### GOLF

**ASHTANGA YOGA**
- Monday - Friday: 11:00AM - 1:00PM, All Levels, Staff, Ford Raquetball Courts

**BADMINTON**
- Tuesday/Thursday: 11:30AM - 12:20PM, Intermediate, Matt Thornton, AOERC Court 2

**BASKETBALL**
- Tuesday/Thursday: 12:30PM - 1:20PM, Intermediate, Matt Thornton, AOERC Court 2

**CIRCUIT WEIGHT TRAINING**
- Tuesday/Thursday: 6:00PM - 7:30PM, Intermediate/Advanced, Irina Vitman, AOERC Training Studio

**GOLF**
- 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: 3:30PM - 5:00PM, Advanced, 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

**HEALTHY BACK**
- Monday/Wednesday: 12:30PM - 1:20PM, All Levels, Jean Elvin/Kerry Spear, ACSR Milias Studio
- Friday: 7:00AM - 8:00AM, All Levels, Kerry Spear, ACSR Milias Studio

**OLYMPIC WEIGHTLIFTING**
- Tuesday/Thursday: 4:15PM - 5:45PM, Beginning, Irina Vitman, AOERC Training Studio
- Tuesday/Thursday: 6:00PM - 7:30PM, Intermediate/Advanced, Irina Vitman, AOERC Training Studio

**PRE/POST-NATAL TRAINING** (Single Registration - two focused classes each week)
- **Cardio Strength**
  - Tuesday: 11:30AM - 12:20PM, All Levels, Linda Manuel, AOERC Studio III
  - Thursday: 11:30AM - 12:20PM, All Levels, Sharon Dawson, AOERC Studio III

**SENIOR STRONG**
- Monday/Wednesday: 10:00AM - 11:00AM, All Levels, Tom Rankin, AOERC Fitness Center

**SQUASH**
- Monday/Wednesday: 1:00PM - 1:50PM, All Levels, Matthew Bernstein, ACSR Squash Courts
- Monday/Wednesday: 1:55PM - 2:45PM, All Levels, Matthew Bernstein, ACSR Squash Courts

**TENNIS**
- Tuesday/Thursday: 1:00PM - 1:50PM, Beginning, Thor Holt, West Courts
- Tuesday/Thursday: 2:00PM - 3:00PM, Beginning, Corinne Mansourian, West Courts
- Tuesday/Thursday: 10:00AM - 10:50AM, Intermediate, Corinne Mansourian, West Courts
- Tuesday/Thursday: 12:00PM - 12:50PM, Intermediate, Thor Holt, West Courts
- Friday: 11:30AM - 1:00PM, Intermediate, Matt Thornton, West Courts
- Tuesday/Thursday: 11:00AM - 11:50AM, Advanced, Corinne Mansourian, West Courts

**TRAIN TO RUN**
- Tuesday/Thursday: 7:00AM - 7:50AM, All Levels, Rachel Aummann, Cobb Track/AOERC Upstairs

Registration for Winter 2020 classes opens on January 8 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)