



Free Fitness Class Schedule June 8-12, 2015

Brought to you by Health Improvement Program

<p>Try something new! No experience required.</p> <p>HIP is offering a wide variety of fitness classes at convenient times and locations. Please note: The classes are not necessarily representative of the classes being offered in the Summer Quarter.</p> 	<p>Questions?</p> <p>Contact HIP, 650-723-9649 healthimprovement@stanford.edu</p>  <p>Summer HIP Class Registration begins June 9th at 9:00am hip.stanford.edu</p>	<p>Class Locations</p> <p>AOERC* – Arrillaga Outdoor Ed Rec Ctr, Santa Teresa St., West Campus Bikes, Fitness Center (downstairs) Court, Studio 203 (ground level)</p> <p>AVERY REC POOL* enter AOERC</p> <p>ACSR* – Arrillaga Center for Sport & Recreation, Galvez St., East Campus Bikes, Fitness Center (downstairs) Court, Studio (ground level)</p> <p>FORD PLAZA LAWN – Ford Athletic Center, Lawn near picnic tables and tennis courts.</p> <p>*Bring your Stanford ID for entry</p>	<p>Class Descriptions</p> <p>Aqua Fitness-Cardio, all Levels Body Firm- Strength, all levels Body Rock-Cardio Dance, all levels Boot Camp-Cardio & strength, high intensity Cardio Kickbox-Cardio, high intensity Caribbean Beat Dance- Cardio Dance, all levels Circuit Weight-Strength, all levels Express Pilates 30 min.-Core strength, all levels Fitness Sampler-Cardio & strength, all levels Greatest Hits Workout- Cardio Dance & strength, all levels HAABIT-Strength, all levels Hatha Yoga- Mind/Body, all levels Healthy Back-Core strength, all levels HIIT 30 min-Cardio/strength, all levels</p>	<p>Indoor Cycling- Cardio, all Levels Middle Eastern Belly- Dance, all levels. Pilates Mat-Core strength, all levels Play 4 Fun & Fitness-Play, all level Power Yoga- Mind/Body, all levels Walk 'n Tone- Cardio & strength, all levels Xercise Lab- Cardio & strength, all levels Yoga 4 Runners- Mind/Body, all levels Zumba- Cardio Dance, all levels</p> <p>What to wear/bring: Wear comfortable clothes and athletic shoes. Bring a sticky mat, towel and water bottle. Aqua classes wear swimsuit/no shoes/water shoes and bring a towel.</p>																																																																																				
<p>Monday 6/8</p> <table border="1"> <tr><td>11am</td><td>Circuit Weight Santiago</td><td>AOERC Fitness Center</td></tr> <tr><td>12pm</td><td>Hatha Yoga Moj Razmi</td><td>AOERC Studio 203</td></tr> <tr><td>12pm</td><td>Cardio Kickbox Charles</td><td>ACSR Court</td></tr> <tr><td>12:05pm</td><td>Aqua Fitness Carole</td><td>Avery Rec Pool</td></tr> <tr><td>12:10pm</td><td>Walk 'n Tone Joy Lopez</td><td>Ford Plaza Lawn</td></tr> <tr><td>12:15pm</td><td>Circuit Weight Santiago</td><td>AOERC Fitness Center</td></tr> <tr><td>5:15pm</td><td>Boot Camp Charles</td><td>ACSR Court</td></tr> <tr><td>5:30pm</td><td>Body Rock Monica</td><td>AOERC Court</td></tr> </table>	11am	Circuit Weight Santiago	AOERC Fitness Center	12pm	Hatha Yoga Moj Razmi	AOERC Studio 203	12pm	Cardio Kickbox Charles	ACSR Court	12:05pm	Aqua Fitness Carole	Avery Rec Pool	12:10pm	Walk 'n Tone Joy Lopez	Ford Plaza Lawn	12:15pm	Circuit Weight Santiago	AOERC Fitness Center	5:15pm	Boot Camp Charles	ACSR Court	5:30pm	Body Rock Monica	AOERC Court	<p>Tuesday 6/9</p> <table border="1"> <tr><td>11:45am</td><td>Indoor Cycling Janet</td><td>ACSR Bikes</td></tr> <tr><td>12pm</td><td>HAABIT Bridgette</td><td>ACSR Court</td></tr> <tr><td>12pm</td><td>Circuit Weight Trey</td><td>ACSR Fitness</td></tr> <tr><td>12pm</td><td>Power Yoga Nancy Cottong</td><td>AOERC St.203</td></tr> <tr><td>12:10pm</td><td>Fitness Sampler Deanna</td><td>Ford Plaza Lawn</td></tr> <tr><td>1:15pm</td><td>Body Firm Deanna</td><td>ACSR Court</td></tr> <tr><td>1:15pm</td><td>HIIT 30 min. Charles</td><td>AOERC Court</td></tr> <tr><td>5:00pm</td><td>Zumba Genaro</td><td>ACSR Court</td></tr> <tr><td>5:15pm</td><td>Aqua Fitness Carole</td><td>Avery Pool</td></tr> </table>	11:45am	Indoor Cycling Janet	ACSR Bikes	12pm	HAABIT Bridgette	ACSR Court	12pm	Circuit Weight Trey	ACSR Fitness	12pm	Power Yoga Nancy Cottong	AOERC St.203	12:10pm	Fitness Sampler Deanna	Ford Plaza Lawn	1:15pm	Body Firm Deanna	ACSR Court	1:15pm	HIIT 30 min. Charles	AOERC Court	5:00pm	Zumba Genaro	ACSR Court	5:15pm	Aqua Fitness Carole	Avery Pool	<p>Wednesday 6/10</p> <table border="1"> <tr><td>12:00pm</td><td>Healthy Back Kerry</td><td>ACSR Studio</td></tr> <tr><td>12:05pm</td><td>Xercise Lab Bridgette</td><td>Ford Plaza Lawn</td></tr> <tr><td>5:30pm</td><td>Hatha Yoga Patricia</td><td>AOERC Studio 203</td></tr> </table>	12:00pm	Healthy Back Kerry	ACSR Studio	12:05pm	Xercise Lab Bridgette	Ford Plaza Lawn	5:30pm	Hatha Yoga Patricia	AOERC Studio 203	<p>Thursday 6/11</p> <table border="1"> <tr><td>11am</td><td>Middle Eastern Belly Dance Setareh</td><td>AOERC Studio 203</td></tr> <tr><td>11:30am</td><td>Express Pilates 30 min Moj Razmi</td><td>ACSR Studio</td></tr> <tr><td>12pm</td><td>Pilates Mat Bela</td><td>AOERC Studio 203</td></tr> <tr><td>12pm</td><td>Greatest Hits Workout Linda</td><td>AOERC Court</td></tr> <tr><td>12:05</td><td>Boot Camp Nikki</td><td>ACSR Studio</td></tr> </table>	11am	Middle Eastern Belly Dance Setareh	AOERC Studio 203	11:30am	Express Pilates 30 min Moj Razmi	ACSR Studio	12pm	Pilates Mat Bela	AOERC Studio 203	12pm	Greatest Hits Workout Linda	AOERC Court	12:05	Boot Camp Nikki	ACSR Studio	<p>Friday 6/12</p> <table border="1"> <tr><td>11am</td><td>Yoga 4 Runners Deanna</td><td>ACSR Studio</td></tr> <tr><td>12pm</td><td>Caribbean Beat Dance Deanna</td><td>ACSR Court</td></tr> <tr><td>12:15pm</td><td>Play 4 Fun & Fitness Santiago</td><td>AOERC Court</td></tr> </table>	11am	Yoga 4 Runners Deanna	ACSR Studio	12pm	Caribbean Beat Dance Deanna	ACSR Court	12:15pm	Play 4 Fun & Fitness Santiago	AOERC Court
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