

SMAC Fit Pass Schedule

Small Group Training Programs | Both On-Site & Virtual Options | [View Brochure For Pricing: Click HERE](#)

Pilates Sessions

Fitness Sessions

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Virtual 8:00AM Mat Pilates Sybille	7:00AM SWIM STRONGer Harsha	Virtual 8:00AM Mat Pilates Sybille			
	Virtual 8:00AM ResoLOSEtion (4x / Week) Harsha	Virtual 8:00AM ResoLOSEtion (4x / Week) Ajay	Virtual 8:00AM ResoLOSEtion (4x / Week) Candi	Virtual 8:00AM ResoLOSEtion (4x / Week) Lia	Virtual 8:00AM ResoLOSEtion (4x / Week) Glenn		Virtual 9:00AM TRX Total Body Candi
	Virtual 8:45AM Mat Pilates Liliana						
		11:00AM Pilates Reformer & Chair Circuit Cristina		12:00PM Pilates Reformer Cristina	Virtual 11:00AM Core Strength Training Lia		
			1:00PM Pilates Total Body Liliana				
	6:00PM Functionally Fit Josh		6:00PM Functionally Fit Josh				

- 3-7 participants per session
- All levels welcome!
- Fitness Sessions led by Personal Trainers
- Pilates Sessions require Instructor pre-approval
 - Email: chaneskis@smccd.edu to sign-up today!

FIT PASS SESSION DESCRIPTIONS

FITNESS SESSIONS

Functionally Fit: These small group sessions will focus on functional total body strength and conditioning using different tools like TRX, weights, stability balls, Battle Ropes, etc. Take your fitness to the next level with this circuit-style training and add variety to your workouts.

SWIM STRONGer: These sport-specific sessions focus greatly on helping build endurance, strength, and coordination for all aquatic movements. By putting a twist on the regular exercise 'boot-camp' you will practice a wide range of strength-based movements with an overall focus of helping improve how you move and feel in the pool. We will implement a variety of functional exercises to improve your strength, muscular balance, and flexibility; while also taking time to focus on essential body mechanics to improve your stroke, reduce your time, and help avoid common injuries.

Core Strength Training: Strength training sessions for all skill-levels with an emphasis on core control and body balance to challenge and improve body awareness and functionality using a variety of training techniques.

TRX Total Body: Full-body suspension training focused on strengthening the core while incorporating total body movements. *Must have TRX at home for Virtual Sessions.

ResoLOSEtion: Our most popular weight-loss program! This is a 5-6 week program that includes: Training with a Trainer 4 days/week in a small group setting, Balanced programs to offer a variety of Strength training, Cardio intervals, Core training, Mobility exercises, and more! If you are ready to commit to your health & fitness, our trainers are ready to bring this incredible experience right to your screen.

PILATES SESSIONS (all sessions require pre-approval)

Pilates Reformer: A great workout for strength, flexibility and core control utilizing the Studio Reformer. Based on the work of Joseph Pilates.

Pilates Reformer & Chair Circuit: A great workout for strength, flexibility and core control utilizing the Studio Reformer and Wunda Chair.

Pilates Total Body: A great full-body workout for strength, flexibility and core control utilizing various apparatus such as the Studio Reformer, Wunda Chair, and more!

Mat Pilates: Focus on strength & flexibility of the major muscle groups. A combination of core, breathing, and relaxation. A great way to bring Pilates to your at-home routine!

Our Fit Pass Programs are designed to bring you the personalized attention of working with a trainer in a small group setting to deliver a motivational and results-driven experience.

Our Monthly Fit Pass Packages are designed to keep you consistent and committed to your training program. We also offer flexible packages to give you the freedom to build high-quality training into your lifestyle.

All sessions require RSVP 24-hours in advance based on session availability.

[Review Fit Pass Packages HERE!](#)