

# FALL 2019 REC CLASSES

September 30 - December 6

Days	Time	Level	Instructor	Location
<b>ASHTANGA YOGA</b>				
Monday - Friday	11:00AM - 1:00PM	All Levels	Staff	Ford Raquetball Courts
<b>BADMINTON</b>				
Monday/Wednesday	11:30AM - 12:20PM	Intermediate	Matt Thornton	AOERC Court 2
<b>BASKETBALL</b>				
Monday/Wednesday	10:30AM - 11:20AM	Intermediate	Matt Thornton	AOERC Court 2
<b>CROSS TRAINING (NEW!)</b>				
Monday/Wednesday	6:30PM - 7:20PM	All Levels	Paolo Scafetta	AOERC Court 1
<b>CIRCUIT WEIGHT TRAINING (NEW!)</b>				
Monday/Wednesday	11:00AM - 11:50AM	All Levels	Lori Beveridge/John Martin	ACSR Fitness Center
Monday/Wednesday	11:00AM - 11:50AM	All Levels	Bo Kelley	AOERC Fitness Center
Monday/Wednesday	12:00PM - 12:50PM	All Levels	Bo Kelley	AOERC Fitness Center
Monday/Wednesday	1:00PM - 1:50PM	All Levels	Bo Kelley	AOERC Fitness Center
Tuesday/Thursday	11:00AM - 11:50AM	All Levels	Bo Kelley	ACSR Fitness Center
Tuesday/Thursday	12:00PM - 12:50PM	All Levels	Bo Kelley	ACSR Fitness Center
Tuesday/Thursday	1:00PM - 1:50PM	All Levels	Bo Kelley	ACSR Fitness Center
Friday	11:00AM - 11:50AM	All Levels	Tom Rankin	AOERC Fitness Center
<b>GOLF</b>				
Monday/Wednesday	11:30AM - 12:30PM	Beginning	Jake Hutt	Driving Range
Monday/Wednesday	6:30PM - 7:30PM	Beginning	Kurt Uchiyama	Driving Range
Tuesday/Thursday	10:30AM - 11:30AM	Beginning	Jake Hutt	Driving Range
Tuesday/Thursday	5:15PM - 6:15PM	Beginning	Kurt Uchiyama	Driving Range
Friday	5:15PM - 6:45PM	Beginning	Phil Marone	Driving Range
Friday	3:30PM - 5:00PM	Advanced Beginning	Phil Marone	Driving Range
Monday/Wednesday	10:30AM - 11:30AM	Intermediate	Jake Hutt	Driving Range
Monday/Wednesday	5:15PM - 6:15PM	Intermediate	Kurt Uchiyama	Driving Range
Tuesday/Thursday	11:30AM - 12:30PM	Intermediate	Jake Hutt	Driving Range
Tuesday/Thursday	6:30PM - 7:30PM	Intermediate	Kurt Uchiyama	Driving Range
<b>GYMNASTICS</b>				
Tuesday/Thursday	10:30AM - 11:20AM	Beginning	Nate Bart/Tommy T.	Ford Pavilion
Tuesday/Thursday	11:30AM - 12:45AM	Intermediate	Nate Bart/Tommy T.	Ford Pavilion
<b>HEALTHY BACK (NEW!)</b>				
Monday/Wednesday	12:30PM - 1:20PM	All Levels	Jean Elvin/Kerry Spear	ACSR Miliias Studio
Friday	7:00AM - 8:00AM	All Levels	Kerry Spear	ACSR Miliias Studio
<b>OLYMPIC WEIGHTLIFTING</b>				
Tuesday/Thursday	6:00PM - 7:30PM	Intermediate/Advanced	Irina Vitman	AOERC Training Studio
<b>PRE/POST-NATAL TRAINING (Single Registration - two focused classes each week)</b>				
Tuesday (Yoga)	11:30AM - 12:20PM	All Levels	Sharon Dawson	AOERC Studio 111
Thursday (Cardio Strength)	11:30AM - 12:20PM	All Levels	Linda Manuel	AOERC Studio 111
<b>SENIOR STRONG (NEW!)</b>				
Tuesday/Thursday	12:00PM - 1:00PM	All Levels	Tom Rankin	AOERC Fitness Center
<b>SQUASH</b>				
Monday/Wednesday	1:30PM - 2:20PM	All Levels	Matthew Bernstein	ACSR Squash Courts
Tuesday/Thursday	1:30PM - 2:20PM	"Squash Stress"	Matthew Bernstein	ACSR Squash Courts
<b>TENNIS</b>				
Tuesday/Thursday	1:30PM - 2:20PM	Beginning	Thor Holt	West Courts
Tuesday/Thursday	12:30PM - 1:20PM	Intermediate	Thor Holt	West Courts
Friday	11:30AM - 1:10PM	Intermediate	Matt Thornton	West Courts
<b>TRAIN TO RUN</b>				
Tuesday/Thursday	7:00AM - 7:50AM	All Levels	Rachel Aumann	Cobb Track/AOERC Upstairs

Registration for Fall 2019 class opens on September 10th at 9:00AM

For class descriptions and to register, please visit [rec.stanford.edu/rec-classes](http://rec.stanford.edu/rec-classes)

To sign-up for swimming classes, view more information at [rec.stanford.edu/aquatics](http://rec.stanford.edu/aquatics)



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