









GROUP FITNESS

Stanford | Recreation and Wellness Center
Redwood City









Cardinal Schedule

June 24 - September 20









Monday

-  Flow Yoga - Janet
> 6:30AM
-  TRX - Janet
> 7:30AM
-  Healthy Back - Nancy
> 11:45PM
-  Meditation Mondays
> 12:00PM
-  Circuit Weight Training - Cesar
> 1:00PM
-  Aqua Fitness - Carole
> 5:00PM
-  Yoga - Nicole
> 5:15PM
-  Cycling - Susan
> 5:30PM








Tuesday

-  Cycling - Janet
> 6:30AM
-  Flow Yoga - Sheryl
> 11:30AM
-  Zumba - Laurie B
> 12:00PM
-  Pilates Barre - Lourdes
> 12:30PM
-  Aqua Fitness - Chris
> 12:30PM
-  TRX - Chris
> 1:30PM
-  Bootcamp - Sangeeta
> 4:30PM
-  Zumba - Christina
> 5:30PM






Wednesday

-  Cycling - Denise
> 6:30AM
-  Hatha Yoga - Tatiana
> 7:30AM
-  TRX - Cesar
> 12:00PM
-  Tai Chi - Lily
> 12:30PM
-  Circuit Weight Training - Cesar
> 1:00PM
-  Aqua Fitness - Carole
> 5:00PM
-  Yoga - Nicole
> 5:15PM
-  Cycling/TRX Combo - Cesar
> 5:30PM

Thursday

-  Cycling - Janet
> 7:30AM
-  Flow Yoga - Sheryl
> 11:30AM
-  Zumba - Angela
> 12:00PM
-  Mat Pilates - Veronica
> 12:30PM
-  Aqua Fitness - Carole
> 12:30PM
-  Zumba - Christina
> 4:30PM
-  Bootcamp - Aaron
> 5:30PM

Friday

-  HIIT: Cycle & Sculpt - Denise
> 6:30AM
-  Hatha Yoga - Tatiana
> 7:30AM
-  HIIT & Core - Cesar
> 12:00PM
-  Cycling - Chris
> 12:15PM
-  PiYo Blend - Susan
> 12:30PM

Locations:

-  Contemplation Studio
Room 120
-  Cycling Studio
Room 125
-  Group Exercise Studio
Room 135
-  Cardio/Strength Floor
Room 101
-  Balcony Pool
Room 221

**Cardinal Group
Fitness Pass
Quarterly Fees:**

Students: \$60
SHALA Staff/Faculty: \$60
Staff/Faculty: \$110
Stanford Community: \$120

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.



Classes and times subject to change

