## Redwood City Group Fitness

### Cardinal Pass Schedule

September 23 - December 20

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