

HIP Group Fitness Classes for Employee/Retiree Wellness* Winter 2018 (1/16-3/16) 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 6:30 Sunrise Exercise @ Cobb Track | 6:15 Cycle & Strength @ ACSR, Bikes/Fitness Ctr |
| 7:00am | 7:00 Running Made Easy @ Cobb Track/Field 7:00 Yoga Core @ AOERC, Studio 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/Field 7:00 TRX/Yoga Core @ AOERC, Studio 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 8:00 Gentle Yoga @ 780 Welch Rd, Rm 250E 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 11:00 Circuit Weight Trng @ ACSR Fitness Ctr 11:20 TRX @ SoM Sports Complex 11:30 Hard Core Abs @ Ford Ctr, Court 11:30 Dance Rhythms @ ACSR, Court 11:30 Indoor Cycling @ 3145 Porter 11:30 Zumba @ AOERC, Court | 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 11:30 Yoga/Pilates Fusion @ 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 Dance Rhythms @ Burnham Pavilion 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 11:00 Circuit Weight Trng @ ACSR Fitness Ctr 11:30 Hard Core Abs @ Ford Ctr, Court 11:20 TRX @ SoM Sports Complex 11:30 Dance Rhythms @ ACSR, Court 11:30 Indoor Cycling @ 3145 Porter 11:30 Zumba @ AOERC, Court | 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 TRX @ SLAC, Bldg. 55, Fitness Ctr 11:45 Dance Rhythms @ Burnham Pavilion 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 11:15 Senior Strength Plus @ Ford Center Court 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 Flow Yoga @ Burnham Pavilion 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 @ 780 Welch, 250E 12:05 Get Up 'n Move @ Ford Ctr, SD 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 Indoor Cycling @ AOERC bikes | 12:00 Beg. Ballet & Dance @ Roble Studio 115 12:00 Boot Camp @ Ford Ctr, SD Court 12:00 Cardinal Fit Lap Swim @ Avery Aquatic 12:00 Circuit Weight Trng, @ ACSR, Fitness 12:00 Flow Yoga @ 500 Broadway, RWC 12:00 Functional Strength @ AOERC, Fitness 12:00 H.A.A.B.I.T. @ ACSR, Court 12:00 TRX @ 3145 Porter Dr. Gym 12:00 Unwind & Thrive Yoga @ 3160 Porter 12:15 Indoor Cycling @ SLAC, Bldg. 55 12:20 Cardio Kickbox @ SLAC, Bldg. 55 12:30 Cardinal Fit Lap Swim @ Avery Aquatic 12:30 Healthy Back @ AOERC, Studio 203 12:30 Hula Dance @ Roble Studio 114 12:35 Hip Hop @ Burnham Pavilion | 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 12:05 Get Up 'n Move @ Ford Ctr, SD Court 12:10 Chinese Movement Therapy @ Dohrmann 12:10 Meditation & Breath @ Alway bldg, M208 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 12:15 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 Boot Camp @ Ford Ctr, SD Court 12:00 Cardinal 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 HAABIT @ ACSR, Court 12:00 Pilates Mat @ 500 Broadway St., RWC 12:00 TRX @ 3145 Porter Dr. Gym 12:00 Gentle Yoga @ Roble, Studio 114 12:00 Zumba @ 3160 Porter Dr, Studio 12:20 Cardio Kickbox @ SLAC, Bldg. 55 12:30 Cardinal Fit Lap Swim @ Avery Aquatic 12:30 Healthy Back @ AOERC, Studio 203 12:30 Healthy Back @ ACSR Studio 12:35 Hip Hop @ Burnham Pavilion | 12:00 Ballet & Barre Work @ Roble Studio 115 12:00 Adventure Race WO @ AOERC, Court 12:05 Butts and Guts @ Ford Ctr, San Diego Ct 12:00 Circuit Weight Trng @ AOERC Fitness Ctr 12:00 Power Yoga @ 500 Broadway, RWC 12:00 Functional Strength @ AOERC, 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 | 12:30 Boot Camp Drop 'n Go @ ACSR, Court 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 1:30 Running Made Easy @ 3160 Porter (outside) | 1:00 Cardinal Fit Lap Swim @ Avery Aquatic 1:00 Chinese Dance @ Roble Studio 115 1:00 Circuit Weight Training @ ACSR Fitness 1:00 TRX @ 3145 Porter Dr. Gym 1:05 Circuit Weight Trng @ 3160 Porter 1:20 Body Firm/Super Sculpt @ ACSR, Court 1:30 HIIT 30 min WO @ AOERC, Court | 12:30 Boot Camp Drop 'n Go @ ACSR, Court 1:00 Circuit Weight Trng @ AOERC, Fitness Ctr 1:25 Body Firm/Super Sculpt @ 3160 Porter 1:30 Running Made Easy @ 1070 Arastradero | 1:00 Cardinal Fit Lap Swim @ Avery Aquatic 1:00 Chinese Dance @ Roble Studio 115 1:00 TRX @ 3145 Porter Dr. Gym 1:05 Circuit Weight Training @ 3160 Porter 1:00 Circuit Weight Trng @ ACSR Fitness Ctr 1:15 Flow Yoga @ 3160 Porter Studio 1:20 Body Firm/Super Sculpt @ ACSR, Court 1:30 Flow Yoga @ AOERC, Studio 111 1:30 HIIT 30 min WO @ AOERC, Court | 1:10 Beginning Indoor Cycling @ AOERC, Bikes 1:30 Gentle Yoga @ ACSR, Studio |
| 3:00pm - 4:30pm | 4:25 TRX @ SoM Sports Complex 4:30 TRX & Cycle Combo @ 3145 Porter Gym | 4:00 Vinyasa & More @ 3160 Porter Studio 4:15 Overcome Fear Water @ Avery Rec Pool 4:25 TRX @ SoM Sports Complex 4:30 Indoor Cycling @ 3145 Porter Dr, Gym | 4:25 TRX @ SoM Sports Complex 4:30 TRX & Cycle Combo @ 3145 Porter Gym 4:30 Beg & Intermediate Ballet @ AOERC, 111 | 4:15 Overcoming Fear Water @ Avery Rec Pool 4:25 TRX @ SoM Sports Complex 4:30 Indoor Cycling @ 3145 Porter Dr, Gym 4:30 Pilates Core Strength @ Roble Studio 114 | |
| 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 Beg & Intermediate Ballet @ Roble 114 5:30 Boot Camp @ 3160 Porter 5:30 Gentle Yoga @ Roble Studio 117 5:30 Hip Hop @ AOERC, Court 5:45 Weight Lifting Blast @ SLAC, Bldg. 55 | 5:00 POUND Rockout Workout @ ACSR Court 5:00 TRX @ AOERC Fitness Center 5:10 TRX @ SoM Sports Complex 5:15 Zumba @ 3160 Porter 5:15 Hatha Yoga w/ Alignment @ Roble 114 5:20 Indoor Cycling @ 3145 Porter 5:30 Adventure Race WO @ AOERC, Court 5:30 Aqua Fitness @ Avery Rec Pool 5:30 Cross Training @ SLAC Bldg. 55 5:30 Unwind & Thrive Yoga @ AOERC St. 203 5:45 TRX @ AOERC, Fitness Ctr 5:50 Cross Training @ ACSR Court | 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 @ 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 POUND Rockout Workout @ ACSR, Court 5:00 TRX @ AOERC Fitness Center 5:10 TRX @ SoM Sports Complex 5:15 Zumba @ 3160 Porter 5:20 Indoor Cycling @ 3145 Porter 5:30 Adventure Race WO @ AOERC, Court 5:30 Aqua Fitness @ Avery Rec Pool 5:30 Cross Training @ SLAC Bldg. 55 5:30 Pilates for Core @ Roble Studio 114 5:30 Pilates Mat @ Roble Studio 117 5:45 TRX @ AOERC, Fitness Ctr 5:50 Cross Training @ ACSR Court | |
| 6:00pm - 7:00pm | 6:00 Cardinal Fit Lap Swim @ Avery Rec Pool 6:10 TRX & Cycle Combo @ 3145 Porter Gym 6:10 Unwind & Thrive Yoga @ Li Ka Shing Ctr 6:30 Cardinal Fit Lap Swim @ Avery Rec Pool | 6:00 Aging Strong Pilates @ Roble St. 113 | 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 | | NOTE: Schedule subject to change. Please check the HIP website on/after January 10th for an updated schedule. |

*Classes for Employees, Family and Retirees. Class registration begins on Wed 1/10 and a detailed schedule of classes is available for download. Winter Quarter dates: January 16th – March 16th.

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 & 117 |
| 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 | | |