# Free Fitness Week

**Schedule: September 4 - 13**

**WEDNESDAY 9/4**
- **F45 Cardio***
  7:00AM - 7:45AM
  ACSR | Fitness Center | Staff
- **F45 Cardio***
  8:00AM - 8:45AM
- **F45 Cardio***
  11:30AM - 12:15PM
- **F45 Cardio***
  12:30PM - 1:15PM
- **Power Yoga**
  12:30PM - 1:20PM
  ACSR | Milias Studio | Annie A.
- **F45 Cardio**
  4:15PM - 5:00PM
  ACSR | Fitness Center | Staff
- **Pilates Challenge**
  4:30PM - 5:20PM
  AOERC | Studio 111 | Annie A.
- **F45 Cardio**
  5:15PM - 6:00PM
  ACSR | Fitness Center | Staff
- **Total Body Workout**
  5:30PM - 6:20PM
  AOERC | Studio 111 | Michele M.
- **Kickboxing**
  6:30PM - 7:20PM
  AOERC | Studio 203 | Michele

*F45 Location: ACSR Fitness Center

**THURSDAY 9/5**
- **F45 Strength**
  7:00AM - 7:45AM
  ACSR | Fitness Center | Staff
- **F45 Strength**
  8:00AM - 8:45AM
  ACSR | Fitness Center | Staff
- **F45 Strength**
  11:00AM - 11:45AM
  ACSR | Fitness Center | Staff
- **Power Yoga**
  12:30PM - 1:20PM
  ACSR | Studio 111 | Annie A.
- **F45 Strength**
  4:15PM - 5:00PM
  ACSR | Fitness Center | Staff
- **F45 Strength**
  5:15PM - 6:00PM
  ACSR | Fitness Center | Staff
- **Barre Sculpt**
  5:30PM - 6:20PM
  AOERC | Studio 111 | Carmen
- **305 Fitness Cardio Dance**
  6:30PM - 7:20PM
  AOERC | Studio 111 | Kelly

**FRIDAY 9/6**
- **F45 Cardio**
  7:00AM - 7:45AM
  ACSR | Fitness Center | Staff
- **F45 Strength**
  8:00AM - 8:45AM
  ACSR | Fitness Center | Staff
- **F45 Cardio**
  11:30AM - 12:15PM
  ACSR | Fitness Center | Staff
- **F45 Cardio**
  12:30PM - 1:15PM
  ACSR | Fitness Center | Staff
- **F45 Cardio**
  12:30PM - 1:15PM
  ACSR | Fitness Center | Staff
- **Pilates Challenge**
  12:30PM - 1:20PM
  AOERC | Studio 111 | Annie A.
- **Power Yoga**
  4:30PM - 5:20PM
  AOERC | Studio 111 | Annie A.
- **305 Fitness Cardio Dance**
  5:30PM - 6:20PM
  AOERC | Studio 111 | Kelly

**MONDAY 9/9**
- **Indoor Cycling**
  7:00AM - 7:50AM
  AOERC | Cycling | Virginia
- **Strength Bootcamp**
  11:30AM - 12:20PM
  AOERC | Studio 111 | Mitch
- **Power Yoga**
  12:30PM - 1:20PM
  AOERC | Studio 111 | Annie A.
- **Yoga**
  12:30PM - 1:20PM
  AOERC | Studio 111 | Marie
- **Yoga**
  12:30PM - 1:20PM
  ACSR | Milias Studio | Marie
- **Barre Fusion**
  4:30PM - 5:20PM
  AOERC | Studio 111 | Linda
- **Yoga**
  12:30PM - 1:20PM
  AOERC | Studio 111 | Marie

**WEDNESDAY 9/11**
- **Pilates Challenge**
  12:30PM - 1:20PM
  AOERC | Studio 111 | Annie A.
- **Power Yoga**
  4:30PM - 5:20PM
  AOERC | Studio 111 | Annie A.

**THURSDAY 9/12**
- **Yoga**
  12:30PM - 1:20PM
  AOERC | Studio 111 | Marie
- **Yoga**
  12:30PM - 1:20PM
  ACSR | Milias Studio | Marie
- **305 Fitness Cardio Dance**
  5:30PM - 6:20PM
  AOERC | Studio 111 | Kelly

**TUESDAY 9/10**
- **Yoga**
  8:00AM - 8:50AM
  AOERC | Studio 111 | Marie
- **Barre Fusion**
  4:30PM - 5:20PM
  AOERC | Studio 111 | Linda

**FRIDAY 9/13**
- **Strength Bootcamp**
  11:30AM - 12:20PM
  AOERC | Studio 111 | Mitch
- **Yoga**
  12:30PM - 1:20PM
  AOERC | Studio 111 | Marie

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