

Platinum Pass Schedule

September 23 - December 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
F45 6:15AM - 7:00AM Staff • ACSR • F45 Studio	F45 6:15AM - 7:00AM Staff • ACSR • F45 Studio	F45 6:15AM - 7:00AM Staff • ACSR • F45 Studio	F45 6:15AM - 7:00AM Staff • ACSR • F45 Studio	F45 6:15AM - 7:00AM Staff • ACSR • F45 Studio
Indoor Cycling 6:30AM - 7:20AM Shu-Mei • AOERC • Cycling	Bootcamp Drop n Go 7:00AM - 7:50AM Charles • ACSR • Court 1	Indoor Cycling 6:30AM - 7:20AM Shu-Mei • AOERC • Cycling	Bootcamp Drop n Go 7:00AM - 7:50AM Charles • ACSR • Court 1	Indoor Cycling 7:00AM - 7:50AM Virginia • AOERC • Cycling
F45 7:15AM - 8:00AM Staff • ACSR • F45 Studio	Strength Bootcamp 7:00AM - 7:50AM Nina • AOERC • Studio 111	F45 7:15AM - 8:00AM Staff • ACSR • F45 Studio	F45 7:15AM - 8:00AM Staff • ACSR • F45 Studio	F45 7:15AM - 8:00AM Staff • ACSR • F45 Studio
Yogalates 8:00AM-8:50AM Annie • AOERC • Studio 111	F45 7:15AM - 8:00AM Staff • ACSR • F45 Studio	F45 8:15AM - 9:00AM Staff • ACSR • F45 Studio	F45 8:15AM - 9:00AM Staff • ACSR • F45 Studio	Yoga 8:05AM-8:55AM Marie • ACSR • Milias Studio
F45 8:15AM - 9:00AM Staff • ACSR • F45 Studio	F45 8:15AM - 9:00AM Staff • ACSR • F45 Studio	Zumba 11:30AM - 12:20PM Mike • AOERC • Studio 111	Yoga 9:00AM - 9:50AM Marie • AOERC • Studio 111	F45 8:15AM - 9:00AM Staff • ACSR • F45 Studio
Zumba 11:30AM - 12:20PM Mike • AOERC • Studio 111	Zumba 9:00AM - 9:50AM Sara • AOERC • Studio 111	Yoga 11:30AM - 12:20PM Marie • ACSR • Milias Studio	TRX 9:30AM - 10:20AM Moj • AOERC • Fitness Center	Zumba 9:00AM - 9:50AM Sara • AOERC • Studio 111
Power Yoga 11:30AM - 12:20PM Annie A • ACSR • Milias Studio	Yoga 11:30AM - 12:20PM Jazzy • ACSR • Milias Studio	F45 11:30AM - 12:15PM Staff • ACSR • F45 Studio	F45 11:30AM - 12:15PM Staff • ACSR • F45 Studio	F45 11:30AM - 12:15PM Staff • ACSR • F45 Studio
F45 11:30AM - 12:15PM Staff • ACSR • F45 Studio	F45 11:30AM - 12:15PM Staff • ACSR • F45 Studio	F45 12:30PM - 1:15PM Staff • ACSR • F45 Studio	Indoor Cycling 11:45AM - 12:35PM Janet • ACSR • Cycling	Yoga 4 Runners/Athletes 11:30AM - 12:20PM Deanna • ACSR • Milias Studio
F45 12:30PM - 1:15PM Staff • ACSR • F45 Studio	Indoor Cycling 11:45AM - 12:35PM Janet • ACSR • Cycling	Indoor Cycling 12:30PM - 1:20PM Janet • AOERC • Cycling	HAABIT 12:00PM - 12:50PM Barbara • ACSR • Court 1	Indoor Cycling 11:30AM - 12:20PM Shu-Mei • AOERC • Cycling
Indoor Cycling 12:30PM-1:20PM Caitlin • AOERC • Cycling	HAABIT 12:00PM - 12:50PM Barbara • ACSR • Court 1	Boxing 12:30PM - 1:20PM Shah • AOERC • Studio 111	F45 12:30PM - 1:15PM Staff • ACSR • F45 Studio	Strength Bootcamp 11:30AM - 12:20PM Mitch • AOERC • Studio 111
Pilates Strength & Length 12:30PM - 1:20PM Carol • AOERC • Studio 111	Aqua Fitness (Deep) 12:00PM - 12:50PM Carole • AOERC • Pool	F45 4:15PM - 5:00PM Staff • ACSR • F45 Studio	Pilates Mat 12:30PM - 1:20PM Kerry • ACSR • Milias Studio	F45 12:30PM - 1:15PM Staff • ACSR • F45 Studio
Flow Yoga 1:30PM - 2:20PM Angie • AOERC • Studio 111	F45 12:30PM - 1:15PM Staff • ACSR • F45 Studio	Barre Sculpt 12:30PM - 1:20PM Carmen • AOERC • Studio 111	Pilates Challenge 12:30PM - 1:20PM Annie A • AOERC • Studio 111	Pilates Strength & Length 12:30PM - 1:20PM Carol • AOERC • Studio 111
F45 4:15PM - 5:00PM Staff • ACSR • F45 Studio	Barre Sculpt 12:30PM - 1:20PM Carmen • AOERC • Studio 111	Barre Sculpt 4:30PM - 5:20PM Sonia • AOERC • Studio 111	F45 4:15PM - 5:00PM Staff • ACSR • F45 Studio	Pilates Mat 12:30PM - 1:20PM Deanna • ACSR • Milias Studio
Pilates Challenge 4:30PM - 5:20PM Annie A • AOERC • Studio 203	Gentle Yoga 12:30PM - 1:20PM Kirsten • ACSR • Milias Studio	Zumba 4:30PM - 5:20PM Mike • AOERC • Studio 203	Yoga 4:30PM - 5:20PM Keith • AOERC • Studio 111	Butts N Guts Plus 12:45PM - 1:35PM Moj • ACSR • Courts
Barre Fusion 4:30PM - 5:20PM Linda • AOERC • Studio 111	Body Firm Super Sculpt 1:15PM - 2:05PM Linda • ACSR • Courts	F45 5:15PM - 6:00PM Staff • ACSR • F45 Studio	Aqua Fitness (Deep) 4:30PM-5:20PM Carole • AOERC • Pool	Indoor Cycling 1:30PM - 2:20PM Janet • AOERC • Cycling
F45 5:15PM - 6:00PM Staff • ACSR • F45 Studio	F45 4:15PM - 5:00PM Staff • ACSR • F45 Studio	Total Body Workout 5:30PM - 6:20PM Michele M • AOERC • Studio 111	Pilates Mat 4:30PM-5:20PM Audrey • AOERC • Studio 203	Yoga 4:00PM - 4:50PM Sharon • AOERC • Studio 203
Burn & Build Bootcamp 5:30PM - 6:20PM Adam • AOERC • Studio 203	Aqua Fitness (Deep) 4:30PM-5:20PM Carole • AOERC • Pool	Indoor Cycling 5:30PM - 6:20PM Caitlin • AOERC • Cycling	F45 5:15PM - 6:00PM Staff • ACSR • F45 Studio	F45 4:15PM - 5:00PM Staff • ACSR • F45 Studio
BollyX Cardio Dance 5:30PM - 6:20PM Kelly • AOERC • Studio 111	Power Yoga 4:30PM - 5:20PM Annie • ACSR • Milias Studio	Cardinal Fit Lap Swimming 6:00PM-6:30PM Sharon • AOERC • Pool	Barre Sculpt 5:30PM - 6:20PM Carmen • AOERC • Studio 111	F45 5:15PM - 6:00PM Staff • ACSR • F45 Studio
Indoor Cycling 5:30PM - 6:20PM Rachel • AOERC • Cycling	TRX Bootcamp 4:30PM - 5:20PM Jamele • AOERC • Studio 203	Cardinal Fit Lap Swimming 6:30PM-7:00PM Sharon • AOERC • Pool	Burn & Build Bootcamp 5:30PM - 6:20PM Adam • AOERC • Studio 203	F45 5:30PM - 6:20PM Staff • ACSR • F45 Studio
Cardinal Fit Lap Swimming 6:00PM-6:30PM Sharon • AOERC • Pool	F45 5:15PM - 6:00PM Staff • ACSR • F45 Studio	Kickboxing 6:30PM - 7:20PM Michele M • AOERC • Studio 203	Indoor Cycling 5:30PM - 6:20PM Ashley • AOERC • Cycling	Cardio Dance 5:30PM - 6:20PM Laurie • AOERC • Studio 203
Cardinal Fit Lap Swimming 6:30PM-7:00PM Sharon • AOERC • Pool	Hatha Yoga 5:30PM - 6:20PM Patricia • AOERC • Studio 203		Aqua Fitness (Shallow) 5:30PM-6:20PM Carole • AOERC • Pool	
Vinyasa Yoga 6:30PM - 7:20PM Megan • AOERC • Studio 203	Indoor Cycling 5:30PM - 6:20PM Rachel • AOERC • Cycling		F45 6:15PM - 7:00PM Staff • ACSR • F45 Studio	
	Aqua Fitness (Shallow) 5:30PM-6:20PM Carole • AOERC • Pool		Vinyasa Yoga 6:30PM - 7:20PM Megan • AOERC • Studio 203	
	Barre 5:30PM - 6:20PM Sara • AOERC • Studio 111		305 Fitness Cardio Dance 6:30PM - 7:20PM Kelly • AOERC • Studio 111	
	F45 6:15PM - 7:00PM Staff • ACSR • F45 Studio			
	Zumba 6:30PM - 7:20PM Katie • AOERC • Studio 111			

SATURDAY	SUNDAY
Zumba 8:00AM - 8:50AM Krissie • AOERC • Studio 203	Zumba 10:45AM - 11:35AM Katie • ACSR • Court 1
Barre Sculpt 9:00AM - 9:50AM Carmen • AOERC • Studio 111	
305 Fitness Cardio Dance 11:30AM - 12:20PM Kelly • AOERC • Studio 111	

COLOR KEY

- ▲ AOERC
- ACSR
- CYCLING
- NEW CLASS
- PLATINUM

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