



Cardinal Group Fitness Pass

Cardinal Cycling Group Fitness Pass

Platinum Group Fitness Pass

Recreational Classes

Access Type	Unlimited Drop-ins	Unlimited drop-ins to Cardinal Pass Schedule + Reservation-based Cycling Classes	Unlimited drop-ins to Cardinal Pass Schedule + Reservation-based Platinum and Cycling Classes	Registration for individual classes
Prices	<ul style="list-style-type: none"> Student/Post-Doc/Visiting Scholar/BeWell/Retirees: \$60 Staff/Faculty: \$110 Community: \$120 	<ul style="list-style-type: none"> Student/Post-Doc/Visiting Scholar/BeWell/Retirees: \$85 Staff/Faculty: \$135 Community: \$145 	<ul style="list-style-type: none"> Student/Post-Doc/Visiting Scholar/BeWell/Retirees: \$110 Staff/Faculty: \$160 Community: \$170 	Prices Vary
New Fall 2019 Offerings	<ul style="list-style-type: none"> Aqua Fitness Body Firm Super Sculpt Bootcamp Drop n Go Butts n Guts Plus Flow Yoga Gentle Yoga Hatha Yoga HAABIT - Body Conditioning Yoga for Runners & Athletes 	<ul style="list-style-type: none"> Indoor Cycling 	<ul style="list-style-type: none"> TRX 	<ul style="list-style-type: none"> Circuit Weight Training Cross Training Healthy Back, Strong Abs Senior Strong
Current Offerings	<ul style="list-style-type: none"> Aqua Yoga Barre Barre Fusion Barre Sculpt Bootcamp Boxing Burn & Build Bootcamp Cardio Dance Kickboxing Mat Pilates Pilates Challenge Power Yoga Swim Conditioning Total Body Workout TRX Bootcamp Vinyasa Yoga Yoga Yogalates Yoga/Pilates Fusion Zumba 	<ul style="list-style-type: none"> Access to all Cardinal Pass classes Indoor Cycling 	<ul style="list-style-type: none"> Access to all Cardinal and Cardinal Cycling Pass classes F45 	<ul style="list-style-type: none"> Ashtanga Yoga Badminton Basketball Golf Gymnastics Olympic Weightlifting Pre/Post Natal Training Running Squash Swimming Classes Tennis

Fall 2019 Important Dates:

Summer Free Fitness Week: 9/4 - 9/13
 Registration opens: 9/10 at 9am
 Preview Week: 9/23 - 9/29
 Quarter Dates: 9/23 - 12/6
 Fall Free Fitness Week: 12/9 - 12/13

[View the Links Below on this Page to Purchase Your Group Fitness Pass or Rec Classes](#)