**Dear HIP Class Participants,**

**Staying fit in the Fall Quarter will be easier than ever!**

      More classes – More locations  - More flexibility

      HIP and Recreation are working together to accommodate a growing number of students, faculty and staff interested in their fitness.

      **Preview** schedules for both HIP and Recreation programs by September 4.  [hip.stanford.edu](http://hip.stanford.edu) and [recreation.stanford.edu.](http://recreation.stanford.edu)

      **Registration** begins Wednesday September 9, @ 9am for both programs [hip.stanford.edu](http://hip.stanford.edu/) and [recreation.stanford.edu](http://recreation.stanford.edu)

**What’s New?**

Stanford Recreation

      Group Fitness Pass Program allows participants to pay one fee and drop-in to an unlimited number of classes per quarter.

      Gymnastics, Ashtanga Yoga, tennis, and golf recreation classes are progressive and require registrations for each specific class.

Health Improvement Program

      New classes: Kickbox & Crosstrain, Boot Camp Express, Cardio Flow, Outdoor Yoga, and Yoga at the Farm.

      Some class times and locations have changed.

**Adapting to new academic schedule**

      Physical Education classes in our facilities have changed to accommodate the new academic schedule. For more information, please view the Stanford Faculty Senate Announcement [here](http://news.stanford.edu/news/2014/february/faculty-senate-two-020714.html).

      HIP and Recreation class times may change to accommodate the new academic schedule. We acknowledge that these changes may present issues for you . When some construction projects are completed, we will have more options to bring back a class that may not be offered this quarter. Thank you for your understanding.

**We want your feedback.** HIP and Recreation are interested in your feedback about the Fall fitness class offerings. We are providing a Qualtrics survey to receive and organize your responses. Click on this [link](https://stanfordmedicine.qualtrics.com/SE/?SID=SV_1H8sUGDI4nMjhPL) to begin the survey.

**Questions?**

Regarding HIP classes contact [healthimprovement@stanford.edu](mailto:healthimprovement@stanford.edu), or regarding Recreation classes contact [daralisa@stanford.edu.](mailto:daralisa@stanford.edu)

***hip.stanford.edu***