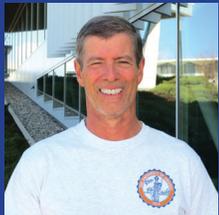


# IT'S ALL ABOUT YOU!



**Having a buddy to exercise with can make a huge difference in sticking to a routine.**

Our trainer is so knowledgeable and has helped us improve our strength, flexibility, balance and endurance with age-appropriate, varied, fun routines; adapting to any current body issues, keeping us on a steady forward pace, which has definitely improved our health.  
– Claire & Deirdre, members since 2016



**I've been working out regularly for awhile due to some concern I have regarding my family health history.** About a year ago, I decided to upgrade my workouts under the guidance of my trainer at SMAC.

My goals were to improve my leanness, strength, stamina, flexibility and endurance. I workout 3 times a week. I'm very pleased with my progress and the help and encouragement my trainer has given me.  
– Charles, member since 2014



**I am grateful to have made the decision to join SMAC (it is very close to work).** The staff and people there are very friendly and helpful. For me to see other people looking to reach their own goals reminds

me that I am not in this alone. My workouts at SMAC have helped me find a safe outlet for all the energy built up during the week as I face different challenges and I can channel that energy to a positive outcome.

– Ivan, member since 2015

## CLUB HOURS

Monday – Friday 5:30 AM – 9:30 PM  
Saturday & Sunday 7:00 AM – 7:00 PM

## SAN MATEO ATHLETIC CLUB

At College of San Mateo  
Health & Wellness Building, Bldg. 5  
1700 W. Hillsdale Boulevard  
San Mateo, CA 94402

**Phone:** 650.378.7380

**Email:** smac.fitness@smccd.edu  
smccd.edu/sanmateoathleticclub



# PERSONAL FITNESS TRAINING



PROVIDING THE  
**EXOS**  
EXPERIENCE



MAKE THE INVESTMENT TO BE  
FOCUSED IN YOUR TRAINING PROGRAM



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# PERSONAL FITNESS TRAINING PACKAGES

## MEMBER PRICING

### Starter Packs: 50 Minutes

(One-Time Purchase for New Clients Only)

Trainer Tier:	T1	T2
<b>Intro Package (1:1)</b>		
3 Sessions .....	\$225	\$231
<b>Jump Start Package (1:1)</b>		
8 Sessions .....	\$584	\$600

1:1 Sessions:	50 Minutes	30 Minutes
Trainer Tier:	T1   T2	T1   T2
Single Session .....	\$89   \$93	\$62   \$66
5 Sessions .....	\$420   \$430	\$280   \$290
10 Sessions .....	\$790   \$810	\$530   \$550

*Loyalty Pkg:	50 Minutes	30 Minutes
Trainer Tier:	T1   T2	T1   T2
8 Sessions (4-wk exp) ...	\$608   \$624	\$408   \$424
12-Sessions (6-wk exp) ..	\$864   \$888	\$588   \$612

### Group Trainer Duo: 50 Minutes (Price per Person)

Trainer Tier:	T1	T2
Single Sessions .....	\$63	\$67
5 Sessions .....	\$290	\$300
10 Sessions .....	\$545	\$565

### Group Trainer Trio: 50 Minutes (Price per Person)

Trainer Tier:	T1	T2
Single Sessions .....	\$53	\$57
5 Sessions .....	\$241	\$251
10 Sessions .....	\$450	\$470

Packages (excluding Loyalty Packages) expire within three (3) months after the date of the first session.

\*Loyalty packages apply to clients training consistently a minimum of two times per week. Expiration dates are set from the date of purchase. These sessions may not roll over.

Contact [smac.fitness@smccd.edu](mailto:smac.fitness@smccd.edu) to sign up.

## Our Trainers

Our Personal Trainers have extensive experience and strong educational backgrounds. They are certified by nationally recognized organizations and are diverse in their training experiences. We offer Personal Fitness Training at two different tiers:

### TIER 1 - PERSONAL TRAINER (T1)

- Has <3 years training experience
- National Certification
- EXOS Fitness Specialist Certification
- Adult CPR/AED Certified

### TIER 2 - PERSONAL TRAINER (T2)

- Has 3+ years training experience
- National Certification
- EXOS Fitness Specialist Certification
- Advanced Degree or Specialized Certification
- Adult CPR/AED Certified

MAKE THE INVESTMENT TO BE  
FOCUSED IN YOUR TRAINING PROGRAM

The Personal  
Training Program at  
SMAC include the 4 Pillars  
of Performance –

**MINDSET, NUTRITION,  
MOVEMENT &  
RECOVERY**

**Have REAL Accountability:** It is easy to skip a workout when it's not a priority in your schedule. You will be more likely to make it a priority when you know you know there is a value to it. Would you skip a doctor's appointment? Normally not without at least 24 hours advance notice as there is a value and credibility to what the doctor will provide for you. There is the same value and credibility to what your personal trainer provides and with the ability to see them more consistently, you will have a more natural "medicine" for your body with long-term health benefits.

**Thorough and Continuous Assessments:** Initial assessments may be done in a static position to show us postural asymmetries, but the way to truly test muscle and joint function is to see them in action with movement. Our goal is to make you move better and more throughout the day. How your body feels from day-to-day will vary, so our trainers are equipped with the expertise to work with that variation.

### Feel better training with a trainer than on your own.

Some people are good at training hard, but our trainers are good at helping you train smart. Your body does not know the difference between physical stress, emotional stress, and mental stress- so having your trainer mitigate that stress throughout the session will guarantee that you will feel better after every session.

