### Group Fitness
#### Cardinal Cycling Pass Schedule
September 23 - December 6

<table>
<thead>
<tr>
<th>COLOR KEY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="https://via.placeholder.com/15" alt="AOERC" /></td>
<td>Indoor Cycling</td>
<td>Bootcamp Drop n Go</td>
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<td>Bootcamp Drop n Go</td>
<td>Indoor Cycling</td>
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<tr>
<td><img src="https://via.placeholder.com/15" alt="ACSR" /></td>
<td>6:30AM-7:20AM</td>
<td>7:00AM-7:50AM</td>
<td>6:30AM-7:20AM</td>
<td>7:00AM-7:50AM</td>
<td>7:00AM-7:50AM</td>
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<tr>
<td><img src="https://via.placeholder.com/15" alt="CYCLING" /></td>
<td>Shu-Mei - AOERC - Cycling</td>
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<td>Virginia - AOERC - Cycling</td>
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<tr>
<td><img src="https://via.placeholder.com/15" alt="NEW CLASS" /></td>
<td>Yogalates</td>
<td>Strength Bootcamp</td>
<td>Yoga</td>
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<td></td>
<td>8:00AM-8:50AM</td>
<td>7:00AM-7:50AM</td>
<td>11:30AM-12:20PM</td>
<td>9:00AM-9:50AM</td>
<td>8:05AM-8:55AM</td>
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<tr>
<td></td>
<td>Annie - ACSR - Studio 111</td>
<td>Nina - ACSR - Studio 111</td>
<td>Marie - ACSR - Mlias Studio</td>
<td>Marie - ACSR - Studio 111</td>
<td>Annie - ACSR - Studio 111</td>
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<td>Annie - ACSR - Studio 111</td>
<td>Zumba</td>
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### Pricing
- Students/Post-Doc/Visiting Scholar: $85
- Stanford Community: $145
- BeWell/Retirees: $85

*Must complete SHAHA prior to registration to receive discount

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

Other questions? Contact us at recprograms@stanford.edu

### Schedule
- **MONDAY**
  - Indoor Cycling: 6:30AM-7:20AM
  - Yogalates: 8:00AM-8:50AM
- **TUESDAY**
  - Bootcamp Drop n Go: 7:00AM-7:50AM
  - Strength Bootcamp: 7:00AM-7:50AM
  - Yoga: 11:30AM-12:20PM
  - Zumba: 9:00AM-9:50AM
- **WEDNESDAY**
  - Indoor Cycling: 11:45AM-12:35PM
  - Body Firm Super Sculpt: 1:15PM-2:05PM
  - Aqua Fitness (Deep): 4:00PM-5:20PM
  - Barre Sculpt: 12:30PM-1:20PM
  - Hatha Yoga: 5:30PM-6:20PM
- **THURSDAY**
  - Indoor Cycling: 12:30PM-1:20PM
  - Boxing: 12:30PM-1:20PM
  - Barre Sculpt: 12:30PM-1:20PM
  - Total Body Workout: 5:30PM-6:20PM
  - Indoor Cycling: 5:30PM-6:20PM
- **FRIDAY**
  - Indoor Cycling: 11:30AM-12:20PM
  - Barre Sculpt: 5:30PM-6:20PM
  - Barre Sculpt: 12:30PM-1:20PM
  - Indoor Cycling: 5:30PM-6:20PM
  - Yoga: 9:00AM-9:50AM
  - Yoga: 12:30PM-1:20PM

**Note:**
- **SUNDAY**
  - Zumba: 8:00AM-9:00AM
  - Zumba: 10:45AM-11:35AM
  - Barre Sculpt: 9:00AM-9:50AM
  - Zumba: 12:30PM-1:20PM
  - 305 Fitness Cardio Dance: 11:30AM-12:20PM
  - 305 Fitness Cardio Dance: 6:30PM-7:20PM

**Groups:** Card, Mind, Body, Endure.