

| STANFORD RECREATION & WELLNESS | Cardinal Group Fitness Pass | Cardinal Cycling Group Fitness Pass | Platinum Group Fitness Pass | Recreational Classes |
|---|--|--|--|---------------------------------|
| Access Type | | | | |
| Unlimited Drop-Ins | X | X | X | |
| Reservation-Based Classes | | X | X | |
| Registration for Individual Classes | | | | X |
| Price | | | | |
| Student/Post Doc/Visiting Scholar | \$60 | \$85 | \$110 | Prices Vary by Class |
| Staff/Faculty | \$110 | \$135 | \$160 | |
| Stanford Community | \$120 | \$145 | \$170 | |
| BeWell* and Retirees <small>*Must complete SHALA</small> | \$60 | \$85 | \$110 | |
| New Offerings for Fall 2019 | | | | |
| Aqua Fitness | X | X | X | |
| Body Firm Super Sculpt | X | X | X | |
| Bootcamp Drop N Go | X | X | X | |
| Butts n Guts Plus | X | X | X | |
| Flow Yoga | X | X | X | |
| Gentle Yoga | X | X | X | |
| Hatha Yoga | X | X | X | |
| HAABIT - Body Conditioning | X | X | X | |
| Yoga for Runners and Athletes | X | X | X | |
| Indoor Cycling | | X | X | |
| TRX | | | X | |
| Circuit Weight Training | | | | X |
| Cross Training | | | | X |
| Healthy Back, Strong Abs | | | | X |
| Senior Strong | | | | X |
| Current Offerings | | | | |
| Aqua Yoga | X | X | X | |
| Barre | X | X | X | |
| Barre Fusion | X | X | X | |
| Barre Sculpt | X | X | X | |
| Bootcamp | X | X | X | |
| Boxing | X | X | X | |
| Burn & Build Bootcamp | X | X | X | |
| Cardio Dance | X | X | X | |
| Kickboxing | X | X | X | |
| Mat Pilates | X | X | X | |
| Pilates Challenge | X | X | X | |
| Power Yoga | X | X | X | |
| Swim Conditioning | X | X | X | |
| Total Body Workout | X | X | X | |
| Vinyasa Yoga | X | X | X | |
| Yoga | X | X | X | |
| Yogalates | X | X | X | |
| Yoga/Pilates Fusion | X | X | X | |
| Zumba | X | X | X | |
| Indoor Cycling | | X | X | |
| F45 | | | X | |
| Ashtanga Yoga | | | | X |
| Badminton | | | | X |
| Basketball | | | | X |
| Golf | | | | X |
| Gymnastics | | | | X |
| Olympic Weightlifting | | | | X |
| Pre/Post Natal Training | | | | X |
| Train to Run | | | | X |
| Squash | | | | X |
| Swimming Classes | | | | X |
| Tennis | | | | X |
| 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 | | Visit rec.stanford.edu/newclasses for more information | | |