# Group Fitness

## Cardinal Schedule

**April 1 – June 21**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Circuit Weight Training - Cesar</td>
<td>Cycling - Janet</td>
<td>Cycling - Denise</td>
<td>Flow Yoga - Sheryl</td>
<td>Flow Yoga - Janet</td>
</tr>
<tr>
<td>&gt; 12:00PM</td>
<td>&gt; 6:30AM</td>
<td>&gt; 6:30AM</td>
<td>&gt; 11:30AM</td>
<td>&gt; 6:30AM</td>
</tr>
<tr>
<td>Healthy Back - Nancy</td>
<td>Flow Yoga - Sheryl</td>
<td>Hatha Yoga - Tatiana</td>
<td>Boot Camp - Bo</td>
<td>Cycling - Denise</td>
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<tr>
<td>&gt; 12:00PM</td>
<td>&gt; 11:30AM</td>
<td>&gt; 11:30AM</td>
<td>&gt; 12:00PM</td>
<td>&gt; 6:30AM</td>
</tr>
<tr>
<td>Meditation Mondays*</td>
<td>Boot Camp - Bo</td>
<td>HIIT &amp; Core - Cesar</td>
<td>HIIT &amp; Core - Cesar</td>
<td>Cycling - Denise</td>
</tr>
<tr>
<td>&gt; 12:00PM</td>
<td>&gt; 12:00PM</td>
<td>&gt; 12:00PM</td>
<td>&gt; 12:30PM</td>
<td>&gt; 6:30AM</td>
</tr>
<tr>
<td>TRX - Cesar</td>
<td>Cycling - Chris</td>
<td>Tai Chi - Lily</td>
<td>Mat Pilates - Veronica</td>
<td>TRX - Janet</td>
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<tr>
<td>&gt; 1:00PM</td>
<td>&gt; 12:30PM</td>
<td>&gt; 12:00PM</td>
<td>&gt; 12:30PM</td>
<td>&gt; 7:30AM</td>
</tr>
<tr>
<td>Power Yoga - Annie</td>
<td>Circuit Weight Training - Bo</td>
<td>Circuit Weight Training - Cesar</td>
<td>Cycling - Chris</td>
<td>Hatha Yoga - Tatiana</td>
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<tr>
<td>&gt; 4:30PM</td>
<td>&gt; 1:00PM</td>
<td>&gt; 1:00PM</td>
<td>&gt; 12:30PM</td>
<td>&gt; 11:30AM</td>
</tr>
<tr>
<td>TRX Bootcamps - Jamele</td>
<td>Zumba - Christina</td>
<td>Zumba - Christina</td>
<td>Circuit Weight Training - Bo</td>
<td>HIIT &amp; Core - Cesar</td>
</tr>
<tr>
<td>&gt; 4:30PM</td>
<td>&gt; 5:15PM</td>
<td>&gt; 5:15PM</td>
<td>&gt; 1:00PM</td>
<td>&gt; 12:00PM</td>
</tr>
<tr>
<td>Flow Yoga - Nicole</td>
<td>HIIT/Boot Camp - Toni</td>
<td>Cycling - Janet</td>
<td>Flow Yoga - Angie</td>
<td>PIYo Blend - Susan</td>
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<tr>
<td>&gt; 5:15PM</td>
<td>&gt; 6:15PM</td>
<td>&gt; 12:30PM</td>
<td>&gt; 5:15PM</td>
<td>&gt; 12:30PM</td>
</tr>
<tr>
<td>Cardio Dance - Laurie</td>
<td></td>
<td>_flow Yoga - Angie</td>
<td>_HIIT/Boot Camp - Toni</td>
<td>_Cycling - Cesar</td>
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<tr>
<td>&gt; 5:15PM</td>
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<td>&gt; 6:15PM</td>
<td>&gt; 1:00PM</td>
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</tbody>
</table>

### Locations:

- **Contemplation Studio Room 120**
- **Cycling Studio Room 125**
- **Fitness Studio Room 135**
- **Fitness Center Floor Room 101**

**Cardinal Group Fitness Pass Quarterly Fees:**

- Students: $60
- Staff/Faculty: $110
- Stanford Community: $120
- BeWell: $60

Classes are 50 min (unless otherwise indicated). All classes are designed for all fitness levels. For the safety and courtesy of all participants, individuals may not join any class after the scheduled start time.