

MONDAY

Indoor Cycling 6:30AM - 7:20AM Shu-Mei • AOERC • Cycling
Yogalates 8:00AM-8:50AM Annie • AOERC • Studio 111
Power Yoga 11:30AM - 12:20PM Annie A • ACSR • Milias Studio
Zumba 11:30AM - 12:20PM Mike • AOERC • Studio 111
Pilates Strength & Length 12:30PM - 1:20PM Carol • AOERC • Studio 111
Indoor Cycling 12:30PM-1:20PM Caitlin • AOERC • Cycling
Flow Yoga 1:30PM - 2:20PM Angie • AOERC • Studio 111
Pilates Challenge 4:30PM - 5:20PM Annie A • AOERC • Studio 203
Barre Fusion 4:30PM - 5:20PM Linda • AOERC • Studio 111
Burn & Build Bootcamp 5:30PM - 6:20PM Adam • AOERC • Studio 203
BollyX Cardio Dance 5:30PM - 6:20PM Kelly • AOERC • Studio 111
Indoor Cycling 5:30PM - 6:20PM Rachel • AOERC • Cycling
Cardinal Fit Lap Swimming 6:00PM-6:30PM Sharon • AOERC • Pool
Cardinal Fit Lap Swimming 6:30PM-7:00PM Sharon • AOERC • Pool
Vinyasa Yoga 6:30PM - 7:20PM Megan • AOERC • Studio 203

TUESDAY

Bootcamp Drop n Go 7:00AM - 7:50AM Charles • ACSR • Court 1
Strength Bootcamp 7:00AM - 7:50AM Nina • AOERC • Studio 111
Zumba 9:00AM - 9:50AM Sara • AOERC • Studio 111
Yoga 11:30AM - 12:20PM Jazzy • ACSR • Milias Studio
Indoor Cycling 11:45AM - 12:35PM Janet • ACSR • Cycling
HAABIT 12:00PM - 12:50PM Barbara • ACSR • Court 1
Aqua Fitness (Deep) 12:00PM - 12:50PM Carole • AOERC • Pool
Barre Sculpt 12:30PM - 1:20PM Carmen • AOERC • Studio 111
Gentle Yoga 12:30PM - 1:20PM Kirsten • ACSR • Milias Studio
Body Firm Super Sculpt 1:15PM - 2:05PM Linda • ACSR • Courts
Power Yoga 4:30PM - 5:20PM Annie A • ACSR • Milias Studio
TRX Bootcamp 4:30PM - 5:20PM Jamele • AOERC • Studio 203
Aqua Fitness (Deep) 4:30PM-5:20PM Carole • AOERC • Pool
Hatha Yoga 5:30PM - 6:20PM Patricia • AOERC • Studio 203
Indoor Cycling 5:30PM - 6:20PM Rachel • AOERC • Cycling
Aqua Fitness (Shallow) 5:30PM-6:20PM Carole • AOERC • Pool
Barre 5:30PM - 6:20PM Sara • AOERC • Studio 111
Zumba 6:30PM - 7:20PM Katie • AOERC • Studio 111

WEDNESDAY

Indoor Cycling 6:30AM - 7:20AM Shu-Mei • AOERC • Cycling
Yoga 11:30AM - 12:20PM Marie • ACSR • Milias Studio
Zumba 11:30AM - 12:20PM Mike • AOERC • Studio 111
Indoor Cycling 12:30PM - 1:20PM Janet • AOERC • Cycling
Boxing 12:30PM - 1:20PM Shah • AOERC • Studio 111
Barre Sculpt 4:30PM - 5:20PM Sonia • AOERC • Studio 111
Zumba 4:30PM - 5:20PM Mike • AOERC • Studio 203
Total Body Workout 5:30PM - 6:20PM Michele M • AOERC • Studio 111
Indoor Cycling 5:30PM - 6:20PM Caitlin • AOERC • Cycling
Cardinal Fit Lap Swimming 6:00PM-6:30PM Sharon • AOERC • Pool
Cardinal Fit Lap Swimming 6:30PM-7:00PM Sharon • AOERC • Pool
Kickboxing 6:30PM - 7:20PM Michele M • AOERC • Studio 203

THURSDAY

Bootcamp Drop n Go 7:00AM - 7:50AM Charles • ACSR • Court 1
Yoga 9:00AM - 9:50AM Marie • AOERC • Studio 111
Indoor Cycling 11:45AM - 12:35PM Janet • ACSR • Cycling
HAABIT 12:00PM - 12:50PM Barbara • ACSR • Court 1
Pilates Mat 12:30PM - 1:20PM Kerry • ACSR • Milias Studio
Pilates Challenge 12:30PM - 1:20PM Annie A • AOERC • Studio 111
Yoga 4:30PM - 5:20PM Keith • AOERC • Studio 111
Aqua Fitness (Deep) 4:30PM-5:20PM Carole • AOERC • Pool
Pilates Mat 4:30PM-5:20PM Audrey • AOERC • Studio 203
Barre Sculpt 5:30PM - 6:20PM Carmen • AOERC • Studio 111
Burn & Build Bootcamp 5:30PM - 6:20PM Adam • AOERC • Studio 203
Aqua Fitness (Shallow) 5:30PM-6:20PM Carole • AOERC • Pool
Indoor Cycling 5:30PM - 6:20PM Ashley • AOERC • Cycling
Vinyasa Yoga 6:30PM - 7:20PM Megan • AOERC • Studio 203
305 Fitness Cardio Dance 6:30PM - 7:20PM Kelly • AOERC • Studio 111

FRIDAY

Indoor Cycling 7:00AM - 7:50AM Virginia • AOERC • Cycling
Yoga 8:05AM-8:55AM Marie • ACSR • Milias Studio
Zumba 9:00AM - 9:50AM Sara • AOERC • Studio 111
Yoga 4 Runners/Athletes 11:30AM - 12:20PM Deanna • ACSR • Milias Studio
Indoor Cycling 11:30AM - 12:20PM Shu-Mei • AOERC • Cycling
Strength Bootcamp 11:30AM - 12:20PM Mitch • AOERC • Studio 111
Pilates Strength & Length 12:30PM - 1:20PM Carol • AOERC • Studio 111
Pilates Mat 12:30PM - 1:20PM Deanna • ACSR • Milias Studio
Butts N Guts Plus 12:45PM - 1:35PM Moj • ACSR • Courts
Indoor Cycling 1:30PM - 2:20PM Janet • AOERC • Cycling
Yoga 4:00PM - 4:50PM Sharon • AOERC • Studio 203
Cardio Dance 5:30PM - 6:20PM Laurie • AOERC • Studio 203

SATURDAY

Zumba 8:00AM - 8:50AM Krissee • AOERC • Studio 203
Barre Sculpt 9:00AM - 9:50AM Carmen • AOERC • Studio 111
305 Fitness Cardio Dance 11:30AM - 12:20PM Kelly • AOERC • Studio 111

SUNDAY

Zumba 10:45AM - 11:35AM Katie • ACSR • Court 1

COLOR KEY

- ▲ AOERC
- ACSR
- CYCLING
- NEW CLASS

For more info, visit rec.stanford.edu/newclasses

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