



Cardinal Pass Schedule

September 23 - December 6

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

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

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

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

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

Aqua Fitness (Deep)
4:30PM-5:20PM
Carole • AOERC • Pool

TRX Bootcamp
4:30PM - 5:20PM
Jamele • AOERC • Studio 203

Aqua Fitness (Shallow)
5:30PM-6:20PM
Carole • AOERC • Pool

Hatha Yoga
5:30PM - 6:20PM
Patricia • AOERC • Studio 203

Barre
5:30PM - 6:20PM
Sara • AOERC • Studio 111

Zumba
6:30PM - 7:20PM
Katie • AOERC • Studio 111

Yoga
11:30AM - 12:20PM
Marie • ACSR • Milias Studio

Zumba
11:30AM - 12:20PM
Mike • AOERC • Studio 111

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

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

Bootcamp Drop n Go
7:00AM - 7:50AM
Charles • ACSR • Court 1

Yoga
9:00AM - 9:50AM
Marie • AOERC • Studio 111

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

Pilates Mat
4:30PM-5:20PM
Audrey • AOERC • Studio 203

Aqua Fitness (Deep)
4:30PM-5:20PM
Carole • AOERC • Pool

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

Vinyasa Yoga
6:30PM - 7:20PM
Megan • AOERC • Studio 203

305 Fitness Cardio Dance
6:30PM - 7:20PM
Kelly • AOERC • Studio 111

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

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

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
Krissie • 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

■ NEW CLASS

Stanford Affiliation

Students/Post Doc

Staff/Faculty

Stanford Community

BeWell*/Retirees

Cardinal Pass Price

\$60

\$110

\$120

\$60