

GROUP FITNESSES



HIP

Health Improvement Program

SUMMER QUARTER 2015
JUNE 22 – AUGUST 28

REGISTRATION BEGINS JUNE 9th
hip.stanford.edu

Fitness Classes

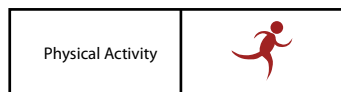
Fitness At-A-Glance	4	Pilates Mat	12
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Feldenkrais® for RSI, Back, Neck & Shoulder Tension, HIP Fitness Sampler, Meditation & Breathwork			



BEWELL BERRIES 2015

A "Physical Activity" berry will be awarded for participation in Fitness classes.

visit: <http://bewell.stanford.edu/program-summary>



HIP Group Fitness Classes for Employee/Retiree Wellness* Summer 2015 Schedule--At-A-Glance

Health Improvement Program, website: <http://hip.stanford.edu>, Phone: (650) 723-9649 * Email: healthimprovement@stanford.edu

	Monday	Tuesday	Wednesday	Thursday	Friday
6:15/5:00am	6:30 Indoor Cycling @ AOERC, Bikes	6:30 Sunrise Exercise @ Cobb Track/Field	6:30 Indoor Cycling Workout @ AOERC, Bikes	6:30 Sunrise Exercise @ Cobb Track & Field	6:15 Cycle Circuit @ ACSR, Bikes & Weights
7:00am	7:10 TRX @ SoM Sports Complex	7:15 Boot Camp/Body Sculpt @ ACSR Court	7:00 Mindful Yoga @ Cobb Track (outdoor)	7:15 Boot Camp/Body Sculpt @ ACSR Court	7:10 Yoga/Pilates Challenge @ ACSR, Studio
7:10/7:15am					
10:00am	10:00 Senior Strong @AOERC Wt Rm	11:00 Ballet & Contemp Dance @ AOERC, 112	10:00 Senior Strong @AOERC Wt Rm	11:00 Ballet & Contemp Dance @ AOERC, 112	11:00 Aligned Hatha Yoga @ SLAC, Bldg. 55
10:55am	10:55 Boot Camp Body Sculpt @ 3160 Porter, Studio	11:00 Circuit Weight Trng @ ACSR	10:55 Boot Camp Body Sculpt @ 3160 Porter, Studio	11:00 Circuit Weight Trng @ ACSR	11:00 Boot Camp Body Sculpt @ 3160 Porter
11:00am	11:00 Circuit Weight Trng @ AOERC	11:00 Circuit Weight Trng @ 3160 Porter	11:00 Circuit Weight Trng @ AOERC Fitness Ctr	11:00 Circuit Weight Trng @ 3160 Porter, Gym	11:00 Ballet & Barre Work @AOERC, Studio 112
11:15am	11:20 TRX @ SoM Sports Complex	11:00 Pilates Mat @ 3160 Porter, gym	11:00 Conditioning Pilates @ Midpoint Gym, RWC	11:00 Pilates Barre @ 3160 Porter, Studio	11:00 Power Yoga @ AOERC, Studio 111
11:20am	11:30 Hard Core Abs & Arms @ ACSR St.	11:20 TRX @ SoM Sports Complex	11:05 Zumba @ AOERC, Studio 203	11:05 Belly Dance @ AOERC, Studio 203	11:00 Yoga 4 Runners @ ACSR, Studio
11:30am	11:30 Indoor Cycling @ 3145 Porter, Gym	11:30 Pilates Express @ ACSR Studio	11:20 TRX @ SoM Sports Complex	11:30 Pilates Express @ ACSR Studio	11:30 Awesome Arms & Back @ AOERC, Stu. 203
	11:30 Indoor Cycling @ AOERC, Bikes	11:30 TRX @ 3145 Porter, Gym	11:30 Indoor Cycling Workout @3145 Porter, Gym	11:30 TRX @ 3145 Porter, Gym	11:30 Shaolin Kung Fu --Begin/Int @ MSOB, Lawn
					11:30 Sports Conditioning 201 @ AOERC, Fitness
11:45am	12:00 Cardinal Fit Lap Swim @ Avery	11:45 Chen Family Tai Chi @ Dohmann Grove	12:00 Cardinal Fit Lap Swim @ Avery Aquatic Ctr	11:45 Indoor Cycling @ ACSR Bikes	12:00 Yoga/Pilates Challenge @ 3160 Porter, St.
12:00pm	12:00 Cardio Thai Kickbox @ ACSR Court	11:45 Indoor Cycling @ ACSR Bikes	12:00 Cardio Thai Kickbox @ ACSR Court	12:00 Chen Family Taijiquan @ Avery Aquatic Ctr	12:00 Feldenkrais™, An Antidote to Tension @ H&P Redwood Bld
12:05pm	12:00 Flow Yoga @ Koret Plaza Lawn	12:00 Cardinal Fit Lap Swim @ Avery Aquatic	12:00 Yoga Basics @ AOERC, Studio 111	12:00 Cardinal Lap Swim @ Avery Aquatic Ctr	12:00 Flow Yoga @ Li Ka Shing Center
12:10pm	12:00 Healthy Back @ Broadway, RWC	12:00 Circuit Weight Trng. ACSR, Fitness Ctr	12:00 Tai Chi 10 Form & Qigong @ 3160 Porter	12:00 Circuit Weight Trng. ACSR, Fitness Ctr.	12:05 Body Firm/Super Sculpt @ ACSR, Studio
12:15pm	12:00 Conditioning Pilates @ 3160 Porter	12:00 Circuit Weight Trng. AOERC, Fitness Ctr	12:00 Zumba @ SLAC, Bldg 55	12:00 Functional Strength @ AOERC, Fitness	12:05 Caribbean Beat Dance @ ACSR, Court
12:20pm	12:05 Healthy Back Strong Abs @ ACSR	12:00 Functional Strength @ AOERC, Fitness	12:05 Healthy Back Strong Abs @ ACSR Studio	12:00 Greatest Hits Workout @ AOERC Gym	12:05 Power Yoga @ AOERC, Studio 111
12:30pm	12:05 Aqua Fitness @ Avery Rec Pool	12:00 Greatest Hits Workout @ AOERC Court	12:05 Aqua Fitness @ Avery Rec Pool 12:05	12:00 H.A.A.B.I.T. @ ACSR, Court	12:10 Hard Core Abs @ AOERC, Studio 203
	12:05 Circuit Weight Trng @ AOERC	12:00 Power Yoga @ AOERC, Studio 203	12:05 Exercise Lab @ Ford Plaza Lawn	12:00 Unwind & Thrive Yoga @ Li Ka Shing Ctr	12:15 Play for Fun & Fitness @ AOERC, court
	12:05 Exercise Lab @ Ford Plaza Lawn	12:00 Power Yoga @ SLAC, Bldg 55	12:05 Zumba @ AOERC, Studio 203	12:00 Zumba @ 3160 Porter, studio	12:10 Cardio Kickbox @ SLAC, Bldg. 55
	12:05 Circuit Weight Trng @ AOERC	12:00 Unwind & Thrive Yoga @ 3160 Porter	12:05 Circuit Weight Trng @ AOERC	12:00 Boot Camp Drop 'n Go @ SLAC, Bldg 55	12:30 TRX @ SoM Sports Complex
	12:05 Zumba @ AOERC, Studio 203	12:00 Boot Camp Drop 'n Go @ SLAC, Bldg 55	12:05 Yoga for Every Body @ Li Ka Shing Ctr.	12:00 Boot Camp Drop 'n Go @ SLAC, Bldg 55	
	12:10 Walk & Tone @ Ford Plaza	12:00 HIP Fitness Sampler @ ACSR Studio	12:10 Meditation & Breathwork @ HRP Redwood	12:00 Unwind & Thrive with Yoga @ Li Ka Shing	
	12:10 Aligned Hatha Yoga @ AOERC	12:05 Boot Camp/Body Sculpt @ ACSR Studio	12:10 Walk & Tone @ Ford Plaza	12:05 Pilates Mat @ AOERC, Studio 203	
	12:15 Cross Training @ SLAC, Bldg. 55	12:10 HIP Fitness Sampler @ Ford Plaza Lawn	12:15 Cross Training @ SLAC, Bldg 55	12:10 Healthy Back Strength/Stretch @ AOERC	
	12:20 TRX @ AOERC, Bikes	12:10 HIP Fitness Sampler @ Ford Plaza Lawn	12:15 Indoor Cycling @ AOERC, Bikes	12:10 HIP Fitness Sampler @ Ford Plaza Lawn	
	12:20 TRX @ 3145 Porter, Gym	12:15 TRX @ SLAC, Bldg 55	12:20 TRX @ 3145 Porter	12:15 Pilates Mat @ SLAC, Bldg. 55	
	12:30 Cardinal Fit Lap Swim @ Avery Pool	12:20 TRX @ 3145 Porter, Gym	12:30 Cardinal Fit Lap Swim @ Avery Aquatic	12:15 TRX @ SLAC, Bldg 55	
				12:20 TRX @ 3145 Porter, Gym	
				12:30 Cardinal Lap Swim @ Avery Aquatic Ctr	
1:00/1:05pm	1:00 Cardinal Fit Lap Swim @ Avery Pool	1:00 Cardinal Fit Lap Swim @ Avery Aquatic	1:00 Cardinal Fit Lap Swim @ Avery Aquatic	1:00 Cardinal Fit Lap Swim @ Avery Aquatic	1:00 Yoga/Pilates Challenge @ 3160 Porter, Stdb
1:10/1:15pm	1:00 TRX @ SoM Sports Complex	1:05 Chinese Dance @ ACSR, Studio 112	1:00 TRX @ SoM Sports Complex Fitness Ctr.	1:05 Chinese Dance @ ACSR, Studio 112	1:05 Gentle Yoga for Beginners @ ACSR, Studio
1:30pm	1:15 Hard Core Abs/Arms @ 3160 Porter	1:05 Circuit Weight Trng @ 3160 Porter, gym	1:15 Hard Core Abs/Arms @ 3160 Porter, Studio	1:05 Circuit Weight Training @ 3160 Porter, gym	1:10 Beginning Indoor Cycling Workout @ ACSR
	1:30 Flow Yoga @ AOERC Studio 203	1:10 TRX @ SLAC, Bldg 55		1:10 TRX @ SLAC, Bldg 55	
		1:15 Body Firm/Super Sculpt @ ACSR Court		1:15 Body Firm/Super Sculpt @ ACSR Court	
		1:15 HIT 30: High Intensity Interval @ AOERC		1:15 Flow Yoga @ 3160 Porter Drive, Studio	
				1:15 HIT 30: High Intensity Interval @ AOERC	
				1:30 Flow Yoga @ AOERC, Studio 111	
3:15pm, 4:15/2:30pm	4:25 TRX @ SoM Sports Complex	4:25 TRX @ SoM Sports Complex	3:15 Flow Yoga (intro) @ 3160 Porter, Studio	4:25 TRX @ SoM Sports Complex	
			4:25 TRX @ SoM Sports Complex		
			4:30 Power Yoga @ 3160 Porter, Studio		
5:00pm, 5:10pm, 5:15pm, 5:30pm, 5:40pm, 5:45pm	5:10 TRX @ SoM Sports Complex	5:00 Zumba @ AOERC, Court	5:00 Restorative Yoga @ Bing Nursery School	5:00 Zumba @ AOERC, Court	5:15 Cardio Thai Kickbox @ ACSR, Court
	5:15 Beg Ballet @ AOERC, Studio 112	5:10 TRX @ SoM Sports Complex	5:10 TRX @ SoM Sports Complex	5:10 TRX @ SoM Sports Complex	
	5:15 Boot Camp Drop 'n Go @ ACSR Crt	5:15 Aqua Fitness @ Avery Recreation Pool	5:15 Beginning Ballet @ AOERC, Studio 112	5:15 Aqua Fitness @ Avery Recreation Pool	
	5:15 Gentle Yoga Beginner @ 3172 Porter	5:15 Zumba @ 3160 Porter, Studio	5:15 Boot Camp Drop 'n Go @ ACSR, Court	5:15 Pilates for Core Strength @ Stanford Barn	
	5:15 TRX & Cycle Combo @ 3145 Porter	5:15 Prenatal Yoga @ AOERC, Studio 111	5:15 Zumba @ SLAC, Bldg. 55	5:15 Zumba @ 3160 Porter, Studio	
	5:15 Zumba @ SLAC, Bldg. 55	5:15 Indoor Cycling @ 3145 Porter, Gym	5:15 TRX & Cycle Combo @ 3145 Porter Dr, Gym	5:15 Indoor Cycling @ 3145 Porter, Gym	
	5:30 Body Rock @ AOERC, Court	5:30 Cross Training @ SLAC Bldg. 55	5:30 Body Rock @ AOERC, Court	5:30 Cross Training @ SLAC Bldg. 55	
	5:30 Pilates for Core @ AOERC, Stud 203	5:30 Functional Cardio/Strength @ AOERC, Crt	5:30 Hatha Yoga @ AOERC 203	5:30 Functional Cardio/Strength @ AOERC, Crt	
	5:30 Weight Lifting Blast @ SLAC, Bldg 55	5:40 Unwind & Thrive with Yoga @ Li Ka Shing	5:30 Weight Lifting Blast @ SLAC, Bldg. 55	5:30 Qi Gong/Tai Chi @ MSOB courtyard	
	5:30 Boot Camp @ 3160 Porter, Studio		5:30 Pilates Mat @ 3172 Porter, Rm 2100	5:45 Pilates Mat @ Li Ka Shing Learning Ctr	
			5:30 Boot Camp @ 3160 Porter, Studio		
6:00/05pm, 6:10/15pm, 6:20/30pm, 7:00pm	6:00 Cardinal Swim @ Avery Rec Pool	6:00 Middle Eastern Belly Dance @ AOERC 203	6:00 Cardinal Fit Lap Swim @ Avery Rec Pool	6:10 Cross Training @ ACSR, Court	NOTE: Schedule subject to change. Please check the HIP website on/after June 9th for an updated schedule.
	6:05 Unwind & Thrive Yoga @ Li Ka Shing	6:10 Cross Training @ ACSR, Court	6:15 TRX/Cycle Combo @ 3145 Porter, Gym		
	6:15 TRX/Cycle Combo @ 3145 Porter		6:30 Cardinal Fit Lap Swim @ Avery Rec Pool		
	6:30 Cardinal Swim @ Avery Rec Pool				

* Classes for Employees, Family and Retirees. Class registration begins June 9th. A detailed schedule of classes can be downloaded on HIP website. Summer Quarter dates: June 22-August 28, 2015.

Guide to class locations abbreviated above:

Porter	Avery Aquatic	Avery Aquatic Center, East campus	HRP Redwood	Health Research Policy, Redwood Bldg.	SLAC, Bldg 55	Arillaga Recreation Center at SLAC
ACSR	Dohmann	Dohmann Grove	Li Ka Shing	Li Ka Shing Learning Center	SoM Sports Complex	School of Medicine Sports Complex
AOERC	Ford Plaza	Lawn nr Ford Athletic Ctr & tennis court	MSOB	Grass near Medical School Office Bldg.		
Avery Pool	Koret Plaza	Lawn nr Corner of Galvez & Campus Dr	Midpoint, RWC	Midpoint Gym- Broadway, Redwood City		

GROUP FITNESS CLASSES



HIP strives to provide a large variety of the highest quality group fitness classes for university and hospital faculty, staff, retirees and family members. With over 200 group fitness classes each quarter, we hope to make physical activity enjoyable and accessible. We'll help you every step of the way to start or continue your fitness goals.

Our experienced, multi-certified staff of instructors emulate the HIP philosophy of gradual change, and provide modifications to participants that will accommodate various fitness levels and unique needs. The instructors work with participants in ways that ensure they feel comfortable, supported and motivated. Modification to exercises are provided to increase each participant's access to healthy fitness training, along with the caring and support that helps them achieve their unique fitness goals - and have fun doing it!

We have expanded the number of classes for people who have been inactive or who want to gradually improve their physical condition and transition to other more vigorous fitness classes. Look for the Beginner level designation next to these classes.



NEW! More opportunities to be active in Summer 2015

- * *Express Lab, Monday/Wednesday 12:05pm-12:50pm @ Ford Plaza Lawn*
- * *Play for Fun and Fitness!, Fridays 12:15-1:00pm @ Arrillaga Outdoor Ed Recreation Center, Court*
- * *Pilates Express: Tuesday/Thursday 11:30-12:00pm @ Arrillaga Center for Sports & Recreation, Studio*
- * *Senior Strong, Monday/Wednesday 10:00am-10:55am @ Arrillaga Outdoor Ed Recreation Center, Fitness Center*
- * *Sports Conditioning 201: Get Ready!, Friday 11:30am-12:30pm @ Arrillaga Outdoor Ed Recreation Center, Fitness Center*



The 2015 BeWell @ Stanford Employee Incentive Program

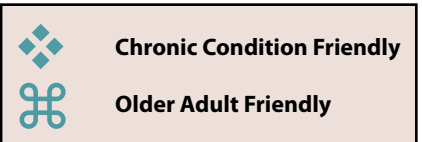
Complete your SHALA for 2015, Upon completion, you will be eligible for the BeWell \$30 discounted price for fitness classes.

For more information visit <http://bewell.stanford.edu>.
Click the Employee Incentive Program link.



Designation of classes deemed "Chronic Condition Friendly" and/or "Older Adult Friendly"

We are excited to share with you our initiative to identify new or recurrent HIP classes considered particularly relevant to individuals living with chronic conditions, and older adults. We have selected classes from our Group Fitness category that encourage all levels of participation to accommodate for limitations around mobility or need for adjustment of pace and intensity. HIP continually strives to expand our offerings to serve the diverse population at Stanford University. We welcome your feedback.



HIP GROUP FITNESS CLASS POLICIES

- HIP makes every effort to ensure that a suitable facility is available for each class. Occasionally, a class may need to be re-located or cancelled due to facility usage by other groups. We thank you in advance for your understanding.
- All classes are subject to **CANCELLATION** if they do not meet required minimum enrollments as indicated. Maximum enrollment limits are set to avoid overcrowding and safe limits, and/or equipment availability.
- When maximum limits are reached, HIP maintains a wait list. To get on the list, send an email to HIP. Wait listed persons will be contacted when a space becomes available. Don't go to class until you are contacted so that we can avoid overcrowding the class.
- If a class is cancelled due to instructor or facility unavailability, or low enrollment, participants will be notified by email and/or phone. Refund requests for medical reasons. No refunds for missed classes.

HIP CLASS REGISTRATION POLICIES

- *Class registration begins on Tuesday, June 9 at 9:00am for everyone. **NO pre-registration one day ahead.**
- *Register online at hip.stanford.edu. Credit card payment online only, or check/cash payments in the HIP office.
- *Classes are open to Stanford University Faculty, Staff, Retirees, benefits-eligible PostDocs and Family, and SHC or LPCH Employees. Community Members are not allowed in fitness classes, but are welcome in HIP Health Living Classes.
- *All registrations are on a first-come-first-served basis.
- *To ensure your spot in a class, please register online and pay by credit card. If you choose to enroll using another form of registration, your class selection(s) will not be entered and you are not enrolled until payment is received in the HIP office.
- *Classes marked full mean that the capacity of the room or equipment has been reached. To get on the wait list for the class, please email your request to the HIP office at healthimprovement@stanford.edu.

INTENSITY/DIFFICULTY GUIDE for HIP Group Fitness Classes

HIP encourages you to choose an activity class that matches your physical capabilities and interests.

- | | |
|--|---|
| <p>B Beginner - classes are appropriate for those starting a fitness program, those with little or no experience doing the activity, or those wanting a less intense workout.</p> <p>I Intermediate - classes are appropriate for those with some experience doing the activity. Instructor demonstrates options for participating at a lower or higher intensity.</p> | <p>A Advanced - classes are for experienced participants, or those wanting a more intense workout.</p> <p>C Combined - classes are taught with modification of movements so that all levels get a safe and effective workout.</p> |
|--|---|

AQUATIC EXERCISE

B Aqua Fitness (min. 14 - max. 25)



I Have fun getting a full body workout while utilizing the low-impact properties of water with music-based choreography. The emphasis will be on cardio-respiratory endurance, core & muscle strength, improving balance & posture, toning up and burning fat. Come SPLASH water to your health! This class blends cardio-conditioning and body-toning into a full-body workout. Classes held in 5' depth. Flotation belts are available. Beneficial for those concerned about placing stress on joints. "Chronic Condition Friendly" and "Older Adult Friendly" class. Bring your Stanford ID for admittance into the Arrillaga Outdoor Ed & Rec Center building. The building is card reader access only, you will need your Stanford ID or Rec ID Card for admittance into the building.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
af-01	M/W, 6/22-8/26	12:05-12:50pm	Avery Recreation Pool	Carole Chetrit	\$120	20 classes
af-02	T/Th, 6/23-8/27	5:15-6:15pm	Avery Recreation Pool	Carole Chetrit	\$120	20 classes

C Cardinal Fit Lap Swimming, combined levels (min. 6 - max. 10)



An organized swim workout based on your ability level. Instruction to improve your swimming technique and cardiovascular endurance. Basic skill in swimming is a prerequisite. Location details: Avery Aquatic Center is on the East side of campus. Avery Recreation Pool is the new swim complex on the West side of campus; enter through the Arrillaga Outdoor Education Recreation Center. Please bring your Stanford ID for admission into the facilities.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
cs-01	M/W, 6/22-8/26	12:00-12:30pm	Avery Aquatic Center	Toni King	\$60	20 Classes
cs-02	M/W, 6/22-8/26	12:30-1:00pm	Avery Aquatic Center	Toni King	\$60	20 Classes
cs-03	M/W, 6/22-8/26	1:00-1:30pm	Avery Aquatic Center	Toni King	\$60	20 Classes
cs-04	T/Th, 6/23-8/27	12:00-12:30pm	Avery Aquatic Center	Toni King	\$60	20 Classes
cs-05	T/Th, 6/23-8/27	12:30-1:00pm	Avery Aquatic Center	Toni King	\$60	20 Classes
cs-06	T/Th, 6/23-8/27	1:00-1:30pm	Avery Aquatic Center	Toni King	\$60	20 Classes
cs-07	M/W, 6/22-8/26	6:00-6:30pm	Avery Recreation Pool	Sharon Berg	\$60	20 Classes
cs-08	M/W, 6/22-8/26	6:30-7:00pm	Avery Recreation Pool	Sharon Berg	\$60	20 Classes

"Chronic Condition Friendly" class

"Older Adult Friendly" class

ATHLETIC FITNESS & MARTIAL ARTS

C Boot Camp Drop 'n Go, Sec. 1 & 3 (min. 14 - max. 45), Sec 2 (min. 14 - max. 20)

Drop the weight and Go for your fitness goals. This class includes cardio and strength activities done in a Boot Camp style. The easy to follow activities can be modified to be as challenging as you want. Bring a towel, water bottle and your Stanford ID card for building entry.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
boot-01	M/W, 6/22-8/26	5:15-6:05pm	Arrillaga Sports & Rec, Court	Charles Ceasar	\$120	20 classes
boot-02	T/Th, 6/23-8/27	12:00-1:00pm	SLAC Arrillaga Rec, B55	Tony Davis	\$120	20 classes, SLAC Badge req'd
boot-03	T/Th, 6/23-8/27	7:15-8:00am	Arrilaga Sports & Rec, Court	Charles Ceasar	\$120	20 classes

C Cardio Kickbox (min. 10 - max. 18),

Kicking and punching can alleviate stress and make for a great workout when they are part of a cardio kickboxing routine. Cardio kickboxing offers an aerobic workout that elevates your heart rate and keeps you moving with a series of kicking, punching and strengthening moves which tone muscles and burn fat. You're sure to get a challenging workout and feel great at the end of this class! Bring a towel, mat, water bottle and your Stanford ID for building entry. NOTE: Section 1 Class requires SLAC Badge for entry past the gate.



Code	Day/Dates	Time	Location	Instructor	Fee	Notes
ck-01	Fri, 6/26-8/28	12:10-1:00pm	SLAC Arrillaga Rec.Ctr, B55	Tony Davis	\$60	10 classes, SLAC Badge req'd

C Cardio Thai Kickboxing, Sec. 1 (min. 10 - max. 45), Sec. 2 (min. 14 - max. 45)

A non-contact class: mixture of Thai kickboxing, cardio and body weight strength training, Jumping jacks, planks, mountain climbers, squats, kicking, punching, elbow and knee strikes, and self-defense moves. Class ends with core exercises and stretching. Wear comfortable athletic clothing and shoes. Bring a towel, mat, water bottle and your Stanford ID for building entry.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
ctk-01	M/W, 6/22-8/26	12:00-1:00pm	Arrillaga Sports & Rec, Court	Charles Ceasar	\$120	20 classes
ctk-02	Fri, 6/26-8/28	5:15-6:05pm	Arrillaga Sports & Rec, Court	Charles Ceasar	\$60	10 classes

C Cross Training, Sec. 1 & 2 (min. 14 - max. 20), Sec. 3 (min. 14 - max. 40)

Do a variety of activities everyday including cardio interval training, muscle conditioning and stretching. Some classes will be held outdoors. Wear sunscreen, comfortable athletic clothing and shoes. Bring a towel, mat, water bottle and your Stanford ID for building entry. NOTE: Section 1 & 2, SLAC badge required for entry past the gate.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
ct-01	M/W, 6/22-8/26	12:15-1:05pm	SLAC Arrillaga Rec, B55	Alissa Flandez	\$120	19 classes, SLAC Badge req'd
ct-02	T/Th, 6/23-8/27	5:30-6:30pm	SLAC Arrillaga Rec, B55	Santiago Quintero	\$120	20 classes, SLAC Badge req'd
ct-03	T/Th, 6/23-8/27	6:10-7:05pm	Arrillaga Sports & Rec, Court	Mary O'Connell	\$120	20 classes

C Functional Cardio & Strength Training (min. 14 - max. 45)

Build functional strength for daily living! Stability and mobility training using bands, free weights and functional drills. Core strength and conditioning exercises to build and improve cardiovascular and overall body strength. Wear comfortable athletic clothing and shoes. Bring a towel. PLEASE BRING YOUR OWN MAT TO CLASS (PREFERABLY WITH A STICKY BOTTOM SURFACE). MATS WILL NOT BE PROVIDED. Bring your Stanford ID for admittance into the building.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
fcst-01	T/Th, 6/23-8/27	5:30-6:30pm	Arrillaga Outdoor Ed, Court	Tom Rankin	\$120	20 classes

I **A** HIIT 30: High Intensity Interval Training for 30 minutes (min. 14 - max. 30)

HIIT 30 is a high intensity workout for those who are interested in burning fat faster but are limited on time. Boost your metabolism by alternating between short periods of intense exercise followed by brief periods of rest, or lower intensity moves. HIIT 30 is a total body workout, combining strength training, fat-blasting cardio and core sculpting exercises. This class provides a constantly changing environment utilizing anything from body weight to dumbbells. Your body won't be bored and you'll never hit a plateau. Join us for this dynamic and energetic "get in and get out" workout. Bring a towel, mat, water bottle and your Stanford ID for building entry.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
hiit30-01	T/Th, 6/23-8/27	1:15-1:45pm	Arrillaga Outdoor Ed, Studio 203	Charles Ceasar	\$120	20 classes

Note: No class Friday July 3, 2015

Register online at <http://hip.stanford.edu>

ATHLETIC FITNESS & MARTIAL ARTS

B
I

Shaolin Kung Fu: Beginner and Intermediate Levels (min. 15 - max. 40)

Shaolin Kung Fu is a 1500-year-old comprehensive system for physical and spiritual wellness from the world-famous Shaolin Temple of China, established in 495 AD, the birthplace of Chan (Zen) Buddhism and Shaolin Kung Fu. The course will be taught by legendary martial monks from the ancient temple who are now stationed at Shaolin Temple USA, under the direction of 34th generation Shaolin Master Shi Yanran, named 2010 Martial Artist of the Year. Curriculum includes traditional Shaolin fist and weapons forms, Shaolin wellness exercises (qigong) and Chan (Zen) meditation. Participants will achieve harmony of body and mind through a well-balanced program, appropriate for active people of all ages who seek to create better health and well-being, train for self-defense, and improve strength and flexibility. No prior martial arts experience necessary. Wear comfortable clothing and lightweight athletic shoes. Class held outdoors.



Code	Day/Dates	Time	Location	Instructor	Fee	Notes
skf-01	Fri, 6/26-8/28	11:30am-12:30pm	MSOB Courtyard	Shaolin Monks	\$110	9 classes, no class 7/3

CARDIO & STRENGTH

Easy-to-Follow Dance and Movement Activity

C

Body Rock (min. 14 - max. 45)

Body Rock (dance workout) - Are you ready to rock your body? Then this class is for you! This diverse cardio dance class will take you on a wild ride of dance styles. Ranging from Latin to Hip Hop, 80s Aerobics to Funk, Jazz to Contemporary and much more. Each class begins with a short rhythmic limbering warm up, including basic dance steps and then it's time to get down! Can't decide which style of dance to take? Come and try them all in one class! NOTE: Bring a towel, water bottle. The building is card reader access only, you will need your Stanford ID or Rec ID Card for admittance into the building.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
br-01	M/W 6/22-8/26	5:30-6:20pm	Arrillaga Outdoor Ed, Court	Monica Mark	\$120	20 classes

C

Greatest Hits Workout (min. 14 - max. 45)

Enjoy this workout while moving to current and hit songs. The class incorporates a warm-up, a heart-pounding cardio segment with easy-to-follow cardio dance moves, and muscle strengthening exercises into a full-body workout. Wear athletic clothing and shoes. Bring a mat, towel, water bottle and your Stanford ID for admittance into the building.



Code	Day/Dates	Time	Location	Instructor	Fee	Notes
ghw-01	T/Th, 6/23-8/27	12:00-1:00pm	Arrillaga Outdoor Ed, Court	Linda Breen Manuel	\$120	20 classes

C

Play for Fun and Fitness! (min. 14 - max. 45) *New Class*

Cardio, body weight and functional movement combined. Remember your childhood days? Come and have fun playing games like capture the flag, kickball, basketball, ultimate frisbee, and variations of tag and obstacle challenges. Wear comfortable athletic clothing and shoes. Bring a towel and a water bottle. PLEASE BRING YOUR OWN MAT TO CLASS (PREFERRABLY WITH A STICKY BOTTOM SURFACE). MATS WILL NOT BE PROVIDED. The building is card reader access only, you will need your Stanford ID or Rec ID Card for admittance into the building.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
p4f-01	Fri, 6/26-8/28	12:15-1:00pm	Arrillaga Outdoor Ed, Court	Santiago Quintero	\$60	10 classes

B
I

Walk & Tone (min. 14 - max. 25)

This class combines the cardio benefits of walking along with the toning benefits of exercises with resistance bands. Get out of the office and in the fresh air for this fun lunchtime outside class! Great for all fitness levels! Bring a towel and water bottle. Please meet at Ford Plaza, at the Picnic Tables near the Tennis Courts.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
wt-01	M/W, 6/22-8/26	12:10-12:50pm	Ford Plaza, nr Tennis Courts	Joy Lopez	\$120	20 classes



“Older Adult Friendly” class

CARDIO & STRENGTH

Easy-to-follow Dance and Movement Activity cont.

Zumba! Sec. 1, 3, 5 & 7 (min. 14 - max. 20), Sec. 2 & 6 (min. 14 - max. 30), Sec. 4 (min. 14 - max. 45).

Zumba® fuses Latin rhythms and easy to follow moves. The cardio routines feature fast and slow rhythms. The instructors are certified in group fitness and Zumba. Wear athletic clothing & fitness shoes. Bring a towel & water bottle. Sections 2, 4, 5, 6 & 7, requires Stanford ID or Rec ID Card for building entry. Sections 1 & 3 requires SLAC ID for entry past the gate. Please note section 5 starts Thursday 6/25.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
zum-01	M/W, 6/22-8/26	12:00-1:00pm	SLAC Arrillaga Ctr, B55	Edna/Maria	\$120	20 classes, SLAC Badge Req'd
zum-02	M/W, 6/22-8/26	12:05-1:00pm	Arrillaga Outdoor Studio 203	Angela Lee	\$120	20 classes
zum-03	M/W, 6/22-8/26	5:15-6:15pm	SLAC Arrillaga Ctr, B55	Eliana Valdes	\$120	20 classes, SLAC Badge Req'd
zum-04	T/Th, 6/23-8/27	5:00-5:45pm	Arrillaga Sports & Rec, Court	Genaro Sanchez	\$120	20 classes
zum-05	T/Th, 6/25-8/27	5:15-6:15pm	3160 Porter Dr, Yoga Rm	Carla/Maria	\$110	18 classes, no class 6/30
zum-06	Wed, 6/24-8/26	11:05-12:00pm	Arrillaga Outdoor Studio 203	Angela Lee	\$60	10 classes
zum-07	Thur, 6/25-8/27	12:00-12:55pm	3160 Porter Dr, Yoga Rm	Noriko Rovner	\$60	10 classes

CARDIO & STRENGTH

Indoor Cycling Activity

Beginning Indoor Cycling Workout (min. 10 - max. 20)

Cardio cycling workout geared towards those new to cycling. Includes warm-up, at least 35 minutes cycling and cool down. Wear comfortable athletic clothing and shoes. Bring a towel, water bottle and your Stanford ID for admittance into the building.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
bicw-01	Fri, 6/26-8/28	1:10-2:00pm	Arrillaga Sports & Rec, Bikes	Alyssa Blau	\$60	9 classes

Cycle Circuit (min. 10 - max. 20)

FAT BURNER DELUXE. This 60-minute class will keep your heart and muscles pumping to burn calories ala extraordinaire. Get the best of both worlds. Take the challenge! Bring a towel, water bottle and your Stanford ID card for admittance into the building.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
cyc-01	Fri, 6/26-8/28	6:15-7:15am	Arrillaga Sports & Rec, Bikes	Denise Gittens	\$60	9 classes

Indoor Cycling Workout Sec. 1 & 5 (min. 14 - max. 20), Sec. 2 & 6 (min. 5 - max. 6) Sec. 3 & 4 (min. 14 - max. 24)

This popular class is designed to give you a vigorous cardio workout. It includes a warm-up, at least 35 minutes of cycling, and a cooldown. Bring a towel and water bottle. Stanford ID is required for admittance into the building.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
icw-01	M/W, 6/22-8/26	6:30-7:15am	Arrillaga Sports & Rec, Bikes	Denise Gittens	\$120	20 classes
icw-02	M/W, 6/22-8/26	11:30-12:15pm	3145 Porter Dr., Gym, Bikes	Cesar Ravelli	\$120	20 classes
icw-03	M/W, 6/22-8/26	11:30-12:10pm	Arrillaga Outdoor Ed, Bikes	Stella Marquez	\$120	20 classes
icw-04	M/W, 6/22-8/26	12:15-1:00pm	Arrillaga Outdoor Ed, Bikes	Stella Marquez	\$120	20 classes
icw-05	T/Th, 6/23-8/27	11:45-12:30pm	Arrillaga Sports & Rec, Bikes	Janet/Karin	\$120	20 classes
icw-06	T/Th, 6/23-8/27	5:15-6:00pm	3145 Porter Dr., Gym, Bikes	Janet/Chris	\$120	20 classes

TRX & Cycle Combo Workout (min. 5 - max. 6)

This class is a perfect combination of low impact indoor cycling to burn calories and build endurance, and the use of the TRX for a great core and full body workout. You will achieve your fitness or performance goals and improve overall health. This workout is safe and effective for people of all fitness levels. The supportive instructor will help you workout at your own fitness level. You'll also enjoy great music that gets you pumped up. Section 1 offers a combination of TRX and Cycle on both days. Section 2 is TRX on Monday and Cycle on Wednesdays.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
trxc-01	M/W, 6/22-8/26	5:15-6:10pm	3145 Porter Dr, Gym, Bikes	Cesar Ravelli	\$120	20 classes
trxc-02	M/W, 6/22-8/26	6:15-7:00pm	3145 Porter Dr, Gym, Bikes	Alissa/Chris	\$120	20 classes



 "Chronic Condition Friendly" class

 "Older Adult Friendly" class

Note: No class Friday July 3, 2015

Register online at <http://hip.stanford.edu>

CARDIO & STRENGTH Outdoor Activity

B
I

Sunrise Exercise: Morning Outdoor Workout (min. 14 - max. 20)

A beautiful sunrise enlivens you in this invigorating workout! Camaraderie and fun fill this dynamic hour that includes warm-up, 30-minutes brisk walk or run to diverse campus sites, muscle conditioning using resistance bands (provided) and 5lb weights, mat-based toning and stretching. Bring mat and 5lb weights. Class held outdoors. Wear athletic shoes and comfortable athletic clothing in layers. Come for cardio and toning, and leave with cooking tips too!



Code	Day/Dates	Time	Location	Instructor	Fee	Notes
sem-01	T/Th, 6/23-8/27	6:30-7:30am	Cobb Track	Tia Rich	\$120	20 classes

DANCE FOR FITNESS

B
I

Ballet & Barre Work (min. 10 - max. 18)

Class is for people who love classical ballet technique and working with a ballet barre. 15 minute warm up, 30 minutes of choreographed barre, followed by short ballet and modern dance choreographies. Ballet canvas shoes and comfortable dancing clothes are required. No previous ballet experience necessary but a good fitness level is recommended. The building is card reader access only, you will need your Stanford ID for admittance into the building.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
bbw-01	Fri 6/26-8/21	11:00-11:55am	Arrillaga Outdoor Ed Rec, 112	Vicky Brey	\$55	8 classes, No class 7/3 & 8/28

B
I

Beginning Ballet and Contemporary Dance (min. 14 - max. 25) *New Days*

Learn classical ballet and contemporary dance technique for fun and to improve physical conditioning. Emphasis is placed on correct body alignment to execute dance movements that build strength, flexibility and coordination. Exercises will start at the floor level to build core and upper body muscles. Next, participants will learn a complete ballet barre and center ballet exercises. Finally, we will dance easy combinations and introduce jumping for a great cardio work-out. Ballet slippers (leather or canvas) required. Comfortable dance attire recommended. Bring water bottle and your Stanford ID for admittance into the building. If you love to dance, this is the class for you!



Code	Day/Dates	Time	Location	Instructor	Fee	Notes
bbcd-01	T/Th, 6/23-8/25	11:00-11:55am	Arrillaga Outdoor Ed Rec, 112	Vicky Brey	\$115	19 classes, no class 8/27

B
I

Beginning Ballet (min. 14 - max. 25)

Learn classical Ballet technique for fun and physical conditioning. Emphasis is placed on understanding the correct use of the muscles for proper alignment and overall body awareness. Please dress in non-restrictive clothing, ballet slippers, with hair pulled off the neck. Please bring your Stanford ID for admittance into the building.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
bbal-01	M/W, 6/22-8/26	5:15-6:15pm	Arrillaga Outdoor Ed, Studio 112	Francisco Avellan	\$120	20 classes

B
I

Caribbean Beat Dance (min. 10 - max. 30)

Wow!! Get ready to experience an exhilarating body and soul workout that is pure joy. Caribbean Beat Dance is a cool dance class and a sultry Caribbean Carnival street party all in one. Burn calories and strengthen your heart and bones, improve coordination, core strength and body awareness as you dance to the sensuous pulse of Afro - Latin rhythms. You will enjoy easy to follow, body energizing, great feeling dance moves from Brazilian Samba, Afoxe, Comparsa, Salsa, Rumba, Conga, Cuban Folkloric styles, Merenque, Rara, Flamenco and more. It's all about letting the intoxicating rhythms move you in celebrating life -.Latin style!. Bring your Stanford ID for entry into the building.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
cbd-01	Fri, 6/26-8/28	12:05-1:00pm	Arrillaga Sports & Rec, Court	Deanna Anderson	\$60	9 classes, No class 7/3

B
I

Chinese Dance Beginner & Intermediate (min. 14 - max. 25) *New Location*

We will focus on learning classic ballet techniques as relevant to Chinese dances including basic jumps and turns, and waist, hip and shoulder movements. You will also learn Chinese dances of all kinds, such as folk dance and classical dance (including Body Rhyme) as well as modern dance. Please wear comfortable athletic clothing, soft-soled shoes. Bring your Stanford ID for admittance into the building.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
cdbi-01	T/Th, 6/23-8/25	1:05-2:05pm	Arrillaga Outdoor Ed Rec, 112	Louise Lu	\$115	19 classes, no class 8/27



“Older Adult Friendly” class

DANCE FOR FITNESS

B
I

Middle Eastern Belly Dance (min. 10 - max. 25) *New Day & Times*

Middle Eastern Belly Dancing is a graceful, flowing beautiful dance form that encourages muscle strength in the crucial "core muscles" and flexibility in the pelvis and back, both of which promote back health. It's a great way to get cardio conditioning, balance, reduced stress and other fitness benefits! Wear comfortable clothing and soft-soled sandals, or dance barefoot. Bring a water bottle and your Stanford ID for building entry. Note: Sec. 2 class starts one week later.



Code	Day/Dates	Time	Location	Instructor	Fee	Notes
bd-01	Tues, 6/23-8/25	6:00-7:00pm	Arrillaga Outdoor Ed Rec, 203	Setareh	\$55	9 classes, no class 6/30
bd-02	Thur, 7/2-8/27	11:05-12:00pm	Arrillaga Outdoor Ed Rec, 203	Setareh	\$55	9 classes

HEALTHY BACK

B
I

Healthy Back Strength and Stretch, Sec. 1 (min. 10 - max. 12), Sec. 2 (min. 14 - max. 45)

Improve muscle strength in the crucial "core" muscles of the body, particularly the lower and upper back and abdominals, and release tension in the whole body through gentle stretches. Beginners or experienced exercisers will benefit, as well as those with joint problems. Wear comfortable clothing. Please bring your own mat, water bottle and your Stanford ID for admittance into the building.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
hbs-01	Mon 6/22-8/24	12:00-12:55pm	425 Broadway, Palm B, 202	Nancy Cottong	\$60	10 classes
hbs-02	T/Th, 6/23-8/27	12:10-1:10pm	Arrillaga Outdoor Ed, Studio 111	Angela Neumann	\$120	20 classes

B
I

Healthy Back Strong Abs (min. 14 - max. 40)

This class is focused on developing and maintaining a strong mid-section and a healthy back. Each class combines stretches and focused strengthening exercises done on the stability ball to build balanced, flexible, and strong muscles and joints. Thera-bands and stability balls will be provided. Please bring a mat, towel, water bottle and your Stanford ID for admittance into the building.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
hba-01	M/W, 6/22-8/26	12:05-1:00pm	Arrillaga Sports & Rec, Studio	Jean(M), Kerry(W)	\$120	20 classes

MIND/BODY FITNESS

B
I

Feldenkrais®- Antidote to RSI, Back, Neck & Shoulder Tension (min. 10 - max. 25) *New Location*

Improve your ability to sense and change poor body organization which contributes to repetitive strain injuries, stiffness and pain. If you have chronic discomfort, this information can help you intervene so your body can heal. If you experience intermittent tension, or pain which comes and goes, start now to prevent injury and feel better fast. Using the Feldenkrais Method®, you will learn healthier movement patterns which decrease excessive effort associated with strain. Improve your self awareness, and learn to make adjustments in your actions which both heal and prevent unhealthy tension patterns from progressing into a chronic injury. Exercises are done sitting in a chair, or in other configurations (such as standing or lying down) which increase the effectiveness of the content. Instructor: Jean Elvin, Guild Certified Feldenkrais Practitioner since 1997. She has special training in repetitive strain and other self-use issues commonly found in the workplace. NOTE: No class 7/3 & 8/25

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
feld-01	Fri, 6/26-8/21	12:00-1:00pm	Health Res. Policy-HRP.T116	Jean Elvin	\$100	8 classes

B
I

HIP Fitness Class Sampler (min. 14 - max. 25)

This dynamic class gives you a chance to sample a variety of fitness programs offered by HIP. Throughout the quarter, the supportive instructor will guide you through gentle yoga poses, simple pilates movements, moderate cardio exercise, strength exercise using light weights or resistance tubing, and easy-to-follow fitness dance moves. Wear comfortable athletic clothing, shoes and water bottle. Class will meet outdoors by the picnic grove near the tennis courts.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
hfcs-01	T/Th 6/23-8/27	12:10-1:00pm	Ford Plaza Lawn, Tennis Courts	Deanna Anderson	\$120	20 classes

I

Meditation and Breath Work (min. 10 - max. 15)

The practices of meditation and breathwork are beneficial in promoting health, calming the mind, reducing stress and increasing creativity and the ability to concentrate. This class will include 10-20 minutes of silent meditation practice. We will be sitting in chairs. Please bring a cushion if you prefer to sit on the floor. If you are new to meditation, a prerequisite is to take one of the HIP Healthy Living classes to learn meditation.



Code	Day/Dates	Time	Location	Instructor	Fee	Notes
med-01	Wed, 6/24-8/19	12:10-12:50pm	Health Res. & Policy, T138B	Vickie Martin	\$100	8 classes, no class 8/5 & 8/26



"Chronic Condition Friendly" class



"Older Adult Friendly" class

Note: No class Friday July 3, 2015

Register online at <http://hip.stanford.edu>

PILATES MAT



B

Conditioning Pilates Sec. 1 (min. 10 - max. 20), Sec 2 (min. 10 - max. 12)

Conditioning Pilates incorporates basic Pilates movements including core strengthening and flexibility. Light weights, tubes and stability balls are also used in this class. All levels welcome. Section 2: Midpoint gym badge is required.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
cp-01	Mon, 6/22-8/24	12:00-1:00pm	3160 Porter Dr., Yoga Room	Kerry Spear	\$110	10 classes
cp-02	Wed, 6/24-8/26	11:00-11:55am	Midpoint Gym, 475 Broadway RWC	Michelle Conlon	\$110	10 classes

C

Pilates Barre (min. 10 - max 18)

This full body toning class is a fusion of ballet conditioning, strength training and Pilates core work. Emphasis is on targeted toning of those problem areas of the arms/shoulders, hips/seat/thighs, abs/back/core, and improving posture. We will incorporate some great ballet conditioning moves for our lower body, light weights with small targeted isometric movements for our upper body, and Pilates abdominal/core exercises to develop long, lean, toned muscles to gain definition without bulk. Please bring a yoga mat and towel to class along with your Stanford ID to enter the building. Note: Room does not have barres.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
pb-01	Thur 6/25-8/27	11:00-11:45am	3160 Porter Dr, Yoga Room	Stella Marquez	\$110	10 classes

B

Pilates for Core Strength - Beginner/Intermediate Level (min. 10 - max. 30)

In this class you will use a theraband and magic circle to enhance your strength, flexibility and coordination in the mat work. Level 1 is a beginner/ intermediate level class. Class does focus on good form and dynamics. Wear comfortable clothing and bring a mat. BREATHE, STRETCH, LENGTHEN, STRENGTHEN. PLEASE BRING YOUR OWN MAT TO CLASS (PREFERRABLY WITH A STICKY BOTTOM SURFACE). MATS WILL NOT BE PROVIDED. A Stanford University ID card that is activated for the Card Reader is required for building entry.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
pcs-01	Mon, 6/22-8/24	5:30-6:30pm	Arrillaga Outdoor Ed Rec, 203	Lisa Burnett	\$110	10 classes

I

Pilates for Core Strength - Intermediate Only (min. 10 - max. 30) *New Location*

In this class you will use a theraband to enhance your strength, flexibility and coordination in the mat work. Level 2 is an intermediate class which assumes you have had at least two quarters of experience. Class does focus on good form and dynamics. Wear comfortable clothing and bring a mat. BREATHE, STRETCH, LENGTHEN, STRENGTHEN. PLEASE BRING YOUR OWN MAT TO CLASS.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
pcs-02	Thur, 6/25-8/27	5:15-6:15pm	Equestrian Clubhouse, Red Barn	Lisa Burnett	\$110	10 classes

C

Pilates Express, Sec. 1 (min. 10 - max. 40)

A 30-minute express conditioning Pilates class for core strengthening and flexibility. Light weights, tubes and stability balls may be used. All levels welcome.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
pex-01	T/Th, 6/23-8/27	11:30-12:00pm	Arrillaga Sports & Rec. Ctr, Studio	Susan/Deanna	\$80	20 classes

C

Pilates Mat, Sec. 1 (min. 10 - max. 20), Sec. 2 (min. 10 - max. 12), Sec. 3 (min. 10 - max. 30), Sec. 4 (min. 10 - max. 20), Sec. 5 (min. 10 - max. 15)

Focus on developing strength through the core of the body (abdomen, back, and hips) with various total body exercises which helps improves flexibility and coordination. Wear comfortable athletic clothing and shoes. Bring a yoga mat or towel and water bottle. Section 1 & 3: Bring your Stanford University ID card for building entry. Section 4: SLAC Badge required for entry past the gate.



Code	Day/Dates	Time	Location	Instructor	Fee	Notes
pm-01	Tues, 6/23-8/25	11:00-11:55am	3160 Porter Dr, Yoga Rm	Christi Cerna	\$110	10 classes
pm-02	Wed, 6/24-8/26	5:30-6:30pm	3172 Porter Dr., Room 2100	Kirsten Olsan	\$110	10 classes
pm-03	Thur, 6/25-8/27	12:05-1:05pm	Arrillaga Outdoor Ed Rec, 203	Bela Fishbeyn	\$110	10 classes
pm-04	Thur, 6/25-8/27	12:15-1:05pm	SLAC Arrillaga Rec, B55*	Stella Marquez	\$110	10 classes SLAC Badge
pm-05	Thur, 6/25-8/27	5:45-6:45pm	Li Ka Shing Ctr, LK208	Ellen Spivak	\$110	10 classes

STRENGTH TRAINING WITH RESISTANCE EQUIPMENT

I
A

Awesome Arms and Back! (min. 10 - max. 30)

Tighten, tone, lengthen and strengthen arms, shoulders and back. Challenge your upper body. Bring a mat and towel and wear comfortable athletic clothing and shoes. Please bring a mat or towel, and a water bottle and your Stanford ID for admittance into the building.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
aab-01	Fri, 6/26-8/28	11:30-12:00pm	Arrillaga Outdoor Ed, Studio 203	Joy Lopez	\$60	9 classes

C

Body Firm/Super Sculpt Sec. 1 (min. 14 - max. 45), Sec. 2 (min. 10 - max. 40)

Use bands and hand weights to firm and tone the body. Extra attention is given to sculpting the arms, chest, hips, abs and thighs using cutting edge exercises. Wear comfortable athletic clothing and shoes. Bring a mat or towel, and a water bottle. Bring your Stanford ID for admittance into the building.



Code	Day/Dates	Time	Location	Instructor	Fee	Notes
bfs-01	T/Th, 6/23-8/27	1:15-2:15pm	Arrillaga Sports & Rec, Court	Deanna Anderson	\$120	20 classes
bfs-02	Fri, 6/26-8/28	12:05-1:00pm	Arrillaga Sports & Rec, Studio	Brett Blankenship	\$60	9 classes

C

Boot Camp - Body Sculpt Sec. 1 & 2 (min 14 - max 20), Sec. 3 (min 14 - max 50), Sec. 4 (min. 10 - max. 20)

High-intensity full-body muscle workout. Squats, lunges, pushups, and crunches. Exercises using a variety of resistance equipment. Wear comfortable athletic clothing. (Equipment availability depends on location of the class.) Note: The intensity of these classes is not suitable for those with injuries or muscle/joint pain. Bring your Stanford ID for admittance into the building.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
bcbs-01	M/W, 6/22-8/26	10:55-11:45am	3160 Porter Dr, Yoga Rm	Alissa Flandez	\$120	20 classes
bcbs-02	M/W, 6/22-8/26	5:30-6:30pm	3160 Porter Dr, Yoga Rm	Toni King	\$120	20 classes
bcbs-03	T/Th, 6/23-8/27	12:05-1:00pm	Arrillaga Sports & Rec, Studio	Nikki Downing	\$120	20 classes
bcbs-04	Fri, 6/26-8/28	11:00-11:45am	3160 Porter Dr, Yoga Rm	Charles Ceasar	\$60	9 classes

C

H.A.A.B.I.T. (Hips, Abs, Arms, Buttocks & Incredible Thighs) (min. 14 - max. 50)

A full-body, conditioning workout for both men and women designed to enhance muscle definition, balance, strength, and endurance in the major muscle groups while using resistance bands, weights, and your own body weight. Core strength and stretching exercises also included. Bring a mat or a towel, water bottle and your Stanford ID for admittance into the building.



Code	Day/Dates	Time	Location	Instructor	Fee	Notes
hbt-01	T/Th, 6/23-8/27	12:00-1:00pm	Arrillaga Sports & Rec, Court	Bridgette M-Hard	\$120	20 classes

I
A

Hard Core Abs & Arms Express! Sec. 1 (min. 14 - max. 40), Sec. 2 (min. 14 - max. 20), Sec. 3 (min. 10 - max. 30)

Tighten, tone, lengthen and strengthen abdominal area and arms. Challenging abdominal and inner core exercises. Wear comfortable athletic clothing and shoes. Bring your Stanford ID Card for admittance into the building.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
hca-01	M/W, 6/22-8/26	11:30-12:00pm	Arrillaga Sports & Rec, Studio	Joy Lopez	\$120	20 classes
hca-02	M/W, 6/22-8/26	1:15-1:55pm	3160 Porter Dr, Yoga Rm	Joy Lopez	\$120	20 classes
hca-03	Fri, 6/26-8/28	12:10-12:50pm	Arrillaga Outdoor Ed Rec, 203	Joy Lopez	\$60	9 classes

Note: No class Friday, July 3, 2015

Register online at <http://hip.stanford.edu>

STRENGTH TRAINING WITH RESISTANCE EQUIPMENT

B **Exercise Lab (min. 14 - max. 30)**

This 45-minute class will lead participants through fast-paced, challenging XERCISE LAB® workouts. All workouts require no equipment and are high intensity and pre-choreographed. Classes will incorporate BURN LAB® (Xtreme cardio interval training that fuses bootcamp-style drills, martial arts, and sports conditioning), BUILD LAB® (Xtreme no-weights weight workout that works every major muscle in your body), and BASE LAB® (Xtreme low-impact, high-intensity training that alternates cardio and strength drills to music to create an exceptionally balanced total body workout). Because of the high-intensity nature of the class, athletic shoes are required and it is strongly advised that you arrive promptly for the full warm up. Each week, the instructor will infuse at least one new routine set to new music. Class held outdoors in shade. Please bring a mat or large towel and a water bottle. Class meets outdoors on the lawn area near Ford Plaza picnic tables and tennis courts.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
xl-01	M/W, 6/22-8/26	12:05-12:50pm	Ford Plaza, nr tennis crt	Bridgett Martin-Hard	\$120	20 classes

C **TRX & Cycle Combo Workout (min. 4 - max. 6)**

This class is a perfect combination of low impact indoor cycling to burn calories and build endurance, and the use of the TRX for a great core and full body workout, to achieve your fitness and performance goals and improve overall healthy. The TRX/Cycle workouts are safe and effective for people of all fitness levels. The supportive instructor will help you workout at your own level. The class uses great music that gets you pumped up!

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
trxc-01	M/W, 6/22-8/26	5:15-6:10pm	3145 Porter Dr, Gym	Cesar Ravelli	\$120	20 classes
trxc-02	M/W, 6/22-8/26	6:15-7:00pm	3145 Porter Dr, Gym	Alissa/Chris	\$120	20 classes

C **TRX Suspension Training, Sec. 1, 2, 3, 5, 6, 7, 8, 10, 12 13 & 14 (min. 6 - max. 8), Sec. 4, 9 & 11 (min. 5 - max. 6)**

TRX is a workout program that leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise. You will do TRX suspended drills and bootcamp drills. All fitness levels welcome. Section 4, 9 and 11 are held indoors. Section 1, 2, 3, 5, 6, 7, 8, 10, 12, 13 & 14 are held outdoors. There is no protection from the sun for this class so please wear sunscreen, sun glasses, and/or a hat for protection. Bring your water bottle and towel. During inclement weather, your instructor may move the class to a covered area and do strength training.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
trx-01	M/W, 6/22-8/26	7:10-7:50am	SoM Sports Complex	Alissa Flandez	\$120	20 classes
trx-02	M/W, 6/22-8/26	11:20-12:05pm	SoM Sports Complex	Genaro Sanchez	\$120	20 classes
trx-03	M/W, 6/22-8/26	12:10-12:50pm	SoM Sports Complex	Genaro Sanchez	\$120	20 classes
trx-04	M/W, 6/22-8/26	12:20-1:05pm	3145 Porter Dr., Gym	Cesar Ravelli	\$120	20 classes
trx-05	M/W, 6/22-8/26	1:00-1:40pm	SoM Sports Complex	Genaro Sanchez	\$120	20 classes
trx-06	M/W, 6/22-8/26	4:25-5:05pm	SoM Sports Complex	Christi Cerna	\$120	20 classes
trx-07	M/W, 6/22-8/26	5:10-5:50pm	SoM Sports Complex	Christi Cerna	\$120	20 classes
trx-08	T/Th, 6/23-8/27	11:20-12:05pm	SoM Sports Complex	Genaro Sanchez	\$120	20 classes
trx-09	T/Th, 6/23-8/27	11:30-12:15pm	3145 Porter Dr., Gym	Cesar Ravelli	\$120	20 classes
trx-10	T/Th, 6/23-8/27	12:10-12:50pm	SoM Sports Complex	Genaro Sanchez	\$120	20 classes
trx-11	T/Th, 6/23-8/27	12:20-1:05pm	3145 Porter Dr., Gym	Cesar Ravelli	\$120	20 classes
trx-12	T/Th, 6/23-8/27	4:25-5:05pm	SoM Sports Complex	Laura Schuster	\$120	20 classes
trx-13	T/Th, 6/23-8/27	5:10-5:50pm	SoM Sports Complex	Laura Schuster	\$120	20 classes
trx-14	Fri, 6/26-8/28	12:30-1:15pm	SoM Sports Complex	Janet Berkowitz	\$60	9 classes

C **TRX Suspension Training at SLAC (min. 6 - max. 8)**

TRX is a workout program that leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise. You will do TRX suspended drills and bootcamp drills. All fitness levels welcome. Bring your own towel and a water bottle. SLAC Badge required for entry past the gate.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
trxs-01	T/Th, 6/23-8/27	12:15-1:05pm	SLAC Arrillaga Rec.Ctr, B55	Laura Schuster	\$120	20 classes
trxs-02	T/Th, 6/23-8/27	1:10-2:00pm	SLAC Arrillaga Rec.Ctr, B55	Laura Schuster	\$120	20 classes



TAI CHI & QIGONG



"Tai Chi at Quaker Center, Ben Lomond"
Reprinted with permission. Linda Alderman, photographer

B

Chen Family Taijiquan (Tai Chi) and Qigong (min. 10 - max. 15) ● Outdoors ❖ ❖

I

Chen Style Taijiquan (Tai Chi) includes low powerful stances, body coiling movements, stomping, and an explosive release of power, as well as graceful, slow, and light movements. The benefits of taijiquan and qigong, include improved health, muscle strength, balance and reduced stress. Yan Li is a certified Chen Tai Chi instructor through Qingzhou Martial Arts Institute in Wen County, Henan, China. Yan Li received her Chen Tai Chi instructor's certification in Wenxian, China, the birth place of Tai Chi. Wear comfortable clothing and shoes. Classes are held outdoors. "Chronic Condition Friendly" and "Older Adult Friendly" class.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
cft-01	Tues, 6/23-8/25	11:45-12:45pm	Dohrmann Grove	Master Wong	\$110	10 classes
cft-02	Thur, 6/25-8/27	12:00-1:00pm	MSOB Courtyard	Yan Li	\$110	10 classes

B

Tai Chi - 10 Form Yang Style and Health Qigong (min. 10 - max. 15) ● Indoors ❖ ❖

I

10-Form consists of simplified forms of Tai Chi. It features the balanced left and right movements. It is easy for beginners. Through the practice, you will build up the basic sense of Tai Chi. Health Qigong "Ba Duan Jin" is the traditional Qigong of safe aerobic exercise that enhances limb strength and flexibility of the joints. It is ideal for those who work in the office or computers. Stanford ID required for building entry.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
tcy-01	Wed, 6/24-8/26	12:00-1:00pm	3160 Porter Dr, Yoga Room	Lily Li	\$110	10 classes

B

Qi Gong/Tai Chi (min. 10 - max. 12) ● Outdoors ❖ ❖

I

This class is designed for entry-level students and will be led by Tai Chi and Qi Gong master, Shufen Zhou. It will give you a special opportunity to experience a graceful, spiritual art form through traditional Chinese Internal Energy training methods. Most of each class will be devoted to Qi Gong, a physical and meditative discipline that has been practiced for centuries throughout China and other parts of the world. The unique simple movements and breathing exercises originate from ancient Chinese exercises that were specifically developed to be beneficial for fitness, spiritual well being and overall health. The class will also introduce the student to some basic Tai Chi movements. Tai Chi is an ancient Chinese discipline of meditative movements that originally evolved from Chinese martial arts. Wear comfortable clothing and shoes. A "Chronic Condition Friendly" and "Older Adult Friendly" class.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
qgtc-01	Thur, 6/25-8/27	5:30-6:30pm	MSOB Courtyard	Master Zhou	\$110	10 classes



"Chronic Condition Friendly" class



"Older Adult Friendly" class

Note: No class Friday, July 3, 2015

Register online at <http://hip.stanford.edu>

WEIGHT TRAINING IN THE WEIGHT ROOM

C Circuit Weight Training, Sec. 1, 2, 4 & 5 (min. 14 - max. 15), Sec. 3 & 6 (min. 8 - max. 10).



Full-body conditioning for all levels. This class includes weight machines, free weights and other apparatus organized into a circuit. The instructors offer modifications when needed to support you in your goal to increase muscle definition, balance, strength and improve overall health. All equipment is provided. Wear comfortable athletic clothing. Bring a towel & water bottle. Stanford ID is required for admittance into the buildings.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
cwt-01	M/W, 6/22-8/26	11:00-12:00pm	Arrillaga Outdoor Ed, Fitness Ctr	Santiago Quintero	\$120	20 classes
cwt-02	M/W, 6/22-8/26	12:05-1:00pm	Arrillaga Outdoor Ed, Fitness Ctr	Santiago Quintero	\$120	20 classes
cwt-03	T/Th, 6/23-8/27	11:00-11:55am	3160 Porter Dr., Gym	Santiago Quintero	\$120	20 classes
cwt-04	T/Th, 6/23-8/27	11:00-11:55am	Arrillaga Sports & Rec, Fitness Ctr	Trey Gebremariam	\$120	20 classes
cwt-05	T/Th, 6/23-8/27	12:00-1:00pm	Arrillaga Sports & Rec, Fitness Ctr	Trey Gebremariam	\$120	20 classes
cwt-06	T/Th, 6/23-8/27	1:05-2:00pm	3160 Porter Dr., Gym	Santiago Quintero	\$120	20 classes

C **Cycle Circuit** - A 60-minute class combining indoor cycling and weight training. See page 9 for details.

C Functional Strength Training (min. 12 - max. 15) **New Days & Location!**

Class designed for beginners or experienced exercisers who want to perform daily work and recreational activities with more ease and vigor. Wear comfortable clothing. This class is a specially designed program to provide the proper training stimulus and guidance for better functioning. This class will use Functional Movement Screens to assess and develop mobility, focus on strengthening the most essential human movements (squat, lunge, push, pull, etc.) and enhance participants' ability to balance and control daily tasks and actions. What we do today determines how we will be tomorrow. Bring a towel and water. PLEASE BRING YOUR OWN MAT TO CLASS (PREFERRABLY WITH A STICKY BOTTOM SURFACE). MATS WILL NOT BE PROVIDED. "Older Adult Friendly" class. Bring your Stanford ID for entry into the building.

fst-01	T/Th, 6/23-8/27	12:00-1:00pm	Arrillaga Outdoor Ed, Fitness Ctr	Tom Rankin	\$120	20 classes
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C Senior Strong (min. 12 - max. 15) **New Class!**

If you don't use it, you lose it. After age 50 most people lose 1-2 percent of their muscle mass each year and along with it strength and bone density. Proper resistance training has been proven to not only maintain but increase muscle and strengthen bones. Learn how to get started and safely progress with Senior Strong. What you do today will determine how you will be tomorrow. Bring a towel and water. PLEASE BRING YOUR OWN MAT (PREFERRABLY WITH A STICKY BOTTOM SURFACE) TO CLASS. MATS WILL NOT BE PROVIDED. A "Chronic Condition Friendly" and "Older Adult Friendly" class. Bring your Stanford ID for entry into the building.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
ss-01	M/W, 6/22-8/26	10:00-10:55am	Arrillaga Outdoor Ed, Fitness Ctr	Tom Rankin	\$120	20 classes

B Sports Conditioning 201: Get Strong! (min. 8 - max 10) **New Class**

This second phase of the Sport Conditioning series will focus on using progressive resistance to develop maximal strength. You will learn how to properly warm-up and safely use strength training equipment. Core and conditioning exercises will also be included. A stronger athlete will perform better and be more resilient to injury. Two instructors will co-teach and bring their own expertise and style to the class. Bring a towel & water bottle. Participants who took Sports Conditioning 101: Get Ready, and who are physically active, are welcome to participate. Bring your water bottle, towel and Stanford ID for admittance into the building. Look for Sports Conditioning 301: Get Fast! in future quarters.



Code	Day/Dates	Time	Location	Instructor	Fee	Notes
sc201	Fri, 6/26-8/28	11:30-12:30pm	Arrillaga Outdoor Ed, Fitness Ctr	Ravelli/Rankin	\$60	9 classes

C Weight Lifting Blast (min. 14 - max. 20)

A full body conditioning workout for core strength, muscle power and full body strength. This class will utilize free weights for lifts which include presses, deadlifts and squats for a quicker way to tone and build muscle, improve overall strength and burn fat. Wear athletic clothing and shoes. Bring a towel, water bottle and your SLAC Badge is required for entry past the guard gate.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
wlb-01	M/W, 6/22-8/26	5:30-6:30pm	SLAC Arrillaga Rec, B55	Santiago Quintero	\$120	20 classes, SLAC Badge Req'd

 "Chronic Condition Friendly" class

 "Older Adult Friendly" class

YOGA & YOGA/PILATES BLEND

C **Aligned Hatha Yoga with Anusara, Sec. 1 (min. 10 - max. 40), Sec. 2 (min. 10 - max. 20)**
 Combine feel-good stretches, breathing exercises and guided relaxation to undo morning stress. Wear comfortable athletic clothing. Movements tailored to your ability level. Bring a yoga sticky mat and water bottle. NOTE: Section 1: Bring your Stanford ID or Rec ID card for building entry. Section 2: SLAC Badge required for entry past the gate.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
ahy-01	Mon, 6/22-8/24	12:00-1:00pm	Arrillaga Outdoor Ed, Studio 111	Moj Razmi	\$110	10 classes
ahy-02	Fri, 6/26-8/28	11:00-11:55am	SLAC Arrillaga Rec, B55*	Moj Razmi	\$110	10 classes, SLAC Badge Req'd

C **Flow Yoga, Sec. 1 (min. 10 - max. 40), Sec. 2 & 4 (min. 10 - max. 30), Sec. 3 (min. 10 - max. 20), and Sec. 5 (min. 10 - max. 15)**

Within a flowing sequence of postures this class focuses on alignment, balance and concentration. Emphasis will be placed on core strength and breath awareness. Students will increase strength and flexibility. Bring a yoga sticky mat and water bottle. Section 2, 3 & 4 Bring your Stanford ID or Rec ID Card for building entry.



Code	Day/Dates	Time	Location	Instructor	Fee	Notes
fy-01	Mon, 6/22-8/24	12:00-12:55pm	Koret Plaza Lawn	Angela Neumann	\$110	10 classes
fy-02	Mon, 6/22-8/24	1:30-2:30pm	Arrillaga Outdoor Ed, Studio 203	Eileen Gulik	\$110	10 classes
fy-03	Thur, 6/25-8/27	1:15-2:15pm	3160 Porter Dr, Yoga Rm	Dina Robison	\$110	10 classes
fy-04	Thur, 6/25-8/27	1:30-2:30pm	Arrillaga Outdoor Ed, Studio 111	Eileen Gulik	\$110	10 classes
fy-05	Fri, 6/26-8/28	12:00-1:00pm	Li Ka Shing, LK306	HIP Staff	\$100	9 classes

B **Flow Yoga Introductory (min. 10 - max. 20)**

Yoga postures were originally used for therapy to improve health and "vitality" to one's being. This class will use props such as blocks, straps and the wall to bring more mobility to the hip and shoulder joints. Relieve back pain by strengthening the deep core muscles as well as stretch out the tightness in the low back. Bring your Stanford University ID or Rec ID Card for entry into the building.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
fyi-01	Wed, 6/24-8/26	3:15-4:15PM	3160 Porter Dr, Yoga Rm	Edna Barr	\$110	10 classes

B **Gentle Yoga for Beginners, Sec. 1 (min. 10 - max. 12), Sec. 2 (min. 10 - max. 40)**

The class is designed to gradually introduce alignment to yoga postures as well as relaxation techniques, and serves as a transition to other yoga classes. Wear comfortable athletic clothing. Bring a yoga mat and water bottle. Section 2: Bring your Stanford ID Card for building entry.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
gyb-01	Mon, 6/22-8/24	5:15-6:15pm	3172 Porter Dr, Rm 2100	Kathryn Pecka	\$110	10 classes
gyb-02	Fri, 6/26-8/28	1:05-2:00pm	Arrillaga Sports & Rec, Studio	Brett Blankenship	\$110	10 classes

C **Hatha Yoga: Based on Principles of Alignment (min.10-max. 30)**

Alignment before action brings greater stability, safety and freedom. Movements are coordinated with the breath and designed to help students of all levels advance in their practice. Wear comfortable clothing. Bring a yoga mat. Bring your Stanford ID for admittance into the building.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
hyp-01	Wed, 6/24-8/26	5:30-6:20pm	Arrillaga Outdoor Ed, Studio 203	Patricia Becker	\$110	10 classes

C **Mindful Yoga: Creating Union of Mind & Body (min. 10 - max. 20)**

This class includes yoga movements and self-massage from traditions of Yoga, Chi Kung and Meridian-Based Acupressure. Wear comfortable athletic clothing and shoes. Layer clothing for warmth. Bring a yoga mat and towel. A "Chronic Condition Friendly" and "Older Adult Friendly" class.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
my-01	Wed, 6/24-8/26	7:00-7:55am	Cobb Track	Tia Rich	\$110	10 classes

 "Chronic Condition Friendly" class

 "Older Adult Friendly" class

Note: No class Friday July 3, 2015

Register online at <http://hip.stanford.edu>

YOGA & YOGA/PILATES BLEND

I A Power Yoga, Sec. 1 & 3 (min. 10 - max. 20), Sec. 2 (min. 10 - max. 30), Sec. 4 & 5 (min. 10 - max. 40)

Ashtanga yoga to build strength and stamina. Combines dynamic breathing with strong, flowing movements. Wear comfortable athletic clothing. Bring a yoga mat and towel. Bring your Stanford ID for building entry. Note: Section 1: SLAC Badge required for entry past the gate. Sections 2, 3, 4 & 5: Stanford ID or Rec ID Card required for building entry.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
py-01	Tues, 6/23-8/25	12:00-1:00pm	SLAC Arrillaga Rec, B55	Marilyn Oppezzo	\$110	10 classes
py-02	Tues, 6/23-8/25	12:00-1:00pm	Arrillaga Outdoor Ed Rec, Studio 203	Nancy Cottong	\$110	10 classes
py-03	Wed, 6/24-8/26	4:30-5:20pm	3160 Porter Dr, Yoga Rm	Edna Barr	\$110	10 classes
py-04	Fri, 6/26-8/28	11:00-12:00pm	Arrillaga Outdoor Ed, Studio 111	Edna Barr	\$110	10 classes
py-05	Fri, 6/26-8/28	12:05-1:00pm	Arrillaga Outdoor Ed, Studio 111	Edna Barr	\$110	10 classes

B I Prenatal Yoga (min. 10 - max. 20)

Yoga postures during pregnancy will strengthen the uterus and pelvic muscles, improve circulation, aid digestion, exercise the spinal column, relieve fatigue and tension and revitalize the internal organs. Yoga can also alleviate many of the common discomforts of pregnancy such as nausea, constipation, varicose veins, swelling, back pain and sciatica. Breathing practice during pregnancy opens the chest and helps to improve circulation in both mother and baby, ensuring a better supply of oxygen to the blood. It also calms the nerves and gives the mother greater control of her breathing during labor. Wear comfortable stretchy clothes. Bring a yoga mat, blanket, and a bolster if you have one. Bring your Stanford or Rec ID card for admittance into the building.



Code	Day/Dates	Time	Location	Instructor	Fee	Notes
pny-01	Tues, 6/23-8/18	5:15-6:15pm	Arrillaga Outdoor Ed, Studio 111	Kathryn Pecka	\$100	9 classes

B Restorative Yoga (min. 10 - max. 12)



Restore and refresh with a series of easy stretches emphasizing range of motion and calm poses to enhance well being and promote healing. Using breathing, gentle movement and props for support, you will find unique solutions for stress reduction and maintenance of stability and balance (physical and psychological). Healing and healthy habits are found through continued restorative techniques that bridge the mind-body connection. Wear comfortable clothing. Bring a large towel and yoga mat. A "Chronic Condition Friendly" and "Older Adult Friendly" class.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
rest-01	Wed, 6/24-8/5	5:00-6:00pm	Bing Nursery School	Kathryn Pecka	\$80	7 classes

C Unwind & Thrive with Yoga, Sec. 1, 3 & 4 (min. 10 - max. 15), Sec. 2 (min. 10 - max. 20)

Series of exercises to improve health and flexibility that are suitable for all fitness levels. Wear comfortable athletic clothing and bring a yoga sticky mat and a towel. Section 2: Bring Stanford ID for admittance into the building. Section 4: No class on 8/20 & 8/27



Code	Day/Dates	Time	Location	Instructor	Fee	Notes
uty-01	Mon, 6/22-8/24	6:05-7:00pm	Li Ka Shing Ctr, LK 208	Elika Aird	\$110	10classes
uty-02	Tues, 6/23-8/25	12:00-1:00pm	3160 Porter Dr, Yoga Rm	Sheryl Nonnenberg	\$110	10 classes
uty-03	Tues, 6/23-8/25	5:40-6:40pm	Li Ka Shing Ctr, LK 208	Ellen Spivak	\$110	10 classes
uty-04	Thur, 6/25-8/13	12:00-1:00pm	Li Ka Shing Ctr, LK209	HIP Staff	\$90	8 classes

B I Yoga Basics (min. 10 - max. 40)

This yoga class will give you the solid foundation for a safe and fun (yet rigorous) yoga practice. You'll learn a sequence of postures that will strengthen the entire body, increase the range of motion, and expand the capacity of your lungs. You will walk, sit, stand and sleep with more ease. Wear comfortable athletic clothing and shoes. Bring a water bottle, yoga sticky mat and Stanford ID or Rec ID card for building entry.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
yb-01	Wed, 6/24-8/26	12:00-1:00pm	Arrillaga Outdoor Ed, Studio 111	Janet Berkowitz	\$110	10 classes



"Chronic Condition Friendly" class



"Older Adult Friendly" class

YOGA & YOGA/PILATES BLEND

B Yoga For Every Body Condition (min. 10 - max. 13)



Through supportive, individualized attention, you will experience health promotion from yoga, done in the manner that is just right for your body. If you carry extra pounds and never thought you could do yoga, this class is your passport into wellness through yoga's breathing, stretching and relaxation exercises. This class would be good for postnatal women as well. Experienced instructor with postnatal yoga adaptations. Postnatal women with normal delivery and after first postnatal checkup welcome. Bring a yoga sticky mat. No class 8/26. A "Chronic Condition Friendly" and "Older Adult Friendly" class.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
yeb-01	Wed, 6/24-8/19	12:05-1:00pm	Li Ka Shing Ctr, LK306	Kathryn Pecka	\$110	9 classes

C Yoga 4 Runners (min. 10 - max. 40)

Yoga is a stress buster. Yoga makes good athletes better. This time-honored discipline imparts flexibility, balance, and whole-body strength, creating improvements in an athlete's form, efficiency, and power. In addition, yoga's attention to concentration and breath awareness improves mental focus and mental endurance—hidden assets that become especially important at the end of a long training session or race. This yoga class for runners directly addresses the common physical complications that arise from running, keeping you injury-free and running for many years to come. It also packs serious perks for runners, like easing aches and pains, and helping you recover from long runs and races faster. Bring a mat and water bottle. Bring your Stanford ID Card for building entry.

Code	Day/Dates	Time	Location	Instructor	Fee	Notes
yfr-01	Fri, 6/26-8/28	11:00-11:55am	Arrillaga Sports & Rec Ctr, Studio	Deanna Anderson	\$110	10 classes

C Yoga/Pilates Challenge Sec. 1 (min. 10 - max. 40), Sec. 2 & 3 (min. 10 - max. 20)

This class blends the elegant precision of Pilates with the dynamic flow of Yoga. You will develop core strength, tone your muscles and greatly improve balance and flexibility. Many of the exercises will creatively use Therabands, soft balls and Yoga blocks to challenge you more, make you stronger and longer and improve your overall endurance and stamina. Bring a yoga mat and water bottle to class. Bring your Stanford University ID or Rec ID Card for entry into the building.



Code	Day/Dates	Time	Location	Instructor	Fee	Notes
ypc-01	Fri, 6/26-8/28	7:10-8:00am	Arrillaga Sports & Rec Ctr, Studio	Kerry Spear	\$110	10 classes
ypc-02	Fri, 6/26-8/28	12:00-12:55pm	3160 Porter Dr, Yoga Rm	Kerry Spear	\$110	10 classes
ypc-03	Fri, 6/26-8/28	1:00-1:55pm	3160 Porter Dr, Yoga Rm	Kerry Spear	\$110	10 classes



"Chronic Condition Friendly" class



"Older Adult Friendly" class

Note: No class Friday July 3, 2015

Register online at <http://hip.stanford.edu>



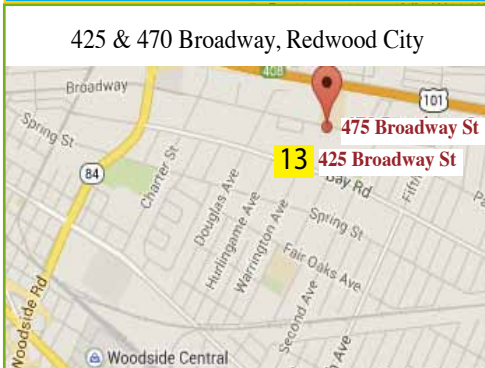
Where are HIP classes being offered Summer 2015?

At convenient locations on and off campus!


HIP is dedicated to offering classes that promote the health and fitness of faculty, staff, family, and retirees of Stanford University and Stanford Health Care & LPCH. Over 200 classes are offered at convenient locations on and off campus, and more are being added all the time. For more information, contact Jerrie Thurman at jerrie.thurman@stanford.edu.

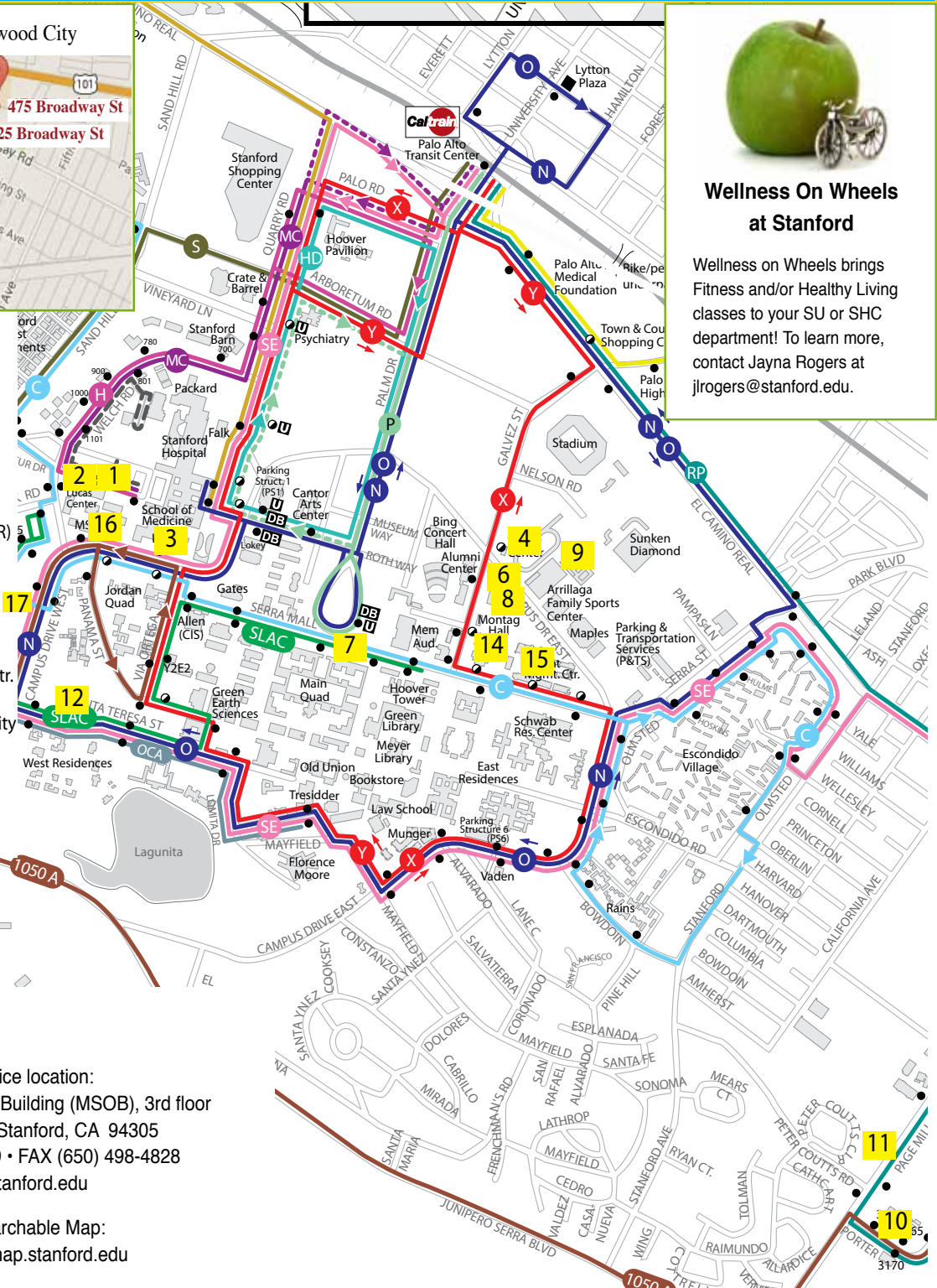
We strive to make health education and physical activity convenient for everyone. Let us know if you want us to bring a class to your location. Contact healthimprovement@stanford.edu.

 Locations listed in HIP Schedule of classes



LOCATION INDEX:

1. HRP-Redwood Bld.
 2. MSOB: HIP Office, Courtyard
 3. Li Ka Shing Learning Ctr.
 4. Cobb Track/Angell Field
 5. SLAC Arrillaga Rec Ctr, Bldg. 55
 6. Ford Plaza, near Tennis Courts
 7. Dohrmann Grove
 8. Arrillaga Center Sports & Rec (ACSR) Court, Studio, Bikes & Fitness Ctr.
 9. Avery Aquatic Ctr., Baker Pool
 10. 3145, 3160 & 3172 Porter Dr.
 11. 1510 Page Mill Rd.
 12. Arrillaga Outdoor Ed Rec Ctr (AOERC) Studios, Court, Fitness Ctr. Avery Recreation Pool
 13. 425 & 475 Broadway, Redwood City
 14. Ford Athletic Ctr. & Burnham Pav.
 15. GSB Knight Management. Ctr.
 16. SoM Sports Complex
 17. Stanford Equestrian Red Barn
 18. Koret Plaza Lawn, nr ACSR bldg
-  5. SLAC National Accelerator Laboratory



Wellness On Wheels at Stanford

Wellness on Wheels brings Fitness and/or Healthy Living classes to your SU or SHC department! To learn more, contact Jayna Rogers at jrogers@stanford.edu.

The HIP office location:
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