

HIP Group Fitness Classes for Employee/Retiree Wellness* Summer 2018 (6/25-8/31) Schedule-At-A-Glance

Health Improvement Program, website: <http://hip.stanford.edu>, Phone: (650) 723-9649 Email: healthimprovement@stanford.edu

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------------|---|--|--|--|---|
| 6:15/30am | 6:30 Indoor Cycling Workout @ AOERC, Bikes | 6:15 Circuit Weight Training @ ACSR Fitness 6:30 Sunrise Exercise @ Cobb Track | 6:30 Indoor Cycling Workout @ AOERC, Bikes | 6:15 Circuit Weight Training @ ACSR Fitness Ctr 6:30 Sunrise Exercise @ Cobb Track | 6:15 Cycle & Core @ ACSR, Bikes/Fitness Ctr |
| 7:00am | 7:00 Running Made Easy @ Cobb Track 7:00 TRX/Yoga Core & Strength @ AOERC, 203 | 7:00 Boot Camp Drop 'n Go @ ACSR, Court 7:05 Circuit Weight Trng @ ACSR Fitness Ctr | 7:00 Running Made Easy @ Cobb Track 7:00 TRX/Yoga Core & Strength @ AOERC,203 | 7:00 Boot Camp Drop 'n Go @ ACSR, Court 7:05 Circuit Weight Trng @ ACSR Fitness Ctr | 7:00 Healthy Back Strong Abs @ ACSR, Studio 8:05 Yoga/Pilates Fusion @ ACSR, Studio |
| 10:00am - 11:45am | 10:00 Senior Strong @ AOERC, Fitness Ctr 11:00 Boot Camp-Body Sculpt @ 3160 Porter 11:00 Circuit Weight Trng @ AOERC, Fitness Ctr 11:00 Circuit Weight Trng @ ACSR Fitness Ctr 11:20 TRX @ SoM Sports Complex 11:30 Dance Rhythms @ ACSR, Court 11:30 Indoor Cycling @ 3145 Porter | 11:00 Circuit Weight Trng @ 3160 Porter 11:00 Circuit Weight Trng @ ACSR, Fitness Ctr 11:00 TRX & Cycle Combo @ 3145 Porter 11:00 Pilates Mat @ 3160 Porter, Studio 11:30 H.A.A.B.I.T. @ ACSR, Court 11:30 Healthy Back @ AOERC, Studio 203 11:30 Pilates Mat @ Roble Studio 114 11:30 Prenatal Yoga @ ACSR Studio 11:30 TRX @ SLAC, Bldg. 55, Fitness Ctr 11:45 Chen Family Tai Chi @Dohrmann Grove 11:45 Indoor Cycling @ ACSR, Bikes | 10:00 Senior Strong @ AOERC, Fitness Ctr 11:00 Boot Camp Body Sculpt @ 3160 Porter 11:00 Circuit Weight Trng @ AOERC, Fitness Ctr 11:00 Circuit Weight Trng @ ACSR Fitness Ctr 11:20 TRX @ SoM Sports Complex 11:30 Dance Rhythms @ ACSR, Court 11:30 Indoor Cycling @ 3145 Porter | 11:00 Circuit Weight Trng @ 3160 Porter 11:00 Circuit Weight Trng @ ACSR, Fitness Ctr 11:00 TRX & Cycle Combo @ 3145 Porter 11:00 Unwind & Thrive Yoga @ 3160 Porter 11:15 Pilates Mat, SLAC, bldg. 55, Studio 11:30 H.A.A.B.I.T. @ ACSR, Court 11:30 Healthy Back @ AOERC, Studio 203 11:30 TRX @ SLAC, Bldg. 55, Fitness Ctr 11:45 Indoor Cycling @ ACSR, Bikes | 11:00 Aligned Hatha Yoga @ SLAC, Bldg. 55 11:00 Boot Camp - Body Sculpt @ 3160 Porter 11:00 Circuit Weight Trng @ AOERC Fitness Ctr 11:30 Yoga 4 Runners&Athletes @ ACSR Studio 11:30 Shaolin Kung Fu @ MSOB Courtyard 11:30 Soul Line Dance @ AOERC, Studio 111 |
| 12:00pm - 12:35pm | 12:00 Circuit Weight Trng @ AOERC, Fitness Ctr 12:00 Conditioning Pilates @ 3160 Porter, Studio 12:00 Healthy Back @ 500 Broadway St., RWC 12:00 Power Yoga @ Roble Studio 113 12:00 Running Made Easy @ Cobb Track 12:00 Yang Tai Chi/Qigong @ 800 Welch, 250E 12:00 Body Firm Super Sculpt @ Koret Plaza 12:05 Zumba @ AOERC, Court 12:10 TRX @ SoM Sports Complex 12:15 Cross Training @ SLAC, Bldg. 55 12:15 Middle Eastern Belly Dance @ Roble 114 12:15 TRX @ SLAC, Bldg. 55, Fitness Center 12:20 TRX @ 3145 Porter 12:20 Zumba @ SLAC, bldg. 55, Studio 12:30 Aqua Fitness @ Avery Rec Pool 12:30 Boot Camp Drop 'n Go @ ACSR Court 12:30 Flow Yoga @ ACSR Studio 12:30 Indoor Cycling @ AOERC bikes | 12:00 Beg. Ballet & Dance @ Roble Studio115 12:00 Cardinal Fit Lap Swim @ Avery Aquatic 12:00 Circuit Weight Trng. @ ACSR, Fitness 12:00 Functional Strength @ AOERC, Fitness 12:00 TRX @ 3145 Porter Dr. Gym 12:00 Unwind & Thrive Yoga @ 3160 Porter 12:05 Dance Rhythms @ AOERC, Court 12:15 Indoor Cycling @ SLAC, Bldg. 55 12:20 Cardio Kickbox @ SLAC, Bldg. 55 12:30 Boot Camp Express @ ACSR, Court 12:30 Cardinal Fit Lap Swim @ Avery Aquatic 12:30 Hula Dance @ Roble Studio 113 | 12:00 Circuit Weight Trng @ AOERC, Fitness 12:00 Running Made Easy @ Cobb Track 12:00 Yang Tai Chi & Qigong @ 3160 Porter 12:00 Yoga Basics @ Roble, Studio 113 12:00 Body Firm Super Sculpt @ Koret Plaza 12:05 Zumba @ AOERC, Court 12:10 TRX @ SoM Sports Complex 12:15 Cross Training @ SLAC, Bldg. 55 12:15 Persian Dance @ Roble 114 12:15 TRX @ SLAC, Bldg. 55 Fitness Center 12:15 Zumba @ 500 Broadway St, RWC 12:20 TRX @ 3145 Porter 12:20 Zumba @ SLAC, bldg. 55, Studio 12:30 Aqua Fitness @ Avery Rec Pool 12:30 Boot Camp Drop 'n Go @ ACSR Court 12:30 Indoor Cycling @ AOERC bikes | 12:00 Beg. Ballet & Dance @ Roble Studio 115 12:00 Cardinal Fit Lap Swim @ Avery Aquatic 12:00 Chen Family Taijiquan @ MSOB (Outdoors) 12:00 Circuit Weight Trng. @ ACSR, Fitness Ctr 12:00 Functional Strength @ AOERC, Fitness Ctr 12:00 TRX @ 3145 Porter Dr. Gym 12:00 Gentle Yoga @ Roble, Studio 114 12:00 Bombay Jam @ 3160 Porter Dr, Studio 12:05 Dance Rhythms @ AOERC, Court 12:20 Cardio Kickbox @ SLAC, Bldg. 55 12:30 Boot Camp Express @ ACSR, Court 12:30 Cardinal Fit Lap Swim @ Avery Aquatic 12:30 Healthy Back @ ACSR Studio | 12:00 Ballet & Barre Work @ Roble Studio 115 12:00 Circuit Weight Trng @ AOERC Fitness Ctr 12:00 Power Yoga @ 500 Broadway, RWC 12:00 Power Yoga @ Roble, Studio 113 12:00 Yoga/Pilates Fusion @ 3160 Porter 12:15 Cardio Kickbox @ AOERC, Court 12:15 Feldenkrais™ @ Roble, Studio 114 12:15 Indoor Cycling @ AOERC, Bikes 12:15 Indoor Cycling @ SLAC, Bldg 55 12:30 Body Firm/Super Sculpt @ ACSR, Court 12:30 Flow Yoga @ AOERC, Studio 203 |
| 1:00pm - 1:30pm | 1:00 Circuit Weight Trng @ AOERC, Fitness Ctr 1:00 Unwind & Thrive Yoga @ Littlefield Lawn 1:25 Body Firm/Super Sculpt @ 3160 Porter 1:30 Flow Yoga @ AOERC Studio 203 | 1:00 Cardinal Fit Lap Swim @ Avery Aquatic 1:00 Circuit Weight Training @ ACSR Fitness 1:00 TRX @ 3145 Porter Dr. Gym 1:05 Chinese Dance @ Roble Studio 115 1:05 Circuit Weight Trng @ 3160 Porter 1:15 Bombay Jam @ 3160 Porter Studio 1:20 Body Firm/Super Sculpt @ ACSR, Court 1:30 HIIT 30 min WO @ AOERC, Studio 111 | 1:00 Circuit Weight Trng @ AOERC, Fitness Ctr 1:25 Body Firm/Super Sculpt @ 3160 Porter | 1:00 Cardinal Fit Lap Swim @ Avery Aquatic 1:00 TRX @ 3145 Porter Dr. Gym 1:05 Chinese Dance @ Roble Studio 115 1:00 Circuit Weight Trng @ ACSR Fitness Ctr 1:05 Circuit Weight Training @ 3160 Porter 1:15 Flow Yoga @ 3160 Porter Studio 1:20 Body Firm/Super Sculpt @ ACSR, Court 1:30 Flow Yoga @ Roble Studio 113 1:30 HIIT 30 min WO @ AOERC, Studio 111 | 1:10 Beginning Indoor Cycling @ AOERC, Bikes 1:30 Yoga/Pilates Fusion @ ACSR, Studio |
| 3:00pm - 4:30pm | 4:15 Beginning Swimming @Avery Rec Pool 4:25 TRX @ SoM Sports Complex 4:30 TRX & Cycle Combo @ 3145 Porter Gym | 4:00 Vinyasa & More @ 3160 Porter Studio 4:25 TRX @ SoM Sports Complex 4:30 Aqua Fitness @ Avery Recreation Pool | 4:15 Beginning Swimming @Avery Rec Pool 4:25 TRX @ SoM Sports Complex 4:30 Barre Sculpt @ AOERC Studio 111 4:30 Begin & Intermediate Ballet @ AOERC 203 4:30 TRX & Cycle Combo @ 3145 Porter Gym | 4:00 Vinyasa & More @ 3160 Porter Studio 4:25 TRX @ SoM Sports Complex 4:30 Aqua Fitness @ Avery Recreation Pool | |
| 5:00pm - 5:45pm | 5:10 TRX @ SoM Sports Complex 5:15 Boot Camp Drop 'n Go @ ACSR, Court 5:15 Gentle Yoga @ 3172 Porter, Rm 2100 5:20 TRX & Cycle Combo @ 3145 Porter 5:30 Boot Camp-Body Sculpt @ 3160 Porter 5:30 Hip Hop @ AOERC, Court 5:45 Weight Lifting Blast @ SLAC, Bldg. 55 | 5:00 TRX @ AOERC Fitness Center 5:10 TRX @ SoM Sports Complex 5:15 Zumba @ 3160 Porter Dr, Studio 5:15 Cycle & Core/TRX & Core @ 3145 Porter 5:15 Hatha Yoga w/ Alignment @ Ford Lawn 5:30 Aging Strong Pilates @ AOERC St. 203 5:30 Aqua Fitness @ Avery Recreation Pool 5:30 Bombay Jam @ AOERC, Court 5:30 Cross Training @ SLAC Bldg. 55 5:30 Cross Training @ ACSR Court 5:50 TRX @ AOERC, Fitness Ctr | 5:10 TRX @ SoM Sports Complex 5:15 Boot Camp: Drop 'n Go @ ACSR, Court 5:20 TRX & Cycle Combo @ 3145 Porter 5:30 Boot Camp-Body Sculpt @ 3160 Porter 5:30 Hatha Yoga w/ Alignment @ AOERC, 203 5:30 Hip Hop @ AOERC, Court 5:30 Pilates Mat @ 3172 Porter, Rm 2100 5:45 Weight Lifting Blast @ SLAC, Bldg. 55 | 5:00 TRX @ AOERC Fitness Center 5:10 TRX @ SoM Sports Complex 5:15 Zumba @ 3160 Porter Dr, Studio 5:15 Cycle & Core/TRX & Core @ 3145 Porter 5:30 Aqua Fitness @ Avery Recreation Pool 5:30 Bombay Jam @ AOERC, Court 5:30 Cross Training @ SLAC Bldg. 55 5:30 Cross Training @ ACSR Court 5:15 Pilates for Core @ Stanford Red Barn 5:50 TRX @ AOERC, Fitness Ctr | |
| 6:00pm - 7:00pm | 6:00 Cardinal Fit Lap Swim @ Avery Rec Pool 6:05 Unwind & Thrive Yoga @ Li Ka Shing Ctr 6:10 TRX & Cycle Combo @ 3145 Porter Gym 6:30 Cardinal Fit Lap Swim @ Avery Rec Pool | 6:05 Cycle & Core/TRX & Core @ 3145 Porter | 6:00 Cardinal Fit Lap Swim @ Avery Rec Pool 6:10 TRX & Cycle combo @ 3145 Porter Gym 6:30 Cardinal Fit Lap Swim @ Avery Rec Pool | 6:05 Cycle & Core/TRX & Core @ 3145 Porter 6:30 Pilates Mat @ AOERC, Studio 203 | NOTE: Schedule subject to change. Check HIP website for an updated schedule. |

*Classes for SU Employees, Family and Retirees & Hospital Employees. Class registration begins Tues 6/12. Schedule of Classes available. Summer Quarter dates: June 25 – August 31.

Key to Class Locations above:

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| 500 Broadway | 500 Broadway St, Redwood City, 2 nd flr | Avery Aquatic | Avery Aquatic Center, East campus | Littlefield Lawn | Littlefield Building, Lawn (Outdoors) | Roble Gym | Studios 113, 114, 115 |
| ACSR | Arrillaga Center for Sport and Recreation | Cobb Track | Cobb Track/Angell Field (Outdoors) | Li Ka Shing | Li Ka Shing Learning Center | SLAC, Bldg 55 | Arrillaga Recreation Center at SLAC |
| AOERC | Arrillaga Outdoor Education Recreation Ctr | Dohrmann | Dohrmann Grove | MSOB | Grass near Medical School Office Bldg. | SoM Sports Complex | Sports Complex, outside MSOB Bldg. |
| Avery Rec | Avery Recreation Pool, West campus | HRP T138B. | Health Research Policy, Redwood Bldg | Porter | 3145, 3160 & 3712 Porter Dr., studio/gym | | |