



# FITNESS



**SPRING QUARTER**

**APRIL 2 - JUNE 8**

**REGISTRATION BEGINS MARCH 20**

**[HIP.STANFORD.EDU](http://HIP.STANFORD.EDU)**

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Health Improvement  
Program (HIP)

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## FITNESS REGISTRATION INFORMATION

- HIP Class registration begins on Tuesday, March 20th at 9:00am.
- Register online at [hip.stanford.edu](http://hip.stanford.edu). All registrations are accepted on a first-come-first-served basis.
- Credit card payment online only, or check/cash payments in the HIP office. Checks payable to Stanford University.
- Classes are open to Stanford University faculty, staff and families, retirees, benefits-eligible postdocs, and SHC and LPOH employees. Community members are welcome in HIP Health Living classes, but are not eligible to take HIP Fitness classes.
- To ensure your spot in a class, please register online and pay by credit card. If you choose to use another form of payment, your class selection(s) and registration will not be confirmed until payment is received in the HIP office.
- If you see one of the classes you want marked **CLASS FULL** on the online registration page, this means that the capacity of the room or equipment has been reached. To be placed on the wait list, please click on "Join Wait List" next to the class description, complete information and *register* for the wait list. Wait listed participants will be notified by e-mail of openings.
- Classes marked **IMPACTED** are in high demand due to limited equipment or limited space. In these classes, HIP will only allow up to the maximum enrollment designated for the class. Due to an issue with our registration system, however, more than the maximum number of participants may be enrolled in a class. If this occurs, we will go by date and time stamp to determine which participants will remain in the class. Those registrations that exceed the maximum will be moved to the top of the wait list based on date and time stamp for the registration. (Waitlist: Reference Class Policies #5)
- Some facilities require a Stanford ID, or a Recreation Access Card (Hospital employees), for access. *The class description will indicate if this applies.*
- **HOSPITAL EMPLOYEES:** For HIP fitness classes held at AOERC, ACSR, Avery Pools, Arrillaga Rec Center at SLAC, and 3160 Porter Drive, a **Recreation Access Card is REQUIRED** to gain access to the facility. Access is limited to the day(s), and the times of the class only. You may obtain a Recreation Access Card from the Stanford ID Card Office: <https://uit.stanford.edu/campuscard/courtesycard>. There is a one-time charge. The card will remain valid for as long as you are employed at the hospital.

## FITNESS CLASS POLICIES

1. HIP makes every effort to ensure that a suitable facility is available for each class. Occasionally, a class session may need to be relocated or cancelled due to facility usage by other groups, or instructor emergency. If a session is cancelled due to last minute facility or instructor issues, participants will be notified by email. HIP tries to offer at least 80% of the sessions of any fitness class each quarter. If a session must be cancelled, we cannot guarantee a makeup. Thank you in advance for your understanding.
2. All classes are subject to **cancellation** if they do not meet required minimum enrollments (10 min for one time per week classes, 14 min for two times per week classes). Maximum enrollment limits are set to avoid overcrowding, maintain a safe environment for exercise, and/or equipment availability.
3. **Refunds & Drops:** No refunds will be given after two weeks into the quarter. No refunds will be given for missed classes. To drop a class, please call 650-723-9649 or Email the HIP Office at [healthimprovement@stanford.edu](mailto:healthimprovement@stanford.edu). Refunds mid-quarter can only be issued if you request to drop a class due to medical reasons.
4. **BeWell discounts:** Fitness discounts are applied to all BeWell participants who have *completed the SHALA prior registering* for a HIP class. If registration for a HIP class is done before the annual SHALA is completed, HIP will charge a \$20 administrative fee to apply the BeWell discount manually. Please note, after two weeks into the class quarter, no fee adjustments will be granted.
5. **Wait List:** Wait-listed participants will be emailed (in chronological order) to register for their class as space becomes available. Students may not attend fitness classes without an enrollment confirmation. Please note: Instructors do not make admissions decisions. Please do not contact instructors directly about joining a class.
6. Some outdoor classes will be held **RAIN OR SHINE**. Others will be cancelled for inclement weather. Please check the class description. HIP cannot guarantee a makeup session if class is cancelled due to weather. In case of cancellation, participants will be notified by email prior to the scheduled class time.

Class times, locations, and instructors are subject to change from the listing in this schedule of classes.  
Please refer to [hip.stanford.edu](http://hip.stanford.edu) for the most current information.

**SPRING QUARTER HOLIDAYS**  
— May 28th —

# FITNESS CLASSES

HIP Fitness classes are limited to Stanford University faculty, staff and benefits-eligible family members (over 18), retirees, benefits-eligible postdocs, and SHC and LPCH employees. Each quarter benefits-eligible faculty and staff are eligible for two fitness class 10-week sessions at the reduced fee of \$30 after completing SHALA through BeWell.

## CLASS LOCATIONS: Special Instructions – PLEASE READ

### Stanford Campus Facilities

**Arrillaga Outdoor Education and Recreation Center (AOERC), Arrillaga Center for Sports and Recreation (ACSR), Avery Recreation Pool (285 Santa Teresa Street), Avery Aquatic Center (235 Sam McDonald Mall)** – all require Stanford ID, or Recreation Access card for entry.

### Roble Gym – 375 Santa Teresa Street

**NOTE:** No outside shoes are allowed on the studio floors. Soft-soled shoes that have not been worn outside are permitted.

### SLAC Arrillaga Recreation Center – 2575 Sand Hill Road Building 55 (Pep Ring Road north of Building 901)

IF YOU ARE NOT A SLAC EMPLOYEE and plan to attend a HIP fitness class at SLAC Arrillaga Rec Center, you must have confirmed registration in the class so your name appears on the checklist at the Guard Station (Main Gate at 2575 Sandhill Road, corner of Saga Lane and Sandhill Road). For every class, bring your driver's license, Stanford ID, or Recreation Access Card to present to the guard station attendant for entry onto the SLAC campus. You will be required to sign a Liability Waiver at the gym on your first visit. You must sign in at the gym every visit. Access is limited to the day(s), and the times of the class only.

### 1651 Page Mill Rd (School of Medicine Employees ONLY)

You can ONLY register for this class if you are a School of Medicine employee, and your school of medicine badge has to be specially activated for the card readers in the building. Access is granted only for class.

### 3160 Porter Drive Gym

Entry to this gym is via the door that is on the side of 3160 Porter, between the 3160 and 3174 Porter buildings. Please do not go to the front entrance at 3160 Porter. Bring your Stanford University ID card for access to the fitness center.

#### **NOTE for NON-TENANTS OF 3160 PORTER DRIVE**

- **Stanford University Employees:** If you have Stanford ID card and are registered in a HIP group fitness class at 3160 Porter Drive, your ID card will be activated for the Card Reader into the building. Access is limited to the day(s), and the times of the class only.
- **Hospital Employees and University family members:** If you have a Recreation Access Card and are registered in a group fitness class at 3160 Porter Drive, your card will be activated for the Card Reader into the building. Access is limited to class times only.

If your Stanford ID card or Recreation Access Card is not activated, please contact the HIP office to initiate the process.

Contact us: Email [healthimprovement@stanford.edu](mailto:healthimprovement@stanford.edu) or call 650-723-9649.

## KEYS

### Intensity/Difficulty

HIP encourages you to choose an activity class that matches your physical capabilities and interests.

**B** Beginner – classes are appropriate for those starting a fitness program, those with little or no experience doing the activity, or those wanting a less intense workout.

**I** Intermediate – classes are appropriate for those with some experience doing the activity. Instructor demonstrates options for participating at a lower or higher intensity.

**A** Advanced – classes are for experienced participants, or those wanting a more intense workout.

**C** Combined – classes are taught with modification of movements so that all levels are provided a safe and effective workout.



Chronic Condition Friendly



Older Adult Friendly

Please look for these icons next to classes designated "chronic condition friendly" and/or "older adult friendly".

HIP has identified classes that are particularly suited to individuals living with chronic conditions, and older adults.

We have selected classes that encourage any level of participation. The instructors will accommodate mobility limitations, and offer adjustments of pace and intensity. HIP strives to offer safe, fun, and appropriately challenging ways for all individuals to reap the benefits of increased energy, strength, and sense of well-being that physical activity can provide.

# AQUATIC EXERCISE

B  
I  
B

## AQUA FITNESS

Have fun getting a full body workout while utilizing the low-impact properties of water with music based choreography. The emphasis will be on cardio-respiratory endurance, core & muscle strength, improving balance & posture, toning up and burning fat. Come SPLASH water to your health! This class blends cardio-conditioning and body-toning into a full-body workout. Classes held in shallow water. Most of the class is in upright, standing position. Flotation belts are available if the 5' depth is too deep. Beneficial for those concerned about placing stress on joints. "Chronic Condition Friendly" and "Older Adult Friendly" class. Class is held, rain or shine, but may be cancelled in case of lightning. Entry to the Pool is through the AOERC building main entrance. Avery Recreational Pool is the new swim complex on the West Side of campus; enter through Arrillaga Outdoor Education and Recreation Center. [RAIN OR SHINE, CANCELLED IF LIGHTNING](#)

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
af-01	M/W	4/2-6/6	12:30-1:20pm	Avery Recreational Pool	Carole Chetrit	\$120
af-02	T/TH	4/3-6/7	5:30-6:20pm	Avery Recreational Pool	Carole Chetrit	\$120

## CARDINAL FIT LAP SWIMMING

An organized swim workout based on ability level. Instruction to improve swim technique. Basic skill in swimming is a prerequisite. An "Older Adult Friendly" class. Avery Recreational Pool is the new swim complex on the West Side of campus; enter through Arrillaga Outdoor Education and Recreation Center. [RAIN OR SHINE, CANCELLED IF LIGHTNING](#)

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
cs-01	M/W	4/2-6/6	6:00-6:30pm	Avery Recreational Pool	Sharon Berg	\$120
cs-02	M/W	4/2-6/6	6:30-7:00pm	Avery Recreational Pool	Sharon Berg	\$120
cs-03	T/TH	4/3-6/7	12:00-12:30pm	Avery Aquatic Center	Toni King	\$120
cs-04	T/TH	4/3-6/7	12:30-1:00pm	Avery Aquatic Center	Toni King	\$120
cs-05	T/TH	4/3-6/7	1:00-1:30pm	Avery Aquatic Center	Toni King	\$120

C  
B  
B

## OVERCOMING FEAR OF WATER

This class is for individuals who have fear, anxiety or discomfort in water. This class is also designed for individuals who have previously taken beginning swim courses and have had little/no success or who struggle to move through water. A foundation of basic balance and movement skills will be developed through a series of fundamental water exercises. When safety or balance in the water is in question, so is the ability to move, and to some extent, the ability to breathe comfortably. As comfort and balance improve, the easier it is to accept movement and breathing skills. The goal is to heal fear and create a swimmer who is comfortable and in control in both shallow and deep water. [RAIN OR SHINE, CANCELLED IF LIGHTNING](#)

This class is marked IMPACTED because HIP can only allow up to the maximum enrollment designated for this class due to limited equipment or space.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
ofw-01	M/W	4/2-6/6	4:15-5:00pm	Avery Recreational Pool	Toni King	\$120

B

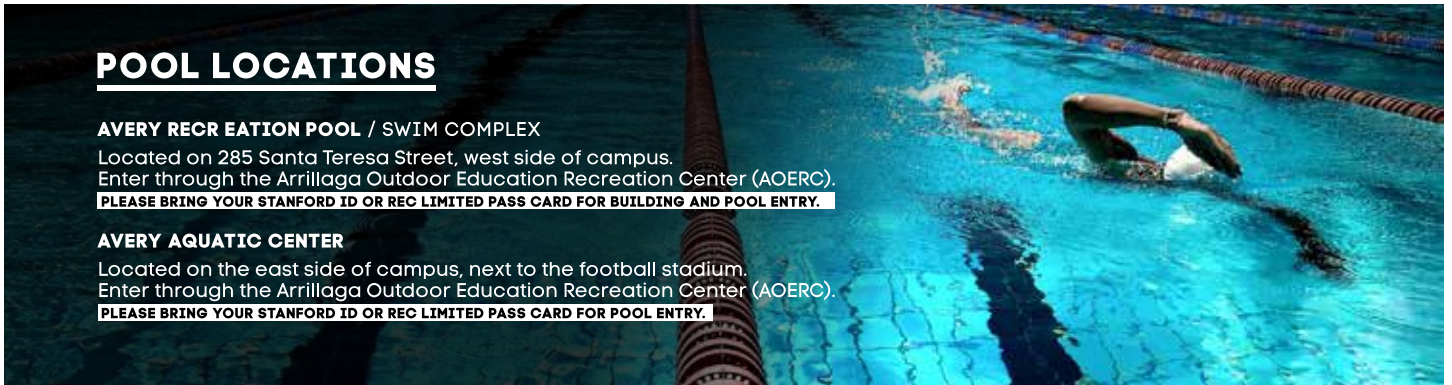
## POOL LOCATIONS

### AVERY RECREATION POOL / SWIM COMPLEX

Located on 285 Santa Teresa Street, west side of campus.  
Enter through the Arrillaga Outdoor Education Recreation Center (AOERC).  
**PLEASE BRING YOUR STANFORD ID OR REC LIMITED PASS CARD FOR BUILDING AND POOL ENTRY.**

### AVERY AQUATIC CENTER

Located on the east side of campus, next to the football stadium.  
Enter through the Arrillaga Outdoor Education Recreation Center (AOERC).  
**PLEASE BRING YOUR STANFORD ID OR REC LIMITED PASS CARD FOR POOL ENTRY.**



# ATHELETIC FITNESS & MARTIAL ARTS

## Boot Camp: Drop 'n Go!

C

Drop the weight and Go for your fitness goals. This class includes cardio and strength activities done in a Boot Camp style. The easy to follow activities can be modified to be as challenging as you want. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided. Note: Section 4 no class 4/26.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
boot-01	M/W	4/2-6/6	12:30-1:20pm	Arrillaga, ACSR Court	Charles Ceasar	\$120
boot-02	M/W	4/2-6/6	5:15-6:05pm	Arrillaga, ACSR Court	Charles Ceasar	\$120
boot-03	T/TH	4/3-6/7	7:00-7:45am	Arrillaga, ACSR Court	Charles Ceasar	\$120
boot-04	T/TH	4/3-6/7	12:00-1:00pm	Ford Athletic Center, Court	Nikki Downing	\$115

## Cardio Kickbox

C

Kicking and punching can alleviate stress and make for a great workout when they are part of a cardio kickboxing routine. Cardio kickboxing offers an aerobic workout that elevates your heart rate and keeps you moving with a series of kicking, punching and strengthening moves which tone muscles and burn fat. You're sure to get a challenging workout and feel great at the end of this class! Note: Tuesday classes are held outdoors and may be cancelled if raining. Wear comfortable athletic clothing and shoes. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided. Bring a towel, water bottle.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
ck-01	T/TH	4/3-6/7	12:20-1:05pm	Arrillaga SLAC B55, Studio	Tony Davis	\$120
ck-02	FRI	4/6-6/8	12:15-1:00pm	Arrillaga, AOERC Court	Charles Ceasar	\$60

## Cross Training

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I

Do a variety of activities everyday including cardio interval training, muscle conditioning and stretching. Some classes will be held outdoors. Wear sunscreen, comfortable athletic clothing and shoes. Outdoor sections may be cancelled if raining. Bring a towel and water bottle. NOTE: Sections 1 & 2 are at SLAC Campus -- at SLAC.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
ct-01	M/W	4/2-6/6	12:15-1:00pm	Arrillaga SLAC, B55 Studio	Nikki / Bo	\$120
ct-02	T/TH	4/3-6/7	5:30-6:30pm	Arrillaga, SLAC B55	Santiago Quintero	\$120
ct-03	T/TH	4/3-6/7	5:30-6:20pm	Arrillaga, ACSR Court	Paolo Scafetta	\$120

## HIIT 30: High Intensity Interval Training

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HIIT 30 is a high intensity workout for those who are interested in burning fat faster but are limited on time. Boost your metabolism by alternating between short periods of intense exercise followed by brief periods of rest or lower intensity moves. HIIT 30 is a total body workout, combining strength training, fat-blasting cardio and core sculpting exercises. This class provides a constantly changing environment utilizing anything from body weight to dumbbells. Your body won't be bored and you'll never hit a plateau. Join us for this dynamic and energetic "get in and get out" workout. Bring a towel and a water bottle. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided. Section 2 class is held outdoors. Class will be moved to a covered area during inclement weather,

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
hiit30-01	T/TH	4/3-6/7	1:30-2:00pm	Arrillaga, AOERC Court	Charles Ceasar	\$120
hiit30-02	F	4/6-6/8	12:40-1:10pm	SoM Sports Complex, Outdoors	Santiago Quintero	\$60

## Shaolin Kung Fu: Beginner & Intermediate

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Shaolin Kung Fu is a 1500-year-old comprehensive system for physical and spiritual wellness from the world-famous Shaolin Temple of China, established in 495 AD, the birthplace of Chan (Zen) Buddhism and Shaolin Kung Fu. The course will be taught by legendary martial monks from the ancient temple who are now stationed at Shaolin Temple USA, under the direction of 34th generation Shaolin Master Shi Yanran, recently named 2010 Martial Artist of the Year. Curriculum includes traditional Shaolin fist and weapons forms, Shaolin wellness exercises (qigong) and Chan (Zen) meditation. Participants will achieve harmony of body and mind through a well-balanced program, appropriate for people of all ages and physical abilities who seek to create better health and well-being, train for self-defense, and improve strength and flexibility. No prior martial arts experience necessary. Wear comfortable clothing and athletic shoes.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
skf-01	FRI	4/6-6/8	11:30-12:30pm	MSOB Courtyard, Outdoors	Shaolin Monks	\$110



# CARDIO & STRENGTH: COMBO

## Get Up & Move!

Get away from the office and get moving! This class includes easy-to-follow dance aerobic routines set to songs that will get you motivated to "keep moving"! Body toning exercises are included to strengthen you from head to toe. All levels of fitness invited as the instructor always gives options to make the workout right for you! "Older Adult Friendly" class. Wear comfortable clothing and bring a towel and water bottle. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
gum-01	M/W	4/2-6/6	12:05-12:45pm	Ford Athletic Center, Court	Joy Lopez	\$120

## POUND Rockout Workout

POUND® Rockout Workout is the world's first full body cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums. It is a workout for all ages and stages, so grab your friends and family to join us for an exhilarating rockout jam session that combines cardio, core conditioning, and strength training with yoga and pilates-inspired movements. Music swells. RipStix STRIKE. You are no longer working out, you're ROCKING OUT. Wear athletic clothing & fitness shoes. Bring a towel & water bottle. Bring your own mat to class; mats will not be provided.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
pnd-01	T/TH	4/3-6/7	5:30-6:20pm	Arrillaga, AOERC Court	Sonia Li	\$120

## Running Made Easy

Runners and walk/runners welcome! There will be two instructors leading the classes. Beginning runners, walk/runners, intermediate and advanced runners all welcome! Learn proper running form to prevent running related injuries and improve efficiency while you run. Learn to increase your running tempo/speed safely and effectively. Learn how to increase your mileage gradually. Expect to be running or walk/running 85-90% of the class! Each session will include 8-10 minutes of warm up, a main 40-45 minute set focusing on form, tempo and a 5-10 minute cool down. Class Goal: To have participants walk/run or run (depending their fitness level) a 5K fun run -10k.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
run-01	M/W	4/2-6/6	7:00-7:45am	Cobb Track	Lori / John	\$120
run-02	M/W	4/2-6/6	12:00-1:00pm	Cobb Track Under Palm	Lori / John	\$120
run-03	M/W	4/2-6/6	1:30-2:30pm	M-3160 Porter/W-1070 Arastradero	John Martin	\$120

## Sunrise Exercise: Morning Outdoor Workout

A beautiful sunrise enlivens you in this invigorating workout! Camaraderie and fun fill this dynamic hour that includes warm-up, 30-minutes brisk walk or run to diverse campus sites, muscle conditioning using resistance bands (provided) and 5lb weights, mat-based toning and stretching. "Older Adult Friendly" class. Bring a mat and 5lb weights. Class held outdoors. Wear athletic shoes and comfortable athletic clothing in layers. Come for cardio and toning, and leave with cooking tips too!



CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
sem-01	T/Th	4/3-6/7	6:30-7:30am	Cobb Track	Tia Rich	\$120

# CARDIO & STRENGTH: INDOOR CYCLING

## Beginning Indoor Cycling Workout

Cardio cycling workout geared towards those new to cycling. Each class includes a warm-up, at least 35 minutes cycling and cool down. Wear comfortable athletic clothing and shoes. Bring a towel and water bottle.

This class is marked IMPACTED because HIP can only allow up to the maximum enrollment designated for this class due to limited equipment or space.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
bicw-01	FRI	4/6-6/8	1:10-2:00pm	Arrillaga, AOERC Bikes	Janet Berkowitz	\$60

## Cycle & Strength

Is cardio conditioning enough? Is weight training missing something? Combine the two. Part of this class is intense cycling, the other weight training. Research shows that this type of interval training improves overall fitness. This class is ideal for cross training, and for breaking through personal fitness plateaus. Discover how fit you can get! Bring a towel and water bottle. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
cstr-01	FRI	4/6-6/8	6:15-7:15am	Arrillaga, ACSR Fit Center Bikes	Denise Gittens	\$60

# CARDIO & STRENGTH: INDOOR CYCLING

## Indoor Cycling Workout

This popular class is designed to give you a vigorous cardio workout. It includes a warm-up, at least 35 minutes of cycling, and a cool down. Bring a towel and water bottle.

The following classes are marked IMPACTED because HIP can only allow up to the maximum enrollment designated for this class due to limited equipment or space.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
icw-01	M/W	4/2-6/6	6:30-7:15am	Arrillaga, AOERC Bikes	Shu-Mei / Denise	\$120
icw-02	M/W	4/2-6/6	11:30-12:15pm	3145 Porter Drive, Gym	Cesar Ravelli	\$120
icw-03	M/W	4/2-6/6	12:30-1:15pm	Arrillaga, AOERC Bikes	Alyssa Blau	\$120
icw-04	T/TH	4/3-6/7	11:45-12:30pm	Arrillaga, ACSR Bikes	Janet / Karin	\$120
icw-05	T/F	4/3-6/8	12:15-1:00pm	Arrillaga, SLAC B55 Studio	Alyssa Blau	\$120
icw-06	FRI	4/6-6/8	12:15-1:00pm	Arrillaga, AOERC Bikes	Shu-Mei Cheng	\$60

## NEW | TRX & Core / Cycle & Core Workout

Join us for a fun TRX & Core workout on Tuesdays, and a vigorous Cycle & Core workout on Thursdays. TRX leverages gravity and your body weight to perform a variety of exercises for overall body strength. Core exercises strengthen the core muscles, particularly in the lower back, upper back and abdominals. Cycle exercises build endurance and burn calories. When the three are combined, the result is a thorough overall body endurance, strength and flexibility workout. Wear comfortable athletic clothing and shoes. Bring your own mat and a water bottle.

The following classes are marked IMPACTED because HIP can only allow up to the maximum enrollment designated for this class due to limited equipment or space.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
tcc-01	T/TH	4/3-6/7	5:15-6:00pm	3145 Porter Drive, Gym	Anthony / Mary	\$120
tcc-02	T/TH	4/3-6/7	6:05-6:50pm	3145 Porter Drive, Gym	Anthony / Mary	\$120

## TRX & Cycle Combo Workout

This class is a perfect combination of low impact indoor cycling to burn calories and build endurance, and the use of the TRX for a great core and full body strength workout. You will achieve your fitness or performance goals and improve overall health. The supportive instructors will help you workout safely and effectively at your own fitness level. You will also enjoy great music that gets you pumped up! Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided. Bring your Stanford ID for admittance into building.

The following classes are marked IMPACTED because HIP can only allow up to the maximum enrollment designated for this class due to limited equipment or space.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
trxc-01	M/W	4/2-6/6	4:30-5:15pm	3145 Porter Drive, Gym	Chris / Cesar	\$120
trxc-02	M/W	4/2-6/6	5:20-6:05pm	3145 Porter Drive, Gym	Chris / Cesar	\$120
trxc-03	M/W	4/2-6/6	6:10-6:55pm	3145 Porter Drive, Gym	Chris / Cesar	\$120
trxc-04	T/TH	4/3-6/7	11:00-11:45am	3145 Porter Drive, Gym	Chris Smith	\$120

# DANCE FOR FITNESS

## Ballet & Barre Work

If you love classical ballet technique and working with a ballet barre then this class is for you. Each class will include a 15 minute warm up, 30 minutes of choreographed barre work and short ballet and modern dance choreographies. Wear ballet canvas shoes and comfortable dancing clothes. No previous ballet experience necessary but a good fitness level is recommended. Please bring your own mat to class for stretching on the floor (preferably with a sticky bottom surface). Mats will not be provided.

NOTE: Facility rules -- no outside shoes are allowed on the studio floor.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
bbw-01	FRI	4/6-6/8	12:00-1:00pm	Roble Gym, Studio 115	Vicky Brey	\$60

## Beginning Ballet & Contemporary Dance

Learn classical ballet and contemporary dance technique for fun and to improve physical conditioning. Emphasis is placed on correct body alignment to execute dance movements that build strength, flexibility and coordination. Exercises will start at the floor level to build core and upper body muscles. Next, participants will learn a complete ballet barre and center ballet exercises. Finally, we will dance easy combinations and introduce jumping for a great cardio work-out. Ballet slippers (leather or canvas) required. Comfortable dance attire recommended. If you love to dance this class is for you! Please bring your own mat to class for stretching on the floor (preferably with a sticky bottom surface). Mats will not be provided.

NOTE: Facility rules -- no outside shoes are allowed on the studio floor.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
bbcd-01	T/TH	4/3-6/7	12:00-1:00pm	Roble Gym, Studio 115	Vicky Brey	\$120



# DANCE FOR FITNESS

B  
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## Beginning & Intermediate Ballet

Learn classical ballet technique for fun and physical conditioning. Emphasis is placed on understanding the correct use of the muscles for proper alignment and overall body awareness. Please dress in non-restrictive clothing, ballet slippers, with hair pulled off the neck. NOTE: Facility rules -- no outside shoes are allowed on the studio floor.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
bal-01	M/W	4/2-6/6	5:30-6:20pm	Roble Gym, Studio 114	Francisco Avellan	\$120

B  
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## Chinese Dance - Beginner & Intermediate

This class will focus on learning classic ballet techniques as relevant to Chinese dance. You will learn basic jumps and turns of Chinese dances using waist, hip and shoulder movements. Then you will learn Chinese dances of all kinds, such as Chinese Folk Dance and Chinese Classical Dance (including Chinese Classical Dance Body Rhyme) as well as Chinese modern dance, etc. At Roble Studios, please wear comfortable athletic clothing, soft-soled shoes. NOTE: Facility rules -- no outside shoes are allowed on the studio floor.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
cdbi-01	T/TH	4/3-6/7	12:30-1:20pm	Roble Gym, Studio 113	Louise Lu	\$120

C

## Dance Rhythms

Come dance with us! High energy, great music! Enjoy a variety of dance styles that will get you energized and moving. Wear comfortable athletic clothes and supportive shoes. Bring a towel and water bottle. Note: Section 2 no class 4/26.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
dr-01	M/W	4/4-6/6	11:30-12:20pm	Arrillaga, ACSR Court	Sophia Tsay	\$115
dr-02	T/TH	4/3-6/7	11:45-12:30pm	Burnham Pavilion	Chris Rodriguez	\$115

C

## Hip Hop

Hip Hop unites world beats with urban flavor from Hip-Hop, Latin, Reggae, Afro, Country, Bollywood to Burlesque. It features easy to learn dance steps, high energy music, and full body movement to make you sweat and leave you craving for more. High energy, great music! Wednesday evening class includes U-JAM Fitness choreography and music. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided. Note: Section 2 no class 4/26.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
hh-01	M/W	4/2-6/6	5:30-6:20pm	Arrillaga, AOERC Court	Chris/Mary	\$120
hh-02	T/TH	4/3-6/7	12:35-1:20pm	Burnham Pavilion	Chris Rodriguez	\$115

C

## Hula Dance

Hula is an integrated dance of poetry, rhythm and movement using the dancer's body for storytelling. This graceful, low impact form of dance can help trim the waistline, strengthen the core, and improve strength, flexibility and balance. Bring water bottle, a pa'u skirt or sarong, and your Aloha spirit.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
hd-01	TUE	4/3-6/5	12:30-1:20pm	Roble Gym, Studio 114	Dominique Del Chiaro	\$60

B  
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## Middle Eastern Belly Dance

This class provides American Style belly dance technique, posturing, language and movements. The American style is a fusion of Middle Eastern and Western World-Dance cultures. When practiced regularly, belly dance is proven to help improve core strength, balance, flexibility, and even self-confidence! Specifically, in this class you will learn iconic belly dance movements, such as stomach rolls, body waves, shimmies, hip ups and downs, sinuous snaky movements, and various performance skills, with an emphasis on safety and alignment, and strength and flexibility of the pelvis and spine. All levels of fitness and dance experience are welcome. This multi-level is class taught by an experienced professional dancer. Bring a water bottle. NOTE: Facility rules -- no outside shoes on the studio floor.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
bd-01	M	4/2-6/4	12:15-1:15pm	Roble Gym, Studio 114	Setareh	\$60

B  
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## NEW | Persian Dance

Move to the rhythms of music from the Silk Road region while learning the fundamentals of Persian classical dance. Classical and regional folkloric Persian dances will be presented. Movements vary from tribal and upbeat from the south of Iran that gets your heart pumping, to delicate arm and wrist movements. Each class will include a grounding, centering warmup and focus on technique of body position, various steps and arm movements, turns and spins, culminating with learning a short choreographed phrase. Classical dance refers to flowing, soft style that emulates femininity, grace and delicacy. Beginners welcome. Bring a water bottle. NOTE: Facility rules -- no outside shoes on the studio floor.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
pd-01	Wed	4/4-6/6	12:15-1:15pm	Roble Gym, Studio 114	Shadan Mirabedi	\$60

# DANCE FOR FITNESS

## Soul Line Dance

**C** This is a beginner's class for anyone wanting to learn "classic and basic" soul line dances such as the "Electric Slide", "Cupid Shuffle" and "Wobble". Soul Line Dancing is line dancing done to classic R&B, jazz, zydeco, & blues music. It's been said that this is a great way to exercise the body and the mind while having fun, feeling the music and dancing. "Older Adult Friendly" class. Wear comfortable clothing and shoes. Bring a water bottle.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
slid-01	FRI	4/6-6/8	11:30-12:20pm	Arrillaga, AOERC Studio 111	Juanita Croft	\$60

## Zumba ®

**C** Zumba fuses Latin rhythms and easy to follow moves. The cardio routines feature fast and slow rhythms. The instructors are certified in group fitness and Zumba. Wear athletic clothing & fitness shoes. Bring a towel & water bottle. NOTE: Bring a towel, water bottle.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
zum-01	M/W	4/2-6/6	11:30-12:20pm	Arrillaga, AOERC Court	Angela Lee	\$120
zum-02	M/W	4/2-6/6	12:20-1:05pm	Arrillaga SLAC, B55 Studio	Eliana Valdes	\$120
zum-03	T/TH	4/3-6/7	5:15-6:15pm	3160 Porter Drive, Studio	Christina Chua	\$120
zum-04	WED	4/4-6/6	12:15-1:15pm	500 Broadway, RWC, 2nd floor	Christina Chua	\$60
zum-05	THU	4/5-6/7	12:00-12:55pm	3160 Porter Drive, Studio	Noriko Rovner	\$60

# HEALTHY BACK

## Healthy Back: Strength & Stretch

**B**  
**I** Improve strength in core muscles, particularly lower and upper back and abdominals. Release tension in body through gentle stretches. Benefits beginners, experienced exercisers and those with joint problems. No aerobic component to class. Wear comfortable athletic clothing. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
hbs-01	MON	4/2-6/4	12:00-12:55pm	500 Broadway, RWC, 2nd Floor	Nancy Cottong	\$110
hbs-02	T/TH	4/3-6/7	12:30-1:20pm	Arrillaga, AOERC Studio 203	V / Angela	\$120

## Healthy Back Strong Abs



**B**  
**I** Focus on developing and maintaining strong mid-section and healthy back. Class combines stretches and focused strengthening exercises to build balanced, flexible and strong muscles and joints. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided.

NOTE: Facility rules - no outside shoes are allowed on the studio floor.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
hba-01	THU	4/5-6/7	12:30-1:20pm	Arrillaga, ACSR Studio	Kerry Spear	\$110
hba-02	FRI	4/6-6/8	7:00-8:00am	Arrillaga, ACSR Studio	Kerry Spear	\$110

# MIND/BODY FITNESS

## Chinese Movement Therapy & QiGong

**C**  
  
 Your breath is your life. Combat stress and fatigue by increasing awareness of your breath through qigong. Each class will start by relaxing and opening the body through gentle movements from the Chinese martial arts of Xingyi and Bagua. Then we'll focus on developing your breathing through simple qigong postures. Wear comfortable (not restrictive) clothes and flat shoes. John has been studying Chinese martial arts for more than 20 years, and currently teaches Xingyi and Bagua in Menlo Park. Classes are held outdoors rain or shine. "Chronic Condition Friendly" and "Older Adult Friendly" class.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
cmtq-01	WED	4/4-6/6	12:10-1:00pm	Dohrmann Grove (outdoors)	John Groschwitz	\$110

# MIND/BODY FITNESS

B

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## Feldenkrais® - An Antidote to RSI, Back, Neck & Shoulder Tension

Improve your ability to sense and change poor body organization which contributes to repetitive strain injuries, stiffness and pain. If you have chronic discomfort, this information can help you intervene so your body can heal. If you experience intermittent tension, or pain which comes and goes, start now to prevent injury and feel better fast. Using the Feldenkrais Method, you will learn healthier movement patterns which decrease excessive effort associated with strain. Participants improve their self awareness, and learn to make adjustments in their actions which both heal and prevent unhealthy tension patterns from progressing into a chronic injury. Exercises may be done sitting in a chair, or in other configurations (such as standing or lying down) which increase the effectiveness of the content. "Chronic Condition Friendly" and "Older Adult Friendly" class. Please wear comfortable, nonrestrictive clothing. Instructor: Jean Elvin, Guild Certified Feldenkrais PractitionerCM since 1997. She has special training in dealing with repetitive strain and other self-use issues commonly found in the workplace. Please bring your own mat to class. Mats will not be provided.

NOTE: Facility rules - no outside shoes are allowed on the studio floor.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
feld-01	FRI	4/6-6/8	12:15-1:15pm	Roble Gym, Studio 114	Jean Elvin	\$110

## Meditation & Breathwork

I



A continuing meditation practice for those with experience. The practices of meditation and breathwork are beneficial in promoting health, calming the mind, reducing stress and increasing creativity and the ability to concentrate. Each class will include 10-20 minutes of silent meditation practice. Class is for those with some experience and education in meditation, and supports an ongoing practice of meditation. Class is taught seated in chairs. This class is labeled "Chronic Condition Friendly" and "Older Adult Friendly" (See page 4 for more information). Vickie is a certified meditation teacher who has been studying and practicing meditation for over 30 years. If you are new to meditation, a prerequisite to this class is to take one of the HIP Healthy Living classes to learn meditation. Please download the Healthy Living Schedule of Classes or Search online on the HIP website.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
med-01	WED	4/4-6/6	12:10-12:50pm	HRP T138b/Alway M112	Vickie Martin	\$110

# PILATES MAT

B

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## Aging Strong Pilates ®

No matter your stage in life, as we age, keeping fit is essential to doing the things you love with ease, power and grace. In this class we incorporate both standing and mat work and use resistance bands and inflatable 9" miniballs to challenge your core and flexibility. Expect improved posture, injury prevention, coordination, strength, flexibility and balance with crossover benefits to your daily sports and activities. This class is appropriate for beginner to advanced intermediate levels. If you have low bone density, weight bearing exercises are incorporated and safe mat variations will be offered. The instructor is a licensed physical therapist, certified Pilates instructor and national presenter. Wear comfortable clothing and bring your own mat and a 6ft blue or green resistance band (they can be purchased online). Bring a 9 inch inflatable ball if you have them. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided. This class is labeled "Chronic Condition Friendly" and "Older Adult Friendly" (See page 4 for more information). NOTE: Facility rules -- no outside shoes are allowed on the studio floor.

This class is marked IMPACTED because HIP can only allow up to the maximum enrollment designated for this class due to limited equipment or space.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
asp-01	TUE	4/3-6/5	5:30-6:20pm	Roble Gym, Studio 114	Teresa Maldonado Marchok	\$110

## NEW | Barre Sculpt: Pilates, Dance, Strength & Flexibility

C

Barre Sculpt is a high energy & fun fitness class that focuses on toning, sculpting, strengthening, and lengthening all muscle groups. An infusion of barre, pilates, dance, strength, and flexibility training choreographed to the beat of the music. This total body conditioning workout is designed to transform and sculpt your entire body. Open to all fitness levels. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided

This class is marked IMPACTED because HIP can only allow up to the maximum enrollment designated for this class due to limited equipment or space.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
bsc-01	WED	4/4-6/6	4:30-5:20pm	Arrilaga, AOERC Studio 111	Sonia Li	\$110

## Conditioning Pilates

C

Conditioning Pilates incorporates basic Pilates STRENGTH AND FLEXIBILITY EXERCISES WITH LIGHT weights, tubes, bender balls and possibly stability balls if available. All levels welcome. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided.

This class is marked IMPACTED because HIP can only allow up to the maximum enrollment designated for this class due to limited equipment or space.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
cp-01	MON	4/2-6/4	12:00-1:00pm	3160 Porter Drive, Studio	Kerry Spear	\$110

# PILATES MAT

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## Pilates for Core Strength, Intermediate Level

In this class you will use a theraband to enhance your strength, flexibility and coordination in the mat work. This class focuses on good form & dynamics. Wear comfortable clothing and bring your own mat and a 6ft blue or green resistance band (they can be purchased on Amazon). BREATHE, STRETCH, LENGTHEN, STRENGTHEN. Please Note: Both sections are taught at the intermediate level, which assumes you have had at least two quarters of experience.

NOTE: Facility rules -- no outside shoes are allowed on the studio floor. The following classes are marked IMPACTED because HIP can only allow up to the maximum enrollment designated for this class due to limited equipment or space.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
pcs-01	THU	4/5-5/31	4:30-5:25pm	Roble Gym, Studio 114	Lisa Burnett	\$100
pcs-02	THU	4/5-5/31	5:30-6:25pm	Roble Gym, Studio 114	Lisa Burnett	\$100

## Pilates Mat

C

Focus on developing strength through the core of the body (abdomen, back, and hips) with various total body exercises which helps improve flexibility and coordination. Wear comfortable athletic clothing and shoes. Bring a towel and water bottle. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
pm-01	TUE	4/3-6/5	11:00-11:55am	3160 Porter Drive, Studio	Christi Cerna	\$110
pm-02	WED	4/4-6/6	5:30-6:30pm	3172 Porter Drive, RM 2100	Susan Empty	\$110
pm-03	THU	4/5-6/7	11:15-12:05pm	Arrillaga, SLAC B55 Studio	Moj Razmi	\$110
pm-04	THU	4/19-6/14	12:00-12:55pm	500 Broadway, RWC, 2nd Floor	Veronica Spencer-Palmer	\$100
pm-05	THU	4/5-5/31	5:30-6:20pm	Roble Gym, Studio 117	Angela Neumann	\$100
pm-06	THU	4/5-6/7	7:45-8:45am	Sapp Center, STLC 115	Deanna Anderson	\$110

# STRENGTH TRAINING W/ RESISTANCE EQUIPMENT

C

## Body Firm/Super Sculpt

Use bands and hand weights to firm and tone body. Extra attention to sculpting arms, chest, hips, abs and thighs. Cutting edge exercises. Wear comfortable athletic clothing and shoes. Bring a towel and water bottle. Please bring your own mat to class. Mats will not be provided.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
bfs-01	M/W	4/2-6/6	1:25-2:10pm	3160 Porter Drive, Studio	Joy Lopez	\$120
bfs-02	T/TH	4/3-6/7	1:20-2:15pm	Arrillaga, ACSR Court	Deanna Anderson	\$120
bfs-03	FRI	4/6-6/8	12:30-1:20pm	Arrillaga, ACSR Court	Lori Beveridge	\$60

C

## Boot Camp - Body Sculpt

High-intensity full-body muscle workout. Squats, lunges, pushups, and crunches. Exercises using a variety of resistance equipment. Wear comfortable athletic clothing and supportive shoes. Bring a towel, water bottle and your own mat.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
bcbs-01	M/W	4/2-6/6	11:00-11:45am	3160 Porter Drive, Studio	Nikki / Bo	\$120
bcbs-02	M/W	4/2-6/6	5:30-6:30pm	3160 Porter Drive, Studio	Toni King	\$120
bcbs-03	F	4/6-6/8	11:00-11:45am	3160 Porter Drive, Studio	Charles Ceasar	\$60

C

## Butts & Guts

Want a focused workout that targets the core and buttock muscles? This class uses free weights, resistance bands, and body weight exercises to target abs, thighs, and buttocks. Set to popular music. All levels welcome. Bring towel and water bottle. Wear comfortable athletic clothing and supportive shoes. Please bring your own mat to class. Mats will not be provided.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
bg-01	FRI	4/6-6/8	12:05-12:55pm	Ford Athletic Center, Court	Joy Lopez	\$60

C

## HAABIT Hips, Abs, Arms, Buttocks & Incredible Thighs

Full-body conditioning workout for both men and women designed to enhance muscle definition, balance, strength and endurance in major muscle groups. Focus on Hips, Abs, Arms, Buttocks and Incredible Thighs. Class uses elastic resistance bands, weights, your own body weight and includes some cardio interval training. Wear comfortable athletic clothing and shoes. Bring a towel and water bottle. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
hbt-01	T/TH	4/3-6/7	12:00-1:00pm	Arrillaga, ACSR Court	Barbara West	\$120

# STRENGTH TRAINING W/ RESISTANCE EQUIPMENT

## Hard Core Abs, Arms & Back

Tighten, tone, lengthen and strengthen abdominal area and arms. Challenging abdominal and inner core exercises. Wear comfortable athletic clothing and shoes. Bring a towel and water bottle. PLEASE Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
hca-01	M/W	4/2-6/6	11:30-12:00pm	Ford Athletic Center, Court	Joy Lopez	\$120

## Senior Strength Plus

Don't lose muscle mass, strength, flexibility just because you're getting older. What you do today will determine how you will be tomorrow. Strengthen, balance and stretch your way to a stronger body as you get older! Easy exercises you can do outside the weight room. Free weights and resistance tubing may be used. Bring a towel and water. Please bring your own mat (preferably with a sticky bottom surface) to class. "Older Adult Friendly" class.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
ssp-01	FRI	4/6-6/8	11:15-12:00pm	Ford Athletic Center, Court	Joy Lopez	\$60

## TRX/Yoga Core & Strength

This TRX workout will enhance your strength, flexibility and balance with a variety of basic yoga moves. The class will help you build a strong core and improve your posture. All fitness levels welcome. Please bring a bottle of water and towel. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
tycs-01	WED	4/4-6/6	7:00-7:45am	Arrillaga, AOERC Studio 203	Cesar Ravelli	\$60

## TRX Suspension Training

TRX is a workout program that leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise. You will do TRX suspended drills and bootcamp drills. All fitness levels welcome. Bring a towel and water bottle. Class is held outdoors. Wear sunscreen, sun glasses, and/or hat for sun protection. Bring a towel and water bottle. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided. Your instructor may move the class to a covered area in hot weather to do a strength training workout.

The following classes are marked IMPACTED because HIP can only allow up to the maximum enrollment designated for this class due to limited equipment or space.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
trx-01	M/W	4/2-6/6	11:20-12:05pm	SoM Sports Complex	Tony Davis	\$120
trx-02	M/W	4/2-6/6	12:10-12:55pm	SoM Sports Complex	Tony Davis	\$120
trx-03	M/W	4/2-6/6	12:15-1:00pm	Arrillaga, SLAC B55 Fitness Ctr.	Janet / Toni	\$120
trx-04	M/W	4/2-6/6	12:20-1:05pm	3145 Porter Drive, Gym	Cesar Ravelli	\$120
trx-05	M/W	4/2-6/6	4:25-5:05pm	SoM Sports Complex	Paolo Scafetta	\$120
trx-06	M/W	4/2-6/6	5:10-5:50pm	SoM Sports Complex	Paolo Scafetta	\$120
trx-07	T/TH	4/3-6/7	11:30-12:15pm	Arrillaga, SLAC B55 Fitness Ctr.	Tony Davis	\$120
trx-08	T/TH	4/3-6/7	12:00-12:45pm	3145 Porter Drive, Gym	Chris Smith	\$120
trx-09	T/TH	4/3-6/7	1:00-1:45pm	3145 Porter Drive, Gym	Chris Smith	\$120
trx-10	T/TH	4/3-6/7	4:25-5:05pm	SoM Sports Complex	Giselle / Anthony	\$120
trx-11	T/TH	4/3-6/7	5:00-5:40pm	Arrillaga, AOERC Fitness Ctr.	Ron /Giselle	\$120
trx-12	T/TH	4/3-6/7	5:10-5:50pm	SoM Sports Complex	Giselle / Anthony	\$120
trx-13	T/TH	4/3-6/7	5:45-6:25pm	Arrillaga, AOERC Fitness Ctr.	Ron /Giselle	\$120

# 1651 PAGE MILL ROAD GYM – School of Medicine Employees ONLY

## Hatha Yoga, Based on Principles of Alignment at 1651 Page Mill Road Gym

**C** Alignment before action brings greater stability, safety and freedom. Movements are coordinated with the breath and designed to help participants of all levels advance in their practice. Wear comfortable clothing. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
hyp-03	TH	4/5-6/7	12:00-12:50pm	1651 Page Mill Rd, Gym, RM 0450	Becker, Patricia	\$110

## Healthy Back Strong Abs at 1651 Page Mill Road Gym

**B I** Focus on developing and maintaining strong mid-section and healthy back. Class combines stretches and focused strengthening exercises to build balanced, flexible and strong muscles and joints. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided. NOTE: Facility rules -- no outside shoes are allowed on the studio floor.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
hba-03	MON	4/2-6/4	12:00-1:00pm	1651 Page Mill Rd, Gym, RM 0450	Elvin, Jean	\$110

## Pilates Barre at 1651 Page Mill Road Gym

**B I** This full body toning class is a fusion of ballet conditioning, strength training and Pilates core work. Emphasis is on targeted toning of those problem areas of the arms/shoulders, hips/seat/thighs, abs/back/core, and improving posture. We will incorporate some great ballet conditioning moves for our lower body, light weights (if available) with small targeted isometric movements for our upper body, and Pilates abdominal/core exercises to develop long, lean, toned muscles gaining definition without bulk.

PLEASE BRING YOUR OWN MAT (PREFERABLY WITH A STICKY BOTTOM SURFACE) TO CLASS. MATS WILL NOT BE PROVIDED.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
pb-01	WED	4/4-6/6	12:00-1:00pm	1651 Page Mill Rd, Gym, RM 0450	Lourdes Avenier	\$110

# TAI CHI & QIGONG

## Chen Family Taijiquan (Tai Chi) & Qigong

**C** Chen Style Taijiquan (Tai Chi) includes low powerful stances, body coiling movements, stomping, and an explosive release of power, as well as graceful, slow, and light movements. The benefits of taijiquan and qigong, include improved health, muscle strength, balance and reduced stress. Wear comfortable clothing and shoes. Classes are held outdoors rain or shine. Master Wong is a 20th generation, 1st Grade, Gold Medalist Tai Chi Master. "Chronic Condition Friendly" and "Older Adult Friendly" class.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
cft-01	TUE	4/3-6/5	11:45-12:45pm	Dohrmann Grove, Outdoors	Tony Wong	\$110
cft-02	THU	4/5-6/7	12:00-1:00pm	MSOB Courtyard, Outdoors	Yan Li	\$110

## Yang Tai Chi and Health Qigong

**C** Yang style Taichi movements are calming and relaxing. They help reduce stress by releasing muscle tension, improving balance and mind-body coordination. Health Qigong "BaDuanJing" is traditional Qigong of safe aerobic exercise that enhances limb strength, flexibility in joints and improve Qi circulation in the inner system. It is ideal for those who work in the office or on computers. "Chronic Condition Friendly" and "Older Adult Friendly" class.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
ytic-01	MON	4/2-6/4	12:00-1:00pm	800 Welch Road, Held Outdoors	Lily Li	\$110
ytic-02	WED	4/4-6/6	12:00-1:00pm	3160 Porter Drive, Studio	Lily Li	\$110

# WEIGHT TRAINING IN THE WEIGHT ROOM

## Circuit Weight Training

A Full-body conditioning workout for all levels. This class includes weight machines, free weights and other apparatus organized into a circuit. The instructors offer modifications when needed to support you in your goal to increase muscle definition, balance, strength and improve overall health. All equipment is provided. Wear comfortable athletic clothing and closed toe shoes. Bring a towel and water bottle. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
cwt-01	M/W	4/2-6/6	11:00-11:50am	Arrillaga, ACSR Fitness Cntr	Lori / John	\$120
cwt-02	M/W	4/2-6/6	11:00-11:55am	Arrillaga, AOERC Fitness Cntr	Santiago Quintero	\$120
cwt-03	M/W	4/2-6/6	12:00-12:55pm	Arrillaga, AOERC Fitness Cntr	Santiago Quintero	\$120
cwt-04	M/W	4/2-6/6	1:00-1:55pm	Arrillaga, AOERC Fitness Cntr	Santiago Quintero	\$120
cwt-05	T/TH	4/3-6/7	6:15-7:00am	Arrillaga, ACSR Fitness Cntr	Duane Carlisle	\$120
cwt-06	T/TH	4/3-6/7	7:05-7:50am	Arrillaga, ACSR Fitness Cntr	Duane Carlisle	\$120
cwt-07	T/TH	4/3-6/7	11:00-11:55am	3160 Porter Drive, Fitness Cntr	Santiago Quintero	\$120
cwt-08	T/TH	4/3-6/7	11:00-11:55am	Arrillaga, ACSR Fitness Cntr	Duane Carlisle	\$120
cwt-09	T/TH	4/3-6/7	12:00-12:55pm	Arrillaga, ACSR Fitness Cntr	Duane Carlisle	\$120
cwt-10	T/TH	4/3-6/7	1:00-1:55pm	Arrillaga, ACSR Fitness Cntr	Duane Carlisle	\$120
cwt-11	T/TH	4/3-6/7	1:05-2:00pm	3160 Porter Drive, Fitness Cntr	Santiago Quintero	\$120
cwt-12	FRI	4/6-6/8	11:00-11:55am	Arrillaga, AOERC Fitness Cntr	Tom / Cesar	\$60
cwt-13	FRI	4/6-6/8	12:00-12:55pm	Arrillaga, AOERC Fitness Cntr	Cesar Ravelli	\$60

## Functional Strength Training

This class is for beginners or experienced exercisers who want to perform daily work and recreational activities with more ease and vigor. Wear comfortable clothing. This class is a specially designed program to provide the proper training stimulus & guidance for better functioning. We will use Functional Movement Screens to assess and develop mobility, focus on strengthening the most essential human movements (squat, lunge, push, pull, etc.) to enhance balance and control. What we do today determines how we will be tomorrow. Wear comfortable athletic clothing and closed toe shoes. Bring a towel and water. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided. This is an "Older Adult Friendly" class.

This class is marked IMPACTED because HIP can only allow up to the maximum enrollment designated for this class due to limited equipment or space.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
fst-01	T/TH	4/3-6/7	12:00-1:00pm	Arrillaga, AOERC Fitness Cntr	Tom Rankin	\$120

## Senior Strong

If you don't use it, you lose it. After age 40 most people lose 1-2 percent of their muscle mass each year and along with it strength and bone density. Proper resistance training has been proven to not only maintain but increase muscle and strengthen bones. Learn how to get started and safely progress with Senior Strong. What you do today will determine how you will be tomorrow. Bring a towel and water. Please bring your own mat (preferably with a sticky bottom surface) to class. "Older Adult Friendly" class.

This class is marked IMPACTED because HIP can only allow up to the maximum enrollment designated for this class due to limited equipment or space.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
ss-01	M/W	4/2-6/6	10:00-10:55am	Arrillaga, AOERC Fitness Cntr	Tom Rankin	\$120

## Weight Lifting Blast

A full body conditioning workout for core strength, muscle power and full-body strength. This class will utilize free weights for lifts including presses, deadlifts, and squats for a quicker way to tone and build muscle, improve over all strength and burn fat. Wear athletic clothing and closed toe shoes. Bring a water bottle and towel.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
lbs-01	M/W	4/2-6/6	5:45-6:45pm	Arrillaga, SLAC B55 Fitness Ctr.	Santiago Quintero	\$120

# YOGA & YOGA/PILATES BLEND

## Aligned Hatha Yoga w/ Anusara at SLAC

**C** Combine feel-good stretches, breathing exercises and guided relaxation to undo morning stress. Wear comfortable athletic clothing. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
ahy-01	FRI	4/6-6/8	11:00-11:55am	Arrillaga, SLAC B55 Studio	Moj Razmi	\$110

## Flow Yoga

**C** Within a flowing sequence of postures this class focuses on alignment, balance and concentration. Emphasis will be placed on core strength and breath awareness. Participants will increase strength and flexibility. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
fy-01	MON	4/2-6/4	12:00-12:55pm	Burnham Pavilion	Keyko Pintz	\$110
fy-02	MON	4/2-6/4	1:30-2:20pm	Arrillaga, AOERC Studio 203	Angie Holzer	\$110
fy-03	TUE	4/3-6/5	12:00-12:55pm	500 Broadway, RWC, 2nd Floor	Nicole Wargo	\$110
fy-04	THU	4/5-6/7	1:15-2:15pm	3160 Porter Drive, Studio	Patricia Becker	\$110
fy-05	THU	4/5-6/7	1:30-2:20pm	Arrillaga, AOERC Studio 111	Kathy Waddell	\$110
fy-06	FRI	4/6-6/8	12:30-1:20pm	Arrillaga, AOERC Studio 203	Angela Neumann	\$110

## Gentle Yoga

**B** Class is designed to gradually introduce alignment, yoga postures as well as relaxation techniques, and serves as a transition to regular yoga classes. Wear comfortable athletic clothing. Bring a yoga mat. Mats will not be provided. "Chronic Condition Friendly" and "Older Adult Friendly" class.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
gy-01	MON	4/2-6/4	5:15-6:15pm	3172 Porter Drive, RM 2100	Angie Holzer	\$110
gy-02	MON	4/2-6/4	5:30-6:20pm	Roble Gym, Studio 117	Sheryl Nonnenberg	\$110
gy-03	THU	4/5-6/7	12:00-12:50pm	Roble Gym, Studio 114	Deanna Anderson	\$110
gy-04	FRI	4/6-6/8	8:00-9:00am	780 Welch Rd, 2nd Fl. RM 250E	Angie Holzer	\$110
gy-05	FRI	4/6-6/8	1:30-2:20pm	Arrillaga, ACSR Studio	Deanna Anderson	\$110

## Hatha Yoga, Based on Principles of Alignment

Alignment before action brings greater stability, safety and freedom. Movements are coordinated with the breath and designed to help students of all levels advance in their practice. Wear comfortable clothing. Bring a yoga mat. Mats will not be provided.

NOTE: Facility rules -- no outside shoes are allowed on the studio floor.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
hyp-01	TUE	4/3-6/5	5:15-6:15pm	Roble Gym, Studio 117	Patricia Becker	\$110
hyp-02	WED	4/4-6/6	5:30-6:20pm	Arrillaga, AOERC Studio 203	Patricia Becker	\$110

## Power Yoga

**I** Yoga to build strength and stamina. Combines dynamic breathing with strong, flowing movements. Wear comfortable athletic clothing. Bring a towel. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided.

NOTE: Facility rules -- no outside shoes are allowed on the studio floor.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
py-01	MON	4/2-6/4	12:00-12:50pm	Roble Gym, Studio 113	Marilyn Oppezzo	\$110
py-02	FRI	4/6-6/8	12:00-1:00pm	Roble Gym, Studio 113	Angie Holzer	\$110
py-03	FRI	4/6-6/8	12:00-12:55pm	500 Broadway, RWC, 2nd Floor	Tatiana Musante	\$110

## Prenatal Yoga

**B** Yoga postures during pregnancy will strengthen the uterus and pelvic muscles, improve circulation, aid digestion, exercise the spinal column, relieve fatigue and tension and revitalize the internal organs. Yoga can also alleviate many of the common discomforts of pregnancy such as nausea, constipation, varicose veins, swelling, back pain and sciatica. Breathing practice during pregnancy opens the chest and helps to improve circulation in both mother and baby, ensuring a better supply of oxygen to the blood. It also calms the nerves and gives the mother greater control of her breathing during labor. Wear comfortable stretchy clothes. Bring a blanket and a bolster, if you have one. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided.

NOTE: Facility rules -- no outside shoes are allowed on the studio floor.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
pny-01	TUE	4/3-6/5	11:30-12:20pm	Arrillaga, ACSR Studio	Tatiana Musante	\$110



# YOGA & YOGA/PILATES BLEND

## Unwind & Thrive Yoga

Series of exercises to improve health and flexibility that are suitable for all fitness levels. Class includes flow yoga, standing and seated poses, gentle stretches and balancing exercises. The emphasis is on moving fluidly with the breath in order to improve balance, concentration, flexibility and strength. For all fitness levels. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided. Wear comfortable athletic clothing. Please note: Section 2 No class on 4/7.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
uty-01	MON	4/2-6/4	1:00-2:00pm	Littlefield Building Lawn	Katharine Agostino	\$110
uty-02	MON	4/2-6/4	6:10-7:00pm	Li Ka Shing Learning Ctr, 304/305	Uli Dueregger	\$100
uty-03	TUE	4/3-6/5	12:00-1:00pm	3160 Porter Drive, Studio	Sheryl Nonnenberg	\$110
uty-04	TUE	4/3-6/5	5:30-6:20pm	Arrillaga, AOERC Studio 203	Barbara West	\$110
uty-05	THU	4/5-6/7	11:00-11:50am	3160 Porter Drive, Studio	Nonnenberg, Sheryl	\$110

## Vinyasa & More

This class incorporates elements from many styles of yoga and is designed to push and challenge your limits. The continuous sequence will focus on breath awareness, posture, strength, flexibility and balance. So even if you've mastered most poses, you'll find yourself in new territory. Wear comfortable athletic clothing. Bring a towel. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
vm-01	TUE	4/3-6/5	4:00-4:50pm	3160 Porter Drive, Studio	Barbara West	\$110

## Yoga Basics

This yoga class will give you the solid foundation for a safe and fun (yet rigorous) yoga practice. You'll learn a sequence of postures that will strengthen the entire body, increase the range of motion, and expand the capacity of your lungs. You will walk, sit, stand and sleep with more ease. For all fitness levels. Wear comfortable clothing. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided.

NOTE: Facility rules -- no outside shoes are allowed on the studio floor.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
yb-01	WED	4/4-6/6	12:00-12:50pm	Roble Gym, Studio 113	Sheryl Nonnenberg	\$110

## Yoga Core

Focus on improving range of motion and strengthening musculature around the joints. Emphasis will be placed on core strength. Yoga Tune Up Therapy Balls® for self massage will be used. All fitness levels welcome. Bring a towel and water bottle. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
yc-01	MON	4/2-6/4	7:00-7:45am	Arrillaga, AOERC Studio 203	Janet Berkowitz	\$110

## Yoga 4 Runners & Athletes

In this yoga class for runners and all athletes, you will learn to move, breathe and focus in ways that significantly enhance performance, decrease soreness, reduce chance of injury, and speed recovery. Yoga is a time-tested practice that we have optimized to address the specific demands of athletic performance. This class fosters balanced flexibility, functional strength, core connectivity, and whole body integration, which improve an athlete's form, efficiency, range and power. In addition, the fundamentals of concentration and breath awareness improve mental focus and mental endurance—internal assets that are important during long periods of athletic activity. This yoga class directly addresses common athletic challenges, optimizing your performance, and keeping you injury-free, feeling great, and in the game for many years to come. Bring a yoga mat and water bottle. NOTE: Facility rules -- no outside shoes are allowed on the studio floor.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
yfra-01	FRI	4/6-6/8	11:30-12:20pm	Arrillaga, ACSR Studio	Deanna Anderson	\$110

## Yoga/Pilates Fusion


This class blends the elegant precision of Pilates with the dynamic flow of yoga. Develop core strength, tone muscles, improve balance and flexibility. Many of the exercises will challenge you more, make you stronger and longer, and improve your overall endurance and stamina. Wear comfortable athletic clothing and shoes. Bring a yoga mat and towel.

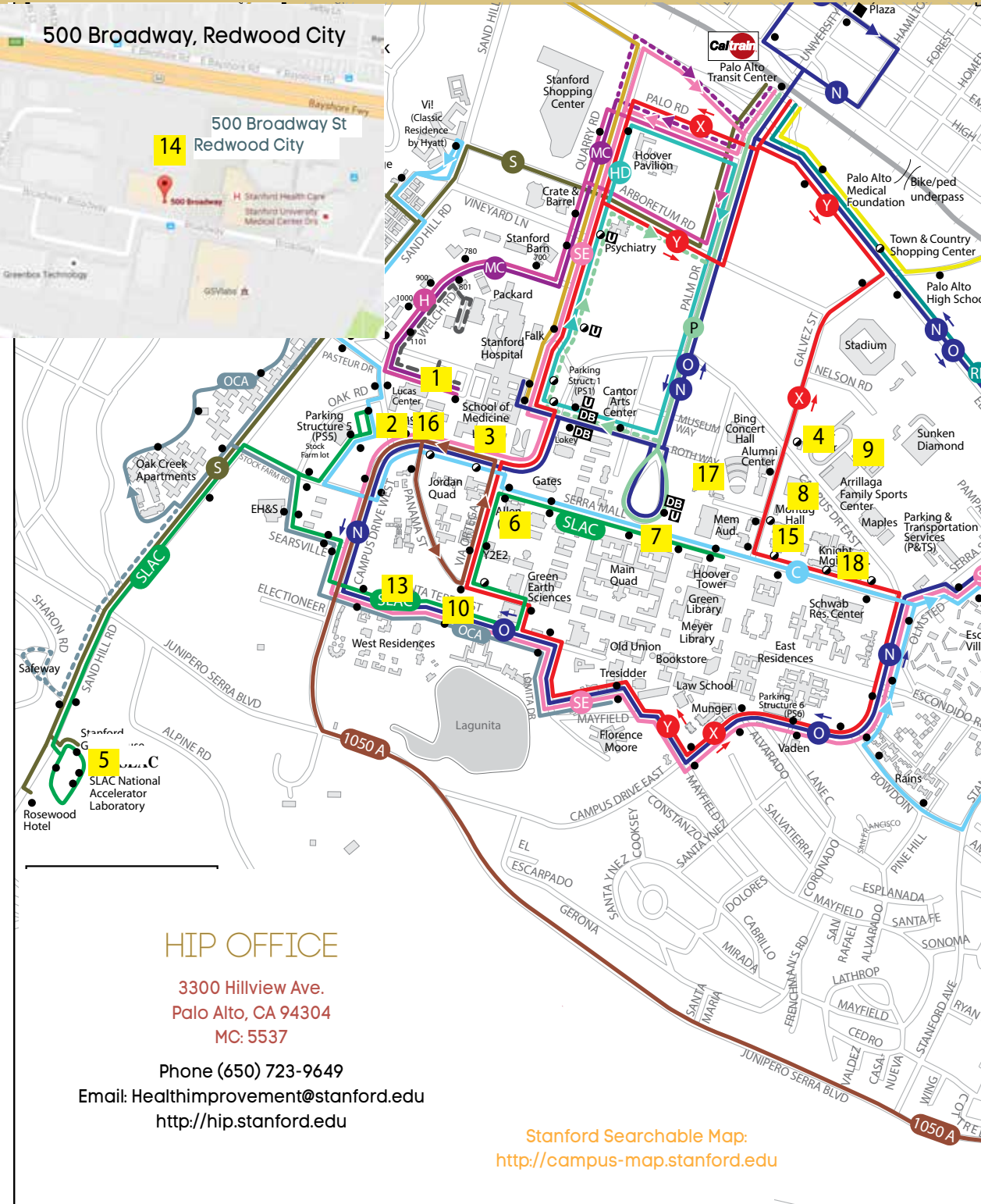
CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
ypf-01	TUE	4/3-6/5	11:30-12:20pm	Roble Gym, Studio 114	Deanna Anderson	\$110
ypf-02	FRI	4/6-6/8	8:05-9:00am	Arrillaga, ACSR Studio	Kerry Spear	\$110
ypf-03	FRI	4/6-6/8	12:00-12:55pm	3160 Porter Drive, Studio	Susan Empey	\$110



# Where are HIP classes offered SPRING 2018 ?

At these convenient locations on and off campus!

 Locations of HIP classes



## Wellness On Wheels at Stanford

Wellness on Wheels brings Fitness and/or Healthy Living classes to your SU or SHC department! To learn more, contact Sharon Pollio, [spolio@stanford.edu](mailto:spolio@stanford.edu).

## LOCATION INDEX:

1. Health, Research & Policy (HRP) Bldg
2. MSOB, Courtyard
3. Li Ka Shing Learning Ctr.
4. Cobb Track
5. SLAC Arrillaga Rec Ctr, Bldg. 55
6. Shriram Center
7. Dohrmann Grove
8. Arrillaga Center Sports & Rec (ACSR) Court, Studio, Bikes & Fitness Ctr.
9. Avery Aquatic Ctr., Baker Pool
10. Roble Gym, Studio 113, 114, 115, 117
11. 3145, 3160 & 3174 Porter Dr.
12. 1651 Page Mill Rd.
13. Arrillaga Outdoor Ed Rec. Ctr. (AOERC): Studios, Court, Avery Recreation Pool, Fitness Ctr.
14. 500 Broadway, Redwood City
15. Ford Athletic Center & Burnham Pavilion
16. SoM Sports Complex
17. Littlefield Building
18. GSB, Class of 1968 Bldg.

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Stanford Searchable Map:  
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