

# HIP Group Fitness Classes for Employee/Retiree Wellness\* Fall 2017 (9/25-12/8) Schedule-At-A-Glance

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

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>6:15/30am</b>	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
<b>7:00am</b>	7:00 Running Made Easy @ Cobb Track/Field 7:00 TRX @ AOERC, Studio 203	7:00 Boot Camp Drop 'n Go @ ACSR, Court 7:05 Circuit Weight Trng @ ACSR Fitness Ctr	12:00 Running Made Easy @ Cobb Track/Field 7:00 TRX @ 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 8:05 Yoga/Pilates Challenge @ ACSR, Studio
<b>10:00am - 11:45am</b>	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, Studio 111	11:00 Circuit Weight Trng @ 3160 Porter 11:00 Circuit Weight Trng @ ACSR, Fitness Ctr 11:00 Indoor Cycling Workout @ 3145 Porter 11:00 Pilates Mat @ 3160 Porter 11:30 Pilates Mat @ Roble Studio 114 11:30 Prenatal Yoga @ ACSR Mat Studio 11:30 TRX @ SLAC, Bldg. 55 11:45 Chen Family Tai Chi @ Dohrmann 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, Studio 111	11:00 Circuit Weight Trng @ 3160 Porter 11:00 Circuit Weight Trng @ ACSR, Fitness Ctr 11:00 Indoor Cycling Workout @ 3145 Porter Gym 11:00 Unwind & Thrive Yoga @ 3160 Porter 11:15 Pilates Mat, SLAC, Bldg. 55 11:30 TRX @ SLAC, Bldg. 55 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 11:30 Yoga 4 Runners&Athletes @ ACSR, Studio 11:30 Circuit Weight Trng @ AOERC Fitness Ctr 11:30 Shaolin Kung Fu @ MSOB Courtyard 11:30 Soul Line Dance @ AOERC, Studio 111
<b>12:00pm - 12:35pm</b>	12:00 Circuit Weight Trng @ AOERC, Fitness 12:00 Conditioning Pilates @ 3160 Porter, studio 12:00 Flow Yoga @ Burnham Pavilion 12:00 Healthy Back @ Broadway, RWC 12:00 Power Yoga @ Roble Studio 113 12:00 Running Made Easy @ Koret Plaza 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 TRX @ SLAC, Bldg. 55 12:20 TRX @ 3145 Porter 12:20 Zumba @ SLAC, bldg. 55 12:30 Aqua Fitness @ Avery Rec Pool 12:30 Indoor Cycling @ AOERC bikes	12:00 Beg. Ballet & Dance @ Roble, 113/115 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 12:10 TRX @ SoM Sports Complex 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 12:35 Hip Hop & UJam @ Burnham Pavilion	12:00 Circuit Weight Trng @ AOERC, Fitness 12:00 Running Made Easy @ Koret Plaza 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 Meditation & Breath @ Alway bldg, M112 12:10 TRX @ SoM Sports Complex 12:15 Cross Training @ SLAC, Bldg. 55 12:15 TRX @ SLAC, Bldg. 55 12:20 TRX @ 3145 Porter 12:20 Zumba @ SLAC, bldg. 55 12:30 Aqua Fitness @ Avery Rec Pool 12:30 Indoor Cycling @ AOERC bikes	12:00 Beg. Ballet & Dance @ Roble, 113/115 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 12:00 Functional Strength @ AOERC, Fitness Ctr 12:00 HAABIT @ ACSR, Court 12:00 Pilates Mat @ 500 Broadway, RWC 12:00 TRX @ 3145 Porter Dr. Gym 12:00 Yoga for Every Body @ Roble, Studio 114 12:00 Zumba @ 3160 Porter Dr, Studio 12:10 TRX @ SoM Sports Complex 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 Mat Studio 12:35 Hip Hop & UJam @ Burnham Pavilion	12:00 Ballet & Barre Work @ Roble Studio 115 12:00 Adventure Race WO @ AOERC, Court 12:00 Butts and Guts @ Ford Ctr, SD Court 12:00 Power Yoga @ Roble, Studio 113 12:00 Yoga/Pilates Challenge @ 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
<b>1:00pm - 1:30pm</b>	12:30 Boot Camp Drop 'n Go @ ACSR, Court 1:00 Circuit Weight Trng @ AOERC, Fitness Ctr 1:00 Unwind & Thrive Yoga @ Littlefield Lawn 1:10 Middle Eastern Belly Dance @ Roble St. 114 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 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 1:00 Chinese Dance @ Roble, Studio 113 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 TRX @ 3145 Porter Dr. Gym 1:05 Circuit Weight Training @ 3160 Porter 1:00 Circuit Weight Trng @ ACSR Fitness Ctr 1:10 Middle Eastern Belly Dance @ Roble St. 114 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 1:10 Chinese Dance @ Roble, Studio 115 1:30 Gentle Yoga for Beginners @ ACSR, Studio
<b>3:00pm - 4:30pm</b>	4:25 TRX @ SoM Sports Complex 4:30 TRX & Cycle Combo @ 3145 Porter Gym 4:45 Beg & Intermediate Ballet @ Roble 115	4:00 Power Yoga @ 3160 Porter Studio 4:15 Overcoming 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 4:45 Beg & Intermediate Ballet @ Roble 115	4:15 Overcoming Fear Water @ Avery Rec Pool 4:25 TRX @ SoM Sports Complex 4:30 Indoor Cycling @ 3145 Porter Dr, Gym	
<b>5:00pm - 5:45pm</b>	5:10 TRX @ SoM Sports Complex 5:15 Boot Camp Drop 'n Go @ ACSR, Court 5:15 Gentle Yoga Beginners @ Roble Studio 114 5:15 Gentle Yoga Beginners @ 3172 Porter, 2100 5:20 TRX & Cycle Combo @ 3145 Porter 5:30 Boot Camp @ 3160 Porter 5:30 Hip Hop & Ujam @ AOERC, Court 5:30 Indoor Cycling @ SLAC, bldg. 55 5:30 Weight Lifting Blast @ SLAC, Bldg. 55	5:05 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 Aging Strong Pilates @ Roble St. 113 5:30 Aqua Fitness @ Avery Rec Pool 5:30 Cross Training @ SLAC Bldg. 55 5:50 TRX @ ACSR, Fitness Ctr 5:30 Unwind & Thrive Yoga @ AOERC St. 203	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 & Ujam @ AOERC, Court 5:30 Indoor Cycling @ SLAC, bldg. 55 5:30 Pilates Mat @ 3172 Porter, Rm 2100 5:30 Weight Lifting Blast @ SLAC, Bldg. 55	5:05 POUND Rockout Workout @ ACSR, Court 5:00 TRX @ AOERC Fitness Center 5:10 TRX @ SoM Sports Complex 5:15 Pilates for Core @ Roble Studio 114 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 Mat @ Roble Studio 113 5:50 TRX @ ACSR, Fitness Ctr	
<b>6:00pm - 7:00pm</b>	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 6:25 Cross Training @ AOERC, Court 6:30 Cardinal Fit Lap Swim @ Avery Rec Pool		6:00 Cardinal Fit Lap Swim @ Avery Rec Pool 6:10 TRX & Cycle combo @ 3145 Porter Gym 6:25 Cross Training @ AOERC, Court 6:30 Cardinal Fit Lap Swim @ Avery Rec Pool		<b>NOTE: Schedule subject to change. Please check the HIP website on/after Sept 12<sup>th</sup> for an updated schedule.</b>

\*Classes for Employees, Family and Retirees. Class registration begins on Sept 12<sup>th</sup> and a detailed schedule of classes is available for download. Fall Quarter dates: September 25<sup>th</sup>-December 8<sup>th</sup>.

## Guide to class locations abbreviated above:

500 Broadway	500 Broadway St, Redwood City	Avery Aquatic	Avery Aquatic Center, East campus	Littlefield Lawn	Littlefield Building, Lawn (Outdoors)	Roble Studio	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		