## Group Fitness 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 12:30PM
- **Yoga** - Nicole 5:00PM
- **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
- **Yoga** - Nicole 5:15PM
- **Bootcamp** - Aaron 5:30PM

### Friday
- **HIIT: Cycle & Sculpt** - Denise 6:30AM
- **Hatha Yoga** - Tatiana 7:30AM
- **Zumba** - Angela 12:00PM
- **HIIT & Core** - Cesar 12:15PM
- **Cycling** - Chris 12:15PM
- **TRX** - Chris 1:30PM
- **Aqua Fitness** - Carole 12:30PM
- **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 and times subject to change
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.