Membership Hours

Monday – Friday
6:00 a.m. - 2:00 p.m.
4:00 p.m. - 8:30 p.m.

Saturday – Sunday
7:00 a.m. - 2:00 p.m.

Pools close at 8:00 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

Parking fees will not be charged for:
Summer 2022, Fall 2022 and Spring 2023 semesters

Membership Hours

Monday – Friday
6:00 a.m. - 8:30 p.m.

Saturday – Sunday
7:00 a.m. - 2:00 p.m.

Pools close at 8:00 p.m.

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
Student Ambassador Spotlights

A huge thank you to our students who greet our members, answer questions, provide tours and assist visitors interested in joining. We want to recognize the incredible work they’ve done as these dedicated staff deliver excellence in service as Front Desk Attendants and Student Ambassadors at the Athletic Centers.

Serving in this role is challenging as hospitality, combined with stewardship to assurances of “check-in” for security and accurate usage records is held to a high standard. The levels of knowledge extend from membership sign-up information, to Group Exercise Schedules, to explaining how to make a reservation for the pool or pickle ball court.

The team believes that every day is an opportunity to serve and it shows with the smiling facing, careful listening and authentic approach of each staff member we call Front Desk and Student Ambassador. We would like to spotlight two stand-out students from our facilities:

**Allan Komadina**

Allan is a wonderful student ambassador who has really settled into his role. He takes initiative, is proactive, polite and so welcoming at the front desk. Members have often let us know how kind and helpful he is. He is not afraid of a challenge, he once worked with IT over the phone to help set up our card readers. Allan is also looking to do internships during his time in school and is a very driven and goal oriented student. We thank you Allan for all that you do.

**Natalia Rosales**

Natalia has been with us since the beginning and really became a role model when she helped assist her fellow work colleagues. She has a great attitude and is always on time. She is flexible and comfortable with the many changes we have implemented since we launched Cañada College Athletic Center, and is great at communicating and providing critical feedback. She is a mentor to students outside of work and is working on bringing back the Black Student Union at College of San Mateo. Thank you Natalia for all of your hard work and for being an outstanding employee and community member.
Check-In to Win!

Every member, student or athlete who checks-in (scans their check-in key card) is automatically entered into a drawing to win Bulldog or Colts Swag, T-shirts, Water Bottles, Group and Family “block” reservations for pool lanes or pickleball courts, guest passes to the Athletic Center or a gift certificate good for one item from the Café!

The more check-ins, each month, the more chances you have to win! One check-in per day only.

Three lucky winners will be drawn and will be take place monthly from those with the most check-ins each month! Remember, you have to Check-in to Win!

To view Cañada College Athletic Center’s Check-In flyer, click here. To view College of San Mateo Athletic Center’s Check-In flyer, click here.

Let’s Play Pickleball!

Every Athletic Center has something unique and at CAN-Athletic Center, it is pickleball. Whether you’re a seasoned player or completely new to the sport, step foot on our court at the rooftop surrounded by the beautiful views of our communities!

To view the pickleball court availability schedule, click here. Reservations are required to use Courts 1 and 2. To learn how to make a pickleball reservation, click here.
Does Eating Carbs, Proteins or Fats Really Matter for Weight Control?  

If you’re trying to lose weight, you may be tempted to cut calories, but eating too little can put your health at risk. In fact, research shows a diet of less than 1,000 calories a day generally fails to provide the balanced nutrition your body needs, and it can lead to vitamin and mineral deficiencies associated with serious health issues.

What’s more, eating far fewer calories than you need causes your body to break down its own muscle and organ tissues for fuel. And the less lean tissue mass you have, the slower your metabolic rate, which is not ideal for weight loss. So instead of restricting your caloric intake, focus on feeding your body healthier foods—it’s a more effective weight loss strategy.

Dietary Fat and Weight

Low-fat diets have long been touted as the key to a healthy weight and to good health. But the evidence just isn’t there: the percentage of calories from fat in people’s diets has gone down, but obesity rates have skyrocketed.

Clinical trials have found that following a low-fat diet does not make it any easier to lose weight than following a moderate- or high-fat diet. In fact, study volunteers who follow moderate- or high-fat diets lose just as much weight, and in some studies a bit more, as those who follow low-fat diets.

• Fat takes you longer to digest than carbs and protein. By eating healthy fats in moderation, you can control your appetite and prevent overeating.

• Healthy fat is essential for your metabolism. So, when you eat fats, you fire up your fat-burning rate.

• When you eat fats, you also reduce spikes in blood sugar level.

Dietary Fat and Weight

Higher protein diets seem to have some advantages for weight loss, though more so in short-term trials; in longer term studies, high-protein diets seem to perform equally well as other types of diets.

High-protein diets tend to be low in carbohydrate and high in fat, so it is difficult to tease apart the benefits of eating lots of protein from those of eating more fat or less carbohydrate. But there are a few reasons why eating a higher percentage of calories from protein may help with weight control:

• More satiety; People tend to feel fuller, on fewer calories, after eating protein than they do after eating carbohydrate or fat.

• Greater thermic effect; It takes more energy to metabolize and store protein than other macronutrients, and this may help people increase the energy they burn each day.

• Improved body composition; Protein seems to help people hang on to lean muscle during weight loss, and this, too, can help boost the energy–burned side of the energy balance equation.

• Higher protein, lower carbohydrate diets improve blood lipid profiles and other metabolic markers, so they may help prevent heart disease and diabetes.

• Some high-protein foods are healthier than others: High intakes of red meat and processed meat are associated with an increased risk of heart disease, diabetes, and colon cancer.
Carbohydrates and Weight
Lower carbohydrate, higher protein diets may have some weight loss advantages in the short term. Yet when it comes to preventing weight gain and chronic disease, carbohydrate quality is much more important than carbohydrate quantity.

Consuming carbohydrate-rich foods may be the best way to reduce the decreases in immunity that can occur after intense exercise. Consuming carbohydrates as part of a post-workout snack also helps to replenish glycogen stores. High-intensity strength training such as Olympic weightlifting and bodybuilding can use up glycogen stored in the body.

Focus Points to Take Away
• Your body needs carbs to fuel your working muscles.
• Protein is there to help build and repair.
• Get a combination of the protein and carbs in your body 1 to 4 hours pre-workout and within approximately 60 minutes post-workout.
• Fats help control hormones which effects mood.
• Eat quality foods; all Macronutrients are important on the pursuit of weight loss.

CSM-AC: Experience Pilates Method Training
Joseph Pilates emigrated to the USA in the early 1920s with his wife Clara, and together they developed and taught the Pilates method in their ‘body-conditioning gym’ in New York in 1926.

The studio featured much of the Apparatus designed to enhance rehabilitation work still used today. It soon became very popular, particularly with the dance community, as it offered a chance to improve technique or recover from injury.

Originally 60% of the clientele were men and word spread quickly as many NYC celebrities of the day visited the studio. These included dance legends such as Ruth St. Denis, Ted Shawn, Jerome Robbins, George Balanchine and Martha Graham, as well as the actor Jose Ferrer and the author Christopher Isherwood. In 1932 Pilates published a booklet called *Your Health* and followed this with another called *Return to Life Through Contrology* in 1945.

Through these writings and his students, his method was passed on after his death in 1967 at the age of 83. It was only after his death that it became known as the Pilates Method.

Pilates Training Benefits
• Increased core strength
• Improved flexibility
• Improved mobility
• Decreases stiffness
• Improved posture
• Improved muscle balance
• Injury prevention
• Mind-body connection
• Improved alignment
• Whole body training
• Decreased pain
• Improved balance
• Joy of movement

Find out to get started today. For more information, contact Sybille Drape at drapers@smccd.edu.
October = Trick or Treat, Now’s the Time to Move Your Feet!

The “eating holidays,” are upon us! Filled candy dishes, pumpkin spice lattes, cornbread stuffing, potato latkes, eggnog, champagne and of course the football game pizza parties, chips and guacamole celebrations! The culinary creativity and yummy temptations are well deserved special moments to share with family and friends!

The challenge? How do you indulge a bit, yet keep the balance and maintain those great physical strides and improvements that have come with your consistent workouts?

Maybe it’s time to level up, and begin your New Year’s resolution NOW! How? Kick up your fitness routine by adding one new movement-based Group Exercise class.

Research shows an average of 320–600 calories expended per each class! If 3500 Kcals consumed = 1 lb.; then 3500 Kcals “worked-out,” will equal a reduction of 1 lb.!

Looking back on the calorie loaded foods above, just one more class weekly, can help you to keep your intake vs. energy expenditure close to net zero! Why not consider your comfort zone and then challenge yourself to “lean into” something new? Try a new movement class. This is a great way to keep your heart and lungs healthy, boost your confidence, beat workout boredom, meet new friends, improve your brain health and even balance out the effects of the “eating holidays!”

Check out the variety of classes today and choose one that’s new. We look forward to seeing you there! Group Exercise Class Schedules are posted online for the following:

College of San Mateo Athletic Center: comfit.smccd.edu/group-exercise

Cañada College Athletic Center: comfit.canadacollege.edu/classes.html

HALLOWEEN DANCE PARTY WORKOUT

Friday, October 28, 2022
5:00 p.m. - 6:30 p.m.
CSM-AC, Studio 2

Kick off your Halloween festivities with an extended Dance Fusion Halloween themed workout on Friday, October 28th. Join Phoebe and Sandy for all of the dance fun, Halloween festivities and after workout treats. Dress in theme; appropriate costumes encouraged!
Group Exercise

Instructor Spotlight: Yue Whechel

Q. You teach a huge number of classes each week. How do you keep up your stamina for your classes each and every time you teach?
Yue: I enjoy what I do, so it’s naturally motivating, but preparation is the key. I take time to plan my week and prepare meals so I have the energy required to teach my classes. At the end of the day, quality sleep is crucial for recovery and preparing for the next day.

Q. Is it true you trained to be a gymnast growing up? Is that where you got your discipline from?
Yue: Not really. I tried gymnastics, among many other activities when I was younger. But I always paid attention to form so I could complete the action accurately, then I would practice the action until it flowed naturally. My “discipline” is really about trying to get the exercise and form right so things go better next time.

Q. What does a cheat day look like for you? (favorite cheat meal, binge watch a show, etc.)
Yue: I don’t have “cheat” days or have even tried a “diet” so far; I just eat healthy food. I have rest days when I will enjoy a bowl of pan-popped popcorn. At a party, I will enjoy some cake and ice cream. I also cook every day for myself and my family. We go out to a park or the beach sometimes, or just stay in and read. It’s pretty boring actually (LOL), that’s why more exercise!

Q. Anything else you want our members to know about you?
Yue: I was born and grew up in Beijing. My background is in international business and engineering. About 10 years ago, I discovered I have a passion for fitness and worked to become an instructor. I also enjoy running.

At last, a few words I would like to share with members...

Be yourself, take care of yourself, and be patient with yourself. Worry less about what other people are doing and focus instead on what exercises and food choices really help you feel better.

Check out one of Yue’s classes:

College of San Mateo Athletic Center:
- Cardio Sculpt  Monday, Friday at 6:00 a.m.
- Barre Fusion  Tuesday, Thursday at 7:30 a.m.
- HIIT  Tuesday, Thursday at 8:30 a.m.
- Barre Fusion  Wednesday at 5:00 p.m.
- Body Conditioning  Wednesday at 6:00 p.m.

Cañada College Athletic Center:
- Bootcamp on the Deck  Monday, Friday at 6:00 a.m.
- TRX Strength  Tuesday, Thursday at 7:30 a.m.
- Barre  Tuesday, Thursday at 8:30 a.m.
- Bootcamp on the Deck  Wednesday at 5:00 p.m.
- TRX  Wednesday at 6:00 p.m.
New CSM–AC GEX Class
Starting in October

Shake off your Monday blahs with DanceMix!
Monday at 6:30 p.m. w/ Yuko
Yuko will combine all the various dance formats, including U-Jam Fitness, Zumba, GROOV3 and her own choreography to pop songs with artists such as J-Lo, Bruno, BTS, and other dance favorites. Fusion Halloween themed workout on Friday, October 28th. Join Phoebe and Sandy for all of the dance fun, Halloween festivities and after workout treats. Dress in theme; appropriate costumes encouraged!

CAN–AC TRX Update

The TRX rooftop group exercise classes are up and running and include a new class offered on Thursdays at 12:00 p.m. – 12:50p.m.!

Please make sure to reserve your space! Reservations open 48 hours prior to the start of class.

TRX Rooftop Class Schedule
Monday: 12:00 p.m. – 12:50p.m.
Thursday: 12:00 p.m. – 12:50p.m.
Friday: 12:00 p.m. – 12:50p.m.

BollyX is Here!
Come enjoy a fun way to move, dance, and exercise with BollyX!

Class currently offered on Saturdays at 8:00 a.m.
Starting October 18, 2022
New Additional BollyX Classes added:
Tuesday: 7:30a.m. – 8:20 a.m.
Thursday: 10:00 a.m. – 10:50 a.m.

Look for updates on the GEX Schedule! To view the CSM–AC’s GEX schedule, click here. To view CAN–AC’s GEX schedule, click here.

A Reminder

• 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.
Party in Pink: Zumbathon
Saturday, October 22, 2022
12:00 p.m. - 1:30 p.m.
CAN-AC, Rooftop

Come dance with us on the rooftop in support of Breast Cancer Awareness Month! Six instructors, 90-minutes of dance/Zumba fun and all with a view!

CAN and CSM Athletic Center members, and their guests may join in to support. We ask guests to complete a waiver at the Front Desk or request this in advance by emailing Candi Cabrera at cabrerac@smccd.edu.

Participation is free. Those choosing to submit a donation may do so directly to the Susan G. Komen foundation. Visit the Susan G. Komen foundation website at komen.org.
Aquatic Staff Spotlight

The Aquatic Team at both Athletic Center facilities continues to shine and what better way to say great job then to SPOTLIGHT and share the contributions, dedication and uniqueness of the individuals who make everyday special for us all! When you are on deck, say, “hello,” here are just a few of our amazing Athletic Center employees:

**Trace La Mar**  College of San Mateo Athletic Center

Trace is one of our newest Lifeguards to join the team. He is an extraordinary team player and jumped to the occasion during the needs of our members on two occasions since he has started. He is a leader that every team needs but one that we are lucky we can say we can have. Trace, thank you for all that you do. Congratulations for being this month’s Spotlight for College of San Mateo!

**Liam Smith**  Cañada College Athletic Center

Liam is our Head Lifeguard at Cañada Athletic Center, and if you are ever having a bad day, please book a lane in our Cañada pools and feast your eyes on The Dancing Man himself, Liam! Liam has been known to drop the funk once or twice out the deck when he thinks no one is looking, he also does a fabulous job getting to know all our members to ensure they are having the best time possible. Above anything, he keeps our pools as safe as can be! Liam you do an impeccable job and we don’t know what we would do without you. Never stop being you. Congratulations on being this month’s spotlight for Cañada College, you deserve it!

**Armand Royeca**  Bulldogs Swim School

Armand is one of our Swim Instructors for Bulldogs Swim School. His passion for teaching the kiddos is comparable to none. The children and staff faces light up when Armand hits the deck, because he’s one of the happiest and kindest individuals that you’ll ever meet. Our families in Bulldogs Swim School rave about him and he is one of our more requested teachers. One of Armand’s best qualities is his sense of humor, he can make anyone laugh! We are so lucky to have on staff Armand. Congratulations to being this month’s spotlight for Bulldogs Swim School, you deserve it!
From Bulldogs Swim Club Coaching Staff

The Bulldogs are very excited to return to the pool for their second full season. We are implementing some new changes to the program and adding dryland workouts to help the swimmers perform and avoid injury. The emphasis of this season will be on a more cohesive team culture and accountability to teammates, with a dash of FUN!

We had our first swim meet of the year and are looking forward to many more as the season progresses. Congratulations to all the first-time swimmers and their parents for their encouragement. It would not be possible without your participation. We hope to build on a great start and continue to watch this team as they improve and grow. Thanks again to all the swim community for their feedback and continuing support. Go Bulldogs!

Bulldogs Swim School

Bulldogs Swim School continue to be a positive addition to College of San Mateo as well as the community it is surrounded by. There are currently over 200 children in the program as of June 15, 2022 and new class space is now open for the fall season sign-ups. The program is one of a kind and was co-created by Community Fitness with students of the College of San Mateo, who now are now the primary staff for the swim instruction students.

CSM–Athletic Center’s Aquatics Operations Manager, Nina Pineda developed the program where students collaborate and support each other in their personal advancement and mentor one another, with the unique “Bulldogs Swim School Mentorship Program.” The results speak to the passion of the team and professional delivery of service. Additionally, the program concept allows Deck Supervisors to build on mentorship, inclusiveness and the up-leveling of incoming instructors on the importance of water safety for children, the Bulldog Swim School Level clarity, time management, and many more transferrable skills. There are now over 15 staff members and the instructor team is growing each month based upon demands for services from the community. The Bulldogs Swim School teaches children a lifelong safety skills, while allowing our students to thrive academically, professionally and personally. We are so proud of our team and hope that you are too.

Please enjoy this video created by the staff and Bulldogs Swim School Families to show why we love it here so much! Click to view, here. Interested in joining our team? please reach out to Nina Pineda at pinedan@smccd.edu
Masters Swimmers

Our Masters team continues to grow with the rising number of Masters swimmers joining our sister Athletic Center, at Canada College. We want to WELCOME all of our new team members with open arms.

We continue to celebrate all of our teammates who are participating in open water swims as well as our amazing athletes competing in triathlon competitions and running competitions. We do it all! Sending out a big GOOD LUCK and CONGRATULATIONS, to our teammates who are out there representing all of us!

We want to start off by wishing Fariba Fatemi huge success as she travels to London to compete in the London Marathon, being held this Sunday, October 2. WAY TO GO, FARIBA!!

Not to be outdone, we want to send CONGRATULATIONS, to our teammates who competed last weekend in Santa Cruz:

**Triathlon – Olympic Distance**
Mike Kiedel: 1st place (2:20:21), in his age group and 12th overall out of 561 competitors. WAY TO GO MIKE!!

**Aqua-Bike**
Dave Cauchi: 3rd place (1:55:07), in his age group and 14th overall! HEATHER ARTERS: 1st place (1:58:10), in her age group and 4th overall woman.

Congratulations to all, and GOOD LUCK, INCREDIBLE EFFORTS AND RESULTS!

Coach Tom

A Reminder to Swimmers

Athletic Center Access, 5-minutes prior to opening hours only. Thank you for your consideration and support.
A WIN-WIN
We Encourage Community Building!
Refer a friend to the Athletic Center to inquire about a new membership! When they mention you as a current member at the Athletic Center our membership office will provide the new prospective member a $50 discount off their new membership enrollment fees!

Building our community membership with like minded students, colleagues and friends while offering them a discounted enrollment fee is a WIN for everyone.

What makes the Athletic Center locations even more special? The answer is you, your family and your friends!

What better opportunity and space to say “hi” to those dear to you while also improving physically, mentally and emotionally through the physiological up-leveling that comes with the benefits of exercise.

Thank you for making the Cañada College and College of San Mateo Athletic Centers a place that feels like home and referring special members, just like you!

Dual-Site Membership Discount Special Extended...
but Only for a Few More Days!

“You are as good as your options and your surroundings!”
The special pre-sales, monthly membership dues price for a dual-site membership to both Athletic Centers will increase by 8% effective October 7, 2022. While the increase is only a few dollars, these days every dollar counts!

If you wish to change your single-site membership to include a dual-site membership to both Athletic Center locations, please make sure to ask for a status change form at the Membership Office or the Front Desk no later than October 6th, 2022.

Examples include experiencing Pilates Reformer Training and a large Olympic Size Pool at CSM-Athletic Center or Pickleball and Rooftop Group Exercise classes at CAN-Athletic Center. Two Athletics Centers provide more fitness workout options to choose from!
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 / Cañada 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 with a record of Covid-19 vaccination or SMCCD approved exemption status, with current COVID test results, 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 the 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.
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.