### SPRING 2020 REC CLASSES

April 6 - June 5

Registration for Spring 2020 classes opens on March 17th at 8:00AM

For class descriptions and to register, please visit rec.stanford.edu/rec-classes.

To sign-up for swimming classes, view more information at rec.stanford.edu/aquatics.

#### Days | Time | Level | Instructor | Location
--- | --- | --- | --- | ---
**ASHTANGA YOGA**
Monday - Friday | 11:00AM - 1:00PM | All Levels | Staff | Ford Raquetball Courts

**BADMINTON**
Monday/Wednesday | 11:30AM - 12:20PM | Intermediate | Matt Thornton | AOERC Courts
**BASKETBALL**
Monday/Wednesday | 10:30AM - 11:20AM | Intermediate | Matt Thornton | AOERC Courts
**CIRCUIT WEIGHT TRAINING (NEW!)**
Monday/Wednesday | 11:00AM - 11:55AM | All Levels | Bo Kelley | AOERCFitness Center
Monday/Wednesday | 12:00PM - 12:55PM | All Levels | Bo Kelley | AOERC Fitness Center
Tuesday/Thursday | 11:00AM - 11:55AM | All Levels | Bo Kelley | ACSR Fitness Center
Tuesday/Thursday | 12:00PM - 12:55PM | All Levels | Bo Kelley | ACSR Fitness Center
Tuesday/Thursday | 1:00PM - 1:55PM | All Levels | Bo Kelley | ACSR Fitness Center
Friday | 11:00AM - 11:55AM | All Levels | Tom Rankin | AOERC Fitness Center
Tuesday/Thursday | 6:15PM - 7:00AM | All Levels | Lori Bevenidge/John Martin | ACSR Fitness Center
Tuesday/Thursday | 7:05AM - 7:50AM | All Levels | Lori Bevenidge/John Martin | ACSR Fitness Center
Monday/Wednesday | 11:00AM - 11:50AM | All Levels | Lori Bevenidge/John Martin | ACSR Fitness Center

**GOLF**
Monday/Wednesday | 10:30AM - 11:30AM | Intermediate | Jake Hutt | Driving Range
Monday/Wednesday | 11:30AM - 12:30PM | Beginning | Jake Hutt | Driving Range
Tuesday/Thursday | 10:30AM - 11:30AM | Beginning | Jake Hutt | Driving Range
Tuesday/Thursday | 11:30AM - 12:30PM | Intermediate | Jake Hutt | Driving Range
Tuesday/Thursday | 5:15PM - 6:15PM | Beginning | Kurt Uchiyama | Driving Range
Tuesday/Thursday | 6:30PM - 7:30PM | Intermediate | Kurt Uchiyama | Driving Range
Tuesday | 7:30PM - 9:00PM | Intermediate | Kurt Uchiyama | Driving Range
Friday | 12:00PM - 1:30PM | Beginning | Phil Marone | Driving Range
Friday | 3:30PM - 5:00PM | Advanced Beginning | Phil Marone | Driving Range
Friday | 5:15PM - 6:45PM | Beginning | Phil Marone | Driving Range

**GYMNASTICS**
Tuesday/Thursday | 10:30AM - 11:20AM | Beginning | Nate Bart/Elijah Wax | Ford Pavilion
Tuesday/Thursday | 11:30AM - 12:50PM | Intermediate | Nate Bart/Elijah Wax | Ford Pavilion

**HEALTHY BACK (NEW!)**
Monday/Wednesday | 12:30PM - 1:15PM (Mon) 12:30PM - 1:20PM (Wed) | All Levels | Jean Elvin/Kerry Spear | ACSR Milias Studio
Friday | 7:00AM - 8:00AM | All Levels | Kerry Spear | ACSR Milias Studio

**OLYMPIC WEIGHT LIFTING**
Tuesday/Thursday | 4:15PM - 5:45PM | Beginning | Izzy Lehan | AOERC Training Studio
Tuesday/Thursday | 6:00PM - 7:00PM | Intermediate / Advanced | Izzy Lehan | AOERC Training Studio

**PRE/POST-NATAL TRAINING (Single Registration - two focused classes each week)**
Wednesday (Yoga) | 1:30PM - 2:20PM | All Levels | Sharon Dawson | AOERC Studio III
Thursday (Cardio Strength) | 11:30AM - 12:20PM | All Levels | Linda Manuel | AOERC Studio III

**SENIOR STRONG (NEW!)**
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 | 2:00PM - 2:50PM | All Levels | Matthew Bernstein | ACSR Squash Courts

**TENNIS**
Monday/Wednesday | 11:00AM - 11:50AM | Intermediate | Corinne Mansourian | West Courts
Monday/Wednesday | 12:00PM - 12:50PM | Beginning | Corinne Mansourian | West Courts
Monday/Wednesday | 1:00PM - 1:50PM | Advanced | Corinne Mansourian | West Courts
Friday | 11:30AM - 1:30PM | Intermediate | Matt Thornton | West Courts

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

---