



# Redwood City Group Fitness Cardinal Pass Schedule September 23 - December 20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Flow Yoga</b> 6:30AM - 7:20AM Janet - Contemplation Studio	<b>Cycling</b> 6:30AM - 7:20AM Janet - Cycling Studio	<b>Cycling</b> 6:30AM - 7:20AM Denise - Cycling Studio	<b>Flow Yoga</b> 7:00AM - 7:50AM Staff - Contemplation Studio	<b>HIIT: Cycle &amp; Sculpt</b> 6:30AM - 7:20AM Denise - Cycling Studio
<b>TRX</b> 7:30AM - 8:20AM Janet - Group Exercise Studio	<b>Flow Yoga</b> 11:30AM - 12:20PM Sheryl - Contemplation Studio	<b>Hatha Yoga</b> 11:00AM - 11:50AM Tatiana - Contemplation Studio	<b>Flow Yoga</b> 11:30AM - 12:20PM Sheryl - Contemplation Studio	<b>Hatha Yoga</b> 11:00AM - 11:50AM Tatiana - Contemplation Studio
<b>Flow Yoga</b> 11:00AM - 11:50AM Sheryl - Contemplation Studio	<b>Zumba</b> 12:00PM - 12:50PM Laurie B - Group Exercise Studio	<b>Boxing for Fitness</b> 11:00AM - 11:50AM Fabian - Group Exercise Studio	<b>Zumba</b> 12:00PM - 12:50PM Angela - Group Exercise Studio	<b>Cycling/TRX Combo</b> 11:00AM - 11:50AM Chris - Cycling Studio
<b>Healthy Back</b> 11:45AM - 12:35PM Nancy - Group Exercise Studio	<b>Aqua Fitness</b> 12:30PM - 1:20PM Chris - Balcony Pool	<b>TRX</b> 12:00PM - 12:50PM Cesar - Group Exercise Studio	<b>Mat Pilates</b> 12:30PM - 1:20PM Veronique - Contemplation Studio	<b>HIIT &amp; Core</b> 12:00PM - 12:50PM Cesar - Group Exercise Studio
<b>Aqua Bootcamp</b> 12:00PM - 12:50PM Piankhi - Balcony Pool	<b>Barreless Barre</b> 12:30PM - 1:20PM Lourdes - Contemplation Studio	<b>Tai Chi</b> 12:00PM - 12:50PM Lily - Contemplation Studio	<b>Aqua Fitness</b> 12:30PM - 1:20PM Carole - Balcony Pool	<b>Pilates Yoga Fusion</b> 12:30PM - 1:20PM Susan - Contemplation Studio
<b>Meditation Mondays</b> 12:00PM - 12:50PM Contemplation Studio	<b>TRX</b> 1:30PM - 2:20PM Chris - Group Exercise Studio	<b>Total Body Circuit Training</b> 1:00PM - 1:50PM Cesar - Group Exercise Studio	<b>Zumba</b> 4:30PM - 5:20PM Christina - Group Exercise Studio	
<b>Total Body Circuit Training</b> 1:00PM - 1:50PM Cesar - Group Exercise Studio	<b>Bootcamp</b> 4:30PM - 5:20PM Sangeeta - Group Exercise Studio	<b>Aqua Fitness</b> 5:00PM - 5:50PM Carole - Balcony Pool	<b>Hatha Yoga</b> 5:15PM - 6:05PM Nicole - Contemplation Studio	
<b>Zumba</b> 4:30PM - 5:20PM Christina - Group Exercise Studio	<b>Hatha Yoga</b> 5:15PM - 6:05PM Nicole - Contemplation Studio	<b>Cycling/TRX Combo</b> 5:30PM - 6:20PM Cesar - Cycling Studio	<b>Bootcamp</b> 5:30PM - 6:20PM Aaron - Group Exercise Studio	
<b>Aqua Fitness</b> 5:00PM - 5:50PM Carole - Balcony Pool				
<b>Cycling</b> 5:30PM - 6:20PM Susan - Cycling Studio				

## COLOR KEY

- Group Exercise Studio (Rm 135)
- ▲ Contemplation Studio (Rm 120)
- Cycling Studio (Rm 125)
- Balcony Pool (Rm 221)

For class descriptions, pass options, and more information, please visit our website at [rec.stanford.edu/fitness/group-fitness](http://rec.stanford.edu/fitness/group-fitness)

Stanford Affiliation	Cardinal Pass Price
Students	\$60
Staff/Faculty	\$110
Stanford Community	\$120
BeWell* / Retirees	\$60

\*Must complete SHALA prior to registration to receive discount