



SAN MATEO ATHLETIC CLUB (SMAC)

San Mateo Athletic Club, conveniently located on the College of San Mateo campus, offers a welcoming environment with quality programs and classes.

Whether you prefer group exercise classes or one-on-one personal training with a certified instructor, we offer a wide range of ways to reduce stress, improve health and achieve your lifetime fitness goals

Featuring:

- A large main fitness floor with expansive equipment – no waiting
- Four group exercise studios
- Aquatics complex with a 50 meter Olympic size pool heated to 79 degrees and a 25 meter instructional pool heated to 88 degrees
Offering; Masters Swim, Youth Swim team, children’s swim lessons, Recreational and competitive teams, small group and private lessons, water polo, deep water conditioning, group aqua exercise classes and synchronized swimming....there is truly something for everyone.
- Each membership includes 2 orientations with a Personal Trainer.
- Our fitness and group exercise instructors are educated and hold national certifications.
- All of our employees are CPR and AED certified.

The health and wellness of our team is very important to us. **We are pleased to offer special membership rates to SMCCCD faculty and staff.**

Experience what San Mateo is talking about!

Call to schedule a complimentary visit

Telephone: (650) 378-7373

Web Page: <http://www.smccd.edu/sanmateoathleticclub/>