

HIP Group Fitness Classes for Employee/Retiree Wellness* Spring 2018 (4/2-6/8) 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 11:30 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 @ TBD 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 @ 800 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 Chinese Dance @ Roble Studio 113 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 @ HRP T138B 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 Boot Camp @ Ford Ctr, SD Court 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 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 Chinese Dance @ Roble Studio 113 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 12:05 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 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 @ SLAC, Bldg. 55 12:15 Indoor Cycling @ AOERC, Bikes 12:30 Body Firm/Super Sculpt @ ACSR, Court 12:30 Flow Yoga @ AOERC, Studio 203 12:40 HIIT 30 @ SoM Sports Complex
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 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 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	4:15 Overcoming Fear of Water @ 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	4:15 Overcoming Fear Water@Avery Rec Pool 4:25 TRX @ SoM Sports Complex 4:30 Barre Sculpt @ AOERC Studio 111 4:30 TRX & Cycle Combo @ 3145 Porter Gym	4:25 TRX @ SoM Sports Complex 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 TRX @ AOERC Fitness Center 5:10 TRX @ SoM Sports Complex 5:15 Zumba @ 3160 Porter 5:15 TRX & Core/Cycle & Core @ 3145 Porter 5:15 Hatha Yoga w/ Alignment @ Roble 114 5:20 Indoor Cycling @ 3145 Porter 5:30 Aging Strong Pilates @ Roble Studio 114 5:30 Aqua Fitness @ Avery Rec Pool 5:30 Cross Training @ SLAC Bldg. 55 5:30 Cross Training @ ACSR Court 5:30 POUND Rockout Workout@AOERC Court 5:30 Unwind & Thrive Yoga @ AOERC St. 203 5:45 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 @ 3160 Porter 5:30 Beg & Intermediate Ballet @ Roble 114 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 5:15 TRX & Core/Cycle & Core @ 3145 Porter 5:20 Indoor Cycling @ 3145 Porter 5:30 Aqua Fitness @ Avery Rec Pool 5:30 Cross Training @ SLAC Bldg. 55 5:50 Cross Training @ ACSR Court 5:30 Pilates for Core @ Roble Studio 114 5:30 POUND Rockout Workout@AOERC Court 5:30 Pilates Mat @ Roble Studio 117 5:45 TRX @ AOERC, Fitness Ctr	
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	6:05 TRX & Core/Cycle & 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 TRX & Core/Cycle & Core @ 3145 Porter	NOTE: Schedule subject to change. Check HIP website for an updated schedule.

*Classes for Employees, Family and Retirees. Class registration begins on Tues 3/20 and a detailed schedule of classes is available for download. Spring Quarter dates: April 2nd – June 8th.

Key to Class Locations above:

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		