dedication and effort you have poured into the “Holiday Hustle” Challenge. The members commitment to health and fitness during the holiday season is truly commendable!

Push: 26 Days to Go!

Upon receipt of the member newsletter this January 5th, there are just 26-days remaining. Now is the time to give it your all. With “Recovery,” being the theme in January challenge yourself to try active recovery yoga, Pilates, dip your toes in the warm pool, or discover active muscle recovery at the Fitness stretch tables.

Encourage your gym buddies to stay motivated also, by sharing your recovery discoveries, while also “checking off,” your Holiday Hustle Challenge Card. Remember, it’s not about perfection, but progress. Keep pushing your discoveries, and you might surprise yourself with new favorites at the end of the challenge.

Recap: “Holiday Hustle” Challenge

The Holiday Hustle is a fitness challenge designed to help you maintain your fitness momentum during the holiday hustle and bustle. The Holiday Hustle involves completing all 11-fitness activities on a stamp card and

upon completion you will earn an Athletic Center Winter beanie. Please review our FAQ’s below. Have fun and embrace the challenge!

How do I get stamped?

Once you’re done with an activity, have an attendant at the Front Desk stamp your card.

How long is the promotion period?

The promo period: December 1, 2023 – January 31, 2024. Stamps are given out only during this period. Multiple boxes can be stamped the same day and in any order!

After I stamp all my boxes, what prize do I receive?

The beanies are in-stock! Thank you for your patience and we appreciate your diligence in completing the challenge early!

Challengers who complete the boxes receive an Athletic Center Holiday Hustle beanie. Complete the challenge to get yours! Only one redemption per single-site member. Dual-site members are allowed two redemptions (one each Athletic Center) for completed cards.

How do I reserve a GEX class or pool lane?

Reserve on your [Empower M.E.](#) portal. View a tutorial on how to enroll: bit.ly/ac-how-to-reserve.



CSM-AC Pilates

Pilates and Recovery

With its roots in the early 20th century, Pilates has evolved into a widely embraced practice that emphasizes strength, flexibility, mobility, stability and overall body awareness.

It is the go-to method recommended by physical therapists and doctors due to its therapeutic nature. The reasons why Pilates is effective for injury recovery is no surprise as Joseph Pilates developed his method while captive in a World War 1 internment camp helping sick inmates return to health.

The fundamental principles of Pilates, including concentration, control, centering, precision, breath and flow contribute to its unique ability to aid in the recovery process. Pilates focuses on muscular imbalances, improves posture, teaches good movement patterns, stabilizes the body and supports the mind and it is adaptable to different fitness levels and physical conditions. Whether someone is recovering from surgery, injury, aiming to enhance their overall well-being or improve sports performance, Pilates can be tailored to meet the individual's needs and goals.

Pilates equipment, primarily the Reformer, the Chair and the Trapeze table, are designed to provide important feedback, while challenging and supporting participants engaged in a controlled, low-impact, precise and deliberate manner. The emphasis on core strength and

centering in Pilates is particularly beneficial for recovery. The core, encompassing muscles in the abdomen, lower back, hips, and pelvis, provides a stable foundation for movement and is integral to overall body function. Strengthening the core through Pilates exercises not only aids in recovery but also helps prevent future injuries by promoting better posture and body alignment.

Pilates also places a strong emphasis on breath control, fostering a mind-body connection that can be invaluable during the recovery process. Conscious breathing not only promotes relaxation but also enhances oxygen flow to muscles, supporting their healing and rebuilding. In addition to its physical benefits, Pilates offers mental and emotional advantages.

The focus and concentration required during Pilates sessions helps provide a distraction from the discomfort or frustration that may accompany a recovery process. The sense of accomplishment and empowerment that comes with progressing in Pilates can contribute positively to the participant's overall well-being. Regardless of age, fitness level, or specific recovery needs, Pilates offers a pathway to recovery that combines physical and mental well-being.

To visit the Pilates Studio or for more info on Private or Group Pilates classes, please contact Sybille Draper at drapers@smccd.edu. Or fill out our [Pilates Interest Form](#).



CAN-AC Pickleball

Private Pickleball Lessons

Private pickleball lessons offer the perfect opportunity for players to receive individualized instruction and improve their skills on the court. During these one-on-one sessions, instructors can tailor their approach to meet your specific needs and provide personalized feedback. With the focused attention and guidance provided by private pickleball lessons, you can take your game to the next level and achieve greater success on the court.

Sessions are one hour. Packages expire within 10-weeks (2.5 months) after the date of the first session.

Contact Joe Moorbrink at moorbrinkj@smccd.edu or fill out our [Pickleball Private Lesson Interest Form](#) to sign-up for private lessons. Below are our offerings/packages of private lessons:

Pricing		
Individual Session	Single Session	\$110
	3-Pack	\$315
	5-Pack	\$525
	10-Pack	\$989
Small Group (2-4 people)	Single Session	\$132
	3-Pack	\$375
	5-Pack	\$600

January Progression Clinics

Join our seasonal Pickleball Progression Clinic offered this spring! A pickleball progression clinic is an excellent opportunity for players of all skill levels to improve their game and take their performance to the next level. In a progression clinic, experienced instructors provide comprehensive instruction on a range of advanced techniques, strategies, and tactics, as well as fitness and conditioning exercises to enhance physical performance.

Our themed clinics for January are the following:

Various Serves for Beginners/Low Intermediate Players w/ Ed

Wednesday, January 17, 2024

9:00 a.m. - 11:00 a.m.

\$50/member

Level Up!* w/ Peter

Saturday, January 27, 2024

9:00 a.m. - 12:00 p.m.

\$75/member

*This clinic is geared towards players ranked (3.0 or higher). Reserve your spot today as spots fill up fast! To reserve, please email Joe Moorbrink at moorbrinkj@smccd.edu.



RESOLUTION READY

DON'T MISS OUT ON THE LOWEST PRICES OF THE YEAR!

# OF SESSIONS	DISCOUNT
1	10%
5	15%
10	20%
12*	25%

DISCOUNTED FITNESS & PILATES** PACKAGES

Get a head start on your New Year resolutions with our certified trainers. Scan the QR code to get started today!



**PROMOTIONAL
PERIOD:
JANUARY 1-31**

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Single-site members are eligible for one discounted package. Dual-site members limited to one package per location. Sessions are non-transferable. *12 sessions strict adherence to 6-week expiration. **Pilates packages CSM-AC only.



Active Recovery

What is active recovery? Active recovery refers to engaging in low-intensity exercise or movement after an intense workout. The purpose of active recovery is to help the body recover from the stress of exercise by promoting circulation, reducing muscle soreness, and enhancing the restoration of energy levels without completely stopping your workout.

Active recovery days should be just as much a part of your program as your regular lifting days. By including them as a structured part of your routine, you'll be keeping your body as safe as you can from overtraining. This helps prevent stiffness and enhances recovery by aiding in the removal of metabolic waste products from muscles while promoting blood circulation. It is important to note that active recovery should be gentle and not strenuous; the goal is to facilitate recovery without causing additional stress to the body.

Here are some examples of activities that are involved in active recovery:

- **Light aerobic exercises:** Walking, cycling, swimming, or light jogging at a relaxed pace to increase blood flow and oxygen to the muscles.
- **Yoga or dynamic stretching:** Gentle yoga poses or stretching exercises to improve flexibility, reduces muscled tension and enhances your relaxation state.

- **Foam rolling or self massage:** Foam rollers, massage balls and Hypervolt massage guns can help release muscle tension and alleviate any muscle soreness.
- **Mobility routine:** Engaging in movements that promote joint mobility and flexibility.
- **Passive recovery:** Taking dedicated rest and letting your sleep, nutrition, and other factors to take the wheel towards recovery.

When done properly, active recovery is about facilitating a rest for your body and mind. It can help make your workouts potentially safer. Since the focus will be on corrective exercises, you'll be training your body and brain to be stricter about form, warm-ups and mobility work. This in turn will help prepare your muscles to lift heavy next time you're working out, and the more prepared they are, the better you will lift—and the better your muscles can grow.

If you need any help with active recovery strategies, feel free to book a free fitness assessment with our personal trainers through [Calendly](#) or contact Megan Pham phamm@smccd.edu to get started!



CAN-AC Fitness

Five Key Components for Recovery

Think of your body as a new car. In order to keep the car performing at optimal levels, routine maintenance must be done. The same is true for our bodies during recovery.

Nutrition

Two important recovery factors to consider are: **quantity of calories** and **quality of calories**. It is not only important to refuel your body with the appropriate amount of calories each day, but also important to be aware of the daily ratios of macronutrients (protein, carbohydrates, and fats). If you take your brand-new car to the gas station and fill up the gas tank with water, the car will not move—it needs gasoline in order to operate. We can not expect our bodies to perform the way we want them to without providing the proper fuel for the tank.

Hydration

According to an article written about Adult Dehydration in the National Library of Medicine, 75% of Americans are chronically dehydrated. Dehydration is especially detrimental to active people, where water is essential to replace and replenish fluids lost to activity. Think of water to your body as the oil to any good engine system—proper levels are essential for optimal performance. A good trick to help ensure daily proper hydration is having an 8 oz. glass of water with each meal.

Sleep

Our bodies are capable of extraordinary things while we are asleep, especially when it comes to recovery. Nothing

beats waking up after a night of good rest, feeling like you are ready to take on anything! The opposite is true after a night of poor sleep, an entire day can be ruined due to lack of energy. Driving a new car too much or too fast can cause the risk of breakdown—just like what can happen to your body. Plan enough time for sleep as well as practice good habits such as no screentime to wind down at night to establish a strong sleeping routine.

Active Recovery

Recovery sessions should be done as often as traditional workout sessions. Using techniques such as dynamic and static stretching, resistance band exercises and self-myofascial release (SMR) can have a dramatic effect on the body's ability to recover faster. Targeting specific areas in your body would be like taking your car in to the shop to fix a known problem. Being proactive and spending time focusing on specific areas can help with time management and program efficiency.

Routine

Establishing a plan is half of the battle—the other half is execution. Getting in a routine of setting aside time and performing recovery techniques can be challenging. The Athletic Center offers many different ways to recover, from our beautiful pools to our Group Exercise classes.

Our team of Certified Personal Trainers are another great tool to help show exactly how to and how often to plan and execute recovery into your routine. **[Book your complimentary Fitness Assessment](#)** today! Also check out our New Year sale on ***Fitness Packages for our lowest prices of the year!***



Aquatics

Bulldogs Swim Club

Bulldogs Swim Club adopted a comprehensive recovery approach for our club swimmers. After training, swimmers focus on active recovery in a warm pool with dynamic stretching techniques. Tailored strength and conditioning programs, along with lighter swimming, are prioritized for muscle recovery. Water-based activities like low-intensity aerobic sets aid in minimizing muscle soreness.

Nutrition is a key aspect, emphasizing proper fueling and hydration. We promote antioxidant-rich juicing for anti-inflammatory benefits and prioritize electrolytes to prevent cramps. Cardio workouts are designed as active recovery sessions to promote circulation without excessive strain. During Swim Meets, we follow a "30-min carbohydrate window" strategy, ensuring swimmers consume carbohydrates after their race.

We consider the timeline for Delayed Onset Muscle Soreness (DOMS) in our training cycles, allowing for adequate recovery. Yoga sessions are included to enhance flexibility and mental well-being, contributing to overall recovery. This holistic approach aims to maintain peak performance and reduce the risk of injuries.

Individuals might think youth swim is fun and games, but this is very serious work!

Swim strong,
Igor Marchenko • marchekoi@smccd.edu



Interested in joining the Bulldogs Swim Club? Contact bulldogs.ss@smccd.edu or book a tryout through our [Calendly](#).

Bulldogs Swim School

At Bulldogs Swim School, the main focus has always been on the active aspects of providing lessons to the youth. The focus is also placed on instilling in the swimmers a love for the water, mentally and physically.

However, the team has been challenged with a new perspective; how does swimming and recovery connect? This was a question that posed a challenge to the team as the primary patrons of the Swim School are youths aged 3-12. With the kids being young, it is hard to imagine the emphasis on recovery. The obvious question comes up, "What do the relationships between recovery and swimming look like for the youth, if there even are any?"

Active recovery is a concept in sports medicine stating that low intensity exercises can be done after higher intensity exercises to improve recovery and performance. Many of the swimmers that belong to the swim school also participate in another sport, typically that of high impact. Recovery is an element, although subtle, integrated into the Swim School. The strategy is creating balanced training.

Aquatics



Continued from "Bulldogs Swim School"

Swimming, being a low-impact sport, is a great option for active recovery. Supported by the buoyancy of the water, and the resistance of movement in water coupled with lack of joint stress, recovery is supported. In comparison to the other sports, swimming provides a space for the youth to counteract more high-impact activities, such as basketball, soccer and tennis. The combination of high-impact activities and low-impact activities provides the balance the youth need to support an active lifestyle.

The act of swimming itself involves swimmers, stretching and lengthening their muscles in order to complete the strokes and propel themselves into the water. These actions can support the swimmers' active recovery by ensuring a low-impact environment that challenges limits.

The rhythmic and cyclical nature of swimming laps can be a contributing factor to aiding in recovery for the youth. The repetition allows for a sense of comfort and a sense of relaxation for the swimmers. Getting familiar with a cycle and a routine, fosters a sense of stability early on helping create healthy habits. It is never too late to start preventative care and early-on recovery to support a solid foundation for a strong future.

This year, the Bulldogs Swim School will place emphasis on actions and results, inclusive of the benefits of proactive swimmer recovery.



Please feel free to reach out to the Bulldogs Swim School Team for inquiries and registration for private swim lessons or youth swim. The team can be reached at bulldogs.ss@smccd.edu.

Colts Swim School

As we step into the new year, everyone is eager to see what it holds. While putting in effort, staying committed, and sweating it out for better health are commendable, it's crucial to recognize that a key aspect of getting stronger involves rest and recovery. Prioritizing adequate sleep each day and scheduling recovery sessions in your weekly routine are just as vital for overall health as making time to eat well and exercise. There are numerous enjoyable and effective ways to incorporate recovery into your daily life. For instance, swimming is a fun and low-impact form of recovery that not only benefits your body but also provides a soothing exercise for the mind.

Cañada College Athletic Center boasts two pools and a breathtaking view, all available for our members. Swimming is a versatile exercise that can be customized to meet your specific health needs and fitness goals. Swimmers can take it easy for a low-impact, active recovery or push yourself for endurance and speed without the risk of injury.

Aquatics



Continued from "Colts Swim School"

The water's resistance provides sustained aerobic training, promoting rehabilitation and conditioning as you continue. Surprisingly, studies indicate that swimming for recovery can be more effective in improving performance than simply resting. In one study published in the International Journal of Sports Medicine, nine triathletes who swam 2000 meters for recovery showed a 14% improvement in their run time as well as a decrease in the levels of c-reactive protein (a biomarker for inflammation) compared to those who remained still after a hard run.

It doesn't stop there! Feeling stiff? Swimming is a form of active stretching, which targets the whole body. By lengthening your limbs and staying in a tight "streamlined" position during all of your swimming strokes, you are strengthening while also ensuring full range of motion for many different body parts.

Though starting a new regimen can be daunting, you don't have to do it alone; there are ample water aerobic classes offered though the gym, and private lessons available to create a personalized workout plan for you, whether you are a seasoned swimmer or a brand-new bubble-blower.

If you are looking to add a swim workout to your weekly regimen, here's a **great beginner workout** to use next time you hit the pool deck:

Six 50 second freestyles with 30-60 second rest after each repetition. Each 50 seconds has a different focus:

1. Focus on swimming smoothly with minimal splash.
2. Focus on your fingertip entry.
3. Focus on swimming taller. Stretch it out and reach as far as you can on each stroke!
4. Focus on rotating from your hips.
5. Focus on keeping your head down. Look straight down at the bottom of the pool.
6. Focus on silent swimming. Use all five senses to listen to the sounds your stroke makes



The opportunities are boundless at Colts Swim School! Contact colts.ss@smccd.edu to get started in lessons or job inquiries.



Endurance Training **NEW**

Endurance Sports Recovery and “The Vital Trio: Nutrition, Sleep, and Mental Health”

Endurance sports are a constant pursuit of physical excellence. Athletes push their bodies to the limits in the quest for peak performance. While rigorous training is essential, recovery is often the overlooked secret weapon. The ability to recover effectively is as important as the hours spent training. The body doesn't get stronger or faster while training, but while recovering. For this reason, scheduling proper resting time between workouts is vital. Nutrition, quality sleep and mental well-being form the core of successful recovery strategies.

Nutrition: Fueling the Recovery Engine

Nutrition is the foundation upon which effective recovery is built. After an intense training session, your body is depleted, and it craves replenishment. Protein is vital for muscle repair and growth. Carbohydrates play a pivotal role in replenishing glycogen stores, providing the energy needed for subsequent workouts, and healthy fats support overall health and reduce inflammation.

Post-training nutrition tips for endurance athletes:

- **Protein Power:** Consume a protein-rich meal or snack within 30 minutes to an hour after training to kickstart muscle recovery. Any protein source would work.
- **Carb Reload:** Include complex carbohydrates in your post-exercise meal to restore glycogen levels.
- **Stay Hydrated:** Rehydrate with water or a sports drink containing electrolytes to replace lost fluids and minerals.

Quality Sleep: The Ultimate Recovery Tool

Sleep isn't a luxury; it is a critical component of recovery. During your sleep cycle, the body releases growth hormones, which is essential for muscle and tissue repair. Additionally, quality sleep enhances the immune system, providing a shield against illnesses.

Tips for optimizing sleep for recovery:

- **Routine Matters:** Aim for 7–9 hours of sleep each night and establish a regular sleep schedule to align with your body's natural rhythms.
- **Sleep Sanctuary:** Create a comfortable, dark and cool sleep environment to promote restful sleep.
- **Screen Curfew:** Minimize exposure to screens before bedtime as the blue light emitted can disrupt sleep patterns.

Mental Health: The Silent Partner in Recovery

The mind and body are connected in recovery. Stress and anxiety can hinder the body's ability to repair itself. Incorporating relaxation techniques, such as mindfulness and meditation into your routine can mitigate the negative effects of stress and promote overall mental well-being.

Strategies for mental health in endurance sports recovery:

- **Rest and Reflect:** Schedule rest days for both the body and mind. Take time to reflect and recharge.
- **Mindfulness Practices:** Incorporate meditation or yoga into your routine to reduce stress, increase mental clarity and enhance your overall sense of well-being.
- **Professional Support:** If needed, consider seeking guidance from a sports psychologist to develop personalized strategies for maintaining mental health during training and recovery.

A Holistic Approach to Endurance Sports Recovery

In the high-stakes world of endurance sports, recovery isn't a sign of weakness; it's a strategic move toward strength and endurance. Prioritizing nutrition, quality sleep and mental health is the key to optimizing recovery, reducing the risk of injury and sustaining peak performance over the long term. Recovery is not a passive process; it's an active investment in future success.

For inquiries regarding Cañada College Athletic Center's Endurance Training and Tri-Team Program, please contact Head Coach Cesar Valera at valerac@smccd.edu.

Group Exercise Updates

Recover and Reset This New Year with Group Exercise

Welcome to 2024! We are excited about the new Group Exercise offerings at both Athletic Centers starting this month! Whether you kept up with your workouts or took a hiatus over the holidays, returning to your regular fitness routine may require a recovery reset to your GEX class routine. Here are a few ways you can do just that -

Tip 1: Take it Slow - Slow and steady wins the race! Overdoing it coming back could lead to muscle strain and injury.

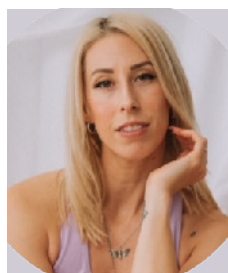
Tip 2: Set Goals - Decide on which classes you want to take/try in January and what you hope to accomplish, for example, de-stressing after the holidays. Maybe it's a yoga & meditation class or a cardio HIIT class to help shred those holiday pounds.

Tip 3: Listen to Your Body - Know when you can push forward or when it's time to modify. You know your body best. If you are experiencing any ongoing challenges, letting the instructor know ahead of time will help. Often, they can give you alternative exercises that will achieve the same goal.

Tip 4: Make A Schedule and Keep It - Starting a new program can be hard at times, so keep your commitment to yourself and to your workouts until you create a routine. The saying goes; 21-days until you form a habit, so make your fitness program a priority. Create a schedule you can keep and commit to your workouts, to allow the transformation to happen.

As a reminder, classes fill up quickly in January. Make sure you have a spot! Reservations open up 48 hours in advance of the class and are required for ALL classes.

GEX Spotlight: Mat Pilates w/ Kerstin (CAN-AC)



Meet Kerstin, she is a fitness and wellness instructor with five years of teaching and 10 years in the wellness and fitness industry. She focuses on intentional and creative classes with a background in many styles of yoga, Pilates and functional fitness. Her

classes are designed to create a safe and supportive environment where students can explore their bodies and minds, and connect with their inner selves.

Kerstin's classes are suitable for all levels, from beginners to advanced, and she welcomes everyone to join her on this transformative journey. Join her at **Cañada College Athletic Center on Tuesdays at 4:30 p.m.**

GEX Spotlight: Yoga & Meditation w/ Susana (CSM-AC)



Join Susana for a mindful, 60-minute, yoga practice with special attention to breath, including asana (postures), pranayama (breath work) and meditation, aiming for a stable and flexible body and a peaceful mind.

All levels are welcome. Susana has over 1000+ hours of yoga teacher training experience and we are thrilled to have her join our team of yogis here at the College of San Mateo Athletic Center! Join her at **College of San Mateo Athletic Center on Tuesdays at 10:30 a.m.**

Group Exercise Updates

Live Class Updates

Check your Dashboard on [Empower M.E.](#) to stay up to date with Group Exercise cancellations and substitutions. Please continue to make reservations for all Group Exercise classes so you can be alerted if there is a last-minute class change or cancellation.

GEX January Birthdays!

Kari Garcia, Jan. 12th
Linda Dehoff, Jan. 14th
Liliana Williams, Jan. 21st

New Classes (Start Jan. 15)



Yoga & Meditation w/Susana
Tues • 10:30 a.m.



Total Body Circuit w/Yue
Fridays • 4:00 p.m.



Mat Pilates w/Jessica
Tues • 6:00 p.m.



AquaFit w/Yue
Tues & Thurs • 9:10 a.m.
or **AquaFit w/Nicole**
Weds • 8:00 a.m.

Class Adjustments



Zumba w/Candi
Mondays • 10:00 a.m.



Spin w/Cesar
Mondays • 5:30 p.m.
and **Spin w/Anne**
Sundays • 9:00 a.m.



TRX w/Candi (Rooftop)
Mondays • 11:00 a.m.

New Classes



Mat Pilates w/Kerstin
Tues • 4:30 p.m.



CORE Conditioning w/Liam
Saturdays • 8:30 a.m.



TRX HIIT w/Yue (Rooftop)
Weds • 11:30 a.m.



POP Pilates w/Liam
Saturdays • 9:30 a.m.



Total Body Fitness w/Nicole
Thurs • 7:00 a.m.



Group Exercise Schedules

Did you know that College of San Mateo and Cañada College Athletic Centers combine to offer 150 complimentary Group Exercise classes each week? Embrace your passion to move, connect and be one with a community of like-minded members. Pick from a large selection of Group Exercise classes. Try something new or challenge yourself—**there's something here for you!** To reserve, please visit the [Empower M.E. member portal](#).



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comfit.canadacollege.edu/classes.html



COLLEGE OF SAN MATEO
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comfit.smccd.edu/group-exercise

CLICK TO SEE OUR CURRENT GROUP EXERCISE SCHEDULE

GEX "Rules of the Road" & Reminders

- *No Food or Drinks. Closed topped water bottles are great!*
- *Reservations are required for ALL Group Exercise classes at both Athletic Centers.*
- *Please arrive to class on time. Late arrival beyond 10 minutes is not recommended as proper warm-ups are necessary to ensure safe increases of intensity elevation.*
- *Please consider your courtesy towards others and the instructor, and keep talking to a minimum during instruction.*
- *Please check online for GEX changes and updates.*
- *Classes marked with *** are not offered virtually (CSM-AC only).*

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Membership

New Members Referral Program January 2024

The Athletic Centers continue to build a membership of new, enthusiastic like-minded individuals joining through the Membership Referral Program.

We encourage our current members to refer a friend, family member or work-colleague to join the Athletic Center. This provides the current member a chance to enter a drawing to win a 1-, 3- or 7-day guest pass with a value between \$30-\$210. To note: 3-day and 7-day guest passes are for consecutive days.

The new referred member will benefit too, with a \$50 discount referral on the new membership enrollment fee. Together we are building a wonderful community connection to education and fitness.

San Mateo County Public School K-12 Special Membership

We encourage the incredibly dedicated educators and public servants working for San Mateo County to keep a healthy work life balance and to practice self-care by

taking advantage of the benefits of wellness and fitness at the Athletic Centers at College of San Mateo and Cañada College. **Public school K-12 Faculty, Staff and Administrators** memberships receive special rates in appreciation of their dedication, service and hard work. Our way of thanking you for what you do! Pricing and information can found on page 20.

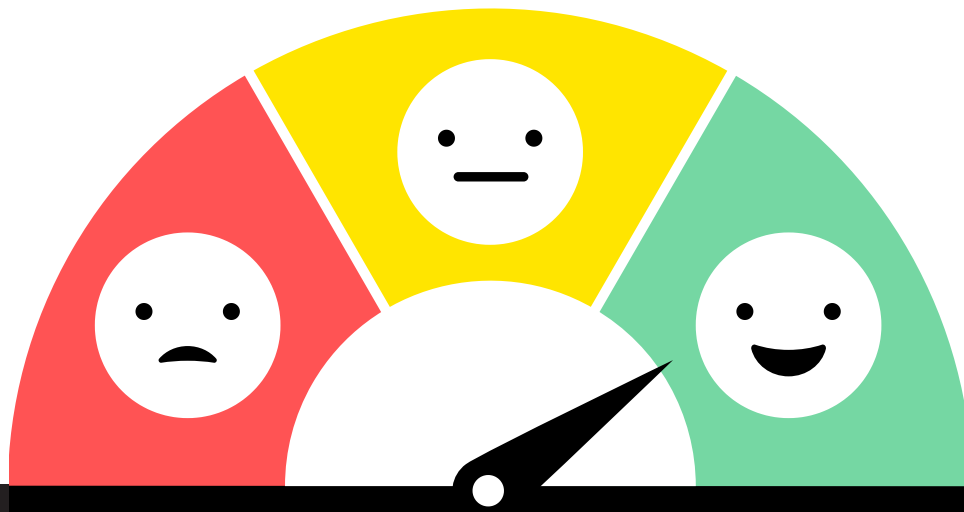
Ancillary Program Services Price Increase – Effective February 2024

Affected program services: Personal Training, Small Group Training, Pilates Training, Swim Schools and Private Swim Lessons.

Please note, package pricing for affected program services will be increasing on **February 1, 2024**. Most program pricing levels have not increased for several years. Details will be provided mid-January to current program participants.

These adjustments will allow the Athletic Centers to continue to pay and hire competitively while ensuring best-in-class service levels for our members and community.

Thank you for the continued loyalty and support!



TALK TO US!

NEW in 2024 - Monthly Member Zoom "Feedback February"

The Athletic Centers Community is growing and we are so grateful to each of you for your support! In an effort to learn more about the students, faculty and community Athletic Center Members, we will offer a monthly Informal Zoom Meet and Greet Fireside Chat in February 2024.

Members will be sent an invitation to attend and to send questions or comments in advance. The Athletic Center will then contact those members whose questions are selected and request them to share their experiences, questions or concerns.

While we will do our best to include everyone who is requesting participation in a specific monthly meeting, the group may be large, so if we are unable to get to your questions or concerns in the meeting, we will address these with you individually and offer the opportunity to chat in the next month's meeting. We are excited to bring the community together and look forward to seeing you!

NEW, NEW, NEW...We Hear You! Member Experience Response Form

We encourage you to share your insights, concerns and comments. Each month the Membership Teams will include the survey below. Simply scan the QR code with your mobile device or click [here](#) and reply, respond and comment about your member experience or perhaps share some wonderful suggestions to help us improve, implement and expand upon our customer service best practices!

We thank you and value your input.

FILL OUT OUR SURVEY





Your Community Connection to Education & Fitness

**Did you know there are 620 muscles in the body?
 You will after 7 days of this!**

Cañada College and College of San Mateo Athletic Centers welcome **San Mateo County Public School K-12 Teachers, Staff, and Administrators** to experience the joy of movement.



Scan the QR Code to request your guest pass!

Receive a 7-day* complimentary guest pass to experience Aquatics, Strength Training, Dance/Fitness Classes, Yoga, Pilates, Pickleball, Cycling and more. Receive **50% off** your enrollment fee when you sign up!



College of San Mateo Athletic Center

comfit.smccd.edu • sanmateoac@smccd.edu • (650) 378-7373



Cañada College Athletic Center

comfit.canadacollege.edu • comfit.cc@smccd.edu • (650) 381-3575

Faculty/Staff/Administrators

	Enrollment Fee	50% Discount	Monthly Single-Site	Monthly Dual-Site
Single	120	60	32.10	40.66
Duo	192	96	58.85	73.83
Family	264	132	80.25	100.58

Faculty/Staff/Administrators (Non-Prime-Time)

Limited access: M-F: 6 a.m. - 8:30 a.m. • 4 p.m. - Close • Weekends: no restrictions

	Enrollment Fee	50% Discount	Monthly Single-Site	Monthly Dual-Site
Single	60	30	12.84	16.05
Duo	96	48	25.68	33.17
Family	132	66	35.31	43.87

*7-day guest pass is valid for consecutive days only.



Become a Student Athletic Center Member

\$0 Enrollment

2 Complimentary Months
Your first 2 months on us!



Fit-for-FREE

Check-in at the Front Desk 15 times in one month and your dues for that month are FREE!

Membership

Special Student Offering – Fit-for-FREE

Cañada College and College of San Mateo Athletic Center are excited to provide accessible, high-quality gym services while being the bridge between education and fitness.

Are you a student in the San Mateo Community College District? The Athletic Centers have a special membership promotion just for you! If you are 18+ years old and registered in at least 6 units at any one college or combination of colleges within the San Mateo Community College District: Cañada College, College of San Mateo, and/or Skyline College, your enrollment fee is reduced to \$0, you receive two complimentary months of membership, and any month after is \$15 per month!

How could we sweeten this deal even more? Our **Fit-for-FREE program** encourages Student Select members to form consistent fitness habits and making your health and fitness goals a reality. Check-in at least 15 times in one month, a Student Select member's dues for that month are FREE!



order & pickup



College of San Mateo

 **Skyline College**


Cañada College

pacific-dining.com/csmcafe

pacific-dining.com/skylinecafe

pacific-dining.com/canadacafe

Student Dining now serving until 7:00 p.m.

Membership Rules

Guest Fees

We remind our guests that Guest Fees will be credited back to the purchase of a new membership. Individuals who first pay the fees and then join the Athletic Center afterwards will receive that credit at that time. Guests are encouraged at our locations and we look forward to meeting and sharing our facilities and programming.

Rules and Regulations

We encourage our members to support and adhere to the rules and regulations to assurances of best practices and ease of process for the benefit of showing caring to our college students, faculty and staff and community members.

Hours of Operation

1. Hours of Operation are posted on the SMCCD Community Fitness Website: College of San Mateo - comfit.smccd.edu and Cañada College - comfit.canadacollege.edu.
2. Holiday and Special event hours will be posted in advance of changes on the website.

Member/Guest Eligibility for Use

1. Only Members of the College of San Mateo Athletic Center / Canada College Athletic Center (SMCCD fitness and pool facilities at the college(s) of San Mateo and/or Cañada), herein referred to "SMCCD Community Fitness Members," in good financial standing will be able to use the facility or facilities. Single location membership or dual membership location designation-memberships must be purchased in advance and align with the membership on file for accessibility and use at either or both locations.
2. A one-day Guest Pass is available for members to purchase for their guest at a charge of \$30.
3. Local guests may only use the facility 1 time per month, local ID is required.
4. Out of town family guests, may use the facility up to 4 times monthly, out of town ID is required.
5. Guests must be accompanied by a current member while using the facility.

Enforcement of Rules

The SMCCD Community Fitness staff will protect the rights and privileges of rule-abiding members. Behavior deemed inappropriate by attending staff or management will be addressed with courtesy. Members who display intentional noncompliant behavior or actions affecting the safe operations of the facility to self or others will be asked to leave the fitness, exercise, or swim area to discuss corrections. Willful disruptions, (arguing and fighting) with members, staff or public safety will result in removal from the facility and may also result in the suspension of/or cancellation of the membership.

Rules

1. Use of the SMCCD Community Fitness Center(s) is restricted to students, faculty, and community members in good financial standing and/or attending academic instruction.
2. All Members and Guests must register at the Front Desk prior to using the center.
3. All Members wishing to use the SMCCD Community Fitness Center(s) are required to complete registry and enrollment paperwork, including Membership Application, Liability Waiver, Health History Questionnaire, and payment information for monthly member charges.
4. All Paid Member Services, including personal training, semi-private fitness training, Pilates, swim instruction etc. will be conducted by an SMCCD employee.
5. All persons using the SMCCD Fitness Center(s) do so at their own risk and agree to abide by the rules for use of the facility.
6. Members and Guests are responsible for their own personal property. The SMCCD Fitness Center(s) assumes no responsibility for any loss or damage to personal property.
7. The Family Membership has been created for family use together, with at least one parent or guardian working out with their child/children at that time, thusly children 15 to 17 should be in the company of the member parent or guardian during their workout. (An adult friend brother or acquaintance age 18 or older is not a replacement for the parent or guardian who has signed up to the Family Membership, with requirements to be with family during workouts).
8. Horseplay, profanity, and disruptive conduct are strictly prohibited.

CAÑADA COLLEGE || COLLEGE OF SAN MATEO

ATHLETIC CENTER

Your community connection to education and fitness.

Membership Rules

9. Proper workout fitness and sports attire must be worn when working out in the Fitness area or group exercise classes. Street clothes are not acceptable, and members will be asked to change clothing or leave the workout area if attire is not assuredly sport/fitness/yoga attire and with proper sports shoes. Examples of inappropriate dress include, torn clothing, cargo pants, bathing suits, flip flops, sandals, bare feet clothing with belts, buckle or made of denim etc.
10. Fitness equipment is required to be wiped down by each user after completion of each exercise.
11. Trash must be placed in containers provided for this purpose.
12. Food is not permitted inside the fitness or pool area.
13. Open speaker audio is not allowed on the fitness room floor.
14. Phone calls must be taken and/or made off the fitness room floor, outside, at the front desk area or Aquatics lobby. Members will be required to end phone call made in the fitness area, by attending staff or managers on duty.
15. The time limit on equipment is 30 minutes, when others are waiting.
16. Re-racking weights in proper order is a requirement at this facility. This location is a student teaching facility and weights are required to be replaced in their intended manner.
17. Cancellation policy on all paid services is 24 hours. Cancellations within 24 hours will incur the full charge of the service.
18. Locker room facilities are available for all members and their guests. Children 15-17 must be accompanied by their parent or guardian.
19. Member may not adjust lights, fans, temperature controls, yet may seek staff assistance.
20. No personal notices, advertising posters, distribution of personal or business or posting of non-approved SMCCD material is allowed at any time.

All persons using SMCCD Fitness Center(s) do so at their own risk and agree to abide by these rules for use of the facility.