

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

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

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>6:15/30am</b>	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
<b>7:00am</b> <b>7:10/7:15am</b>	7:10 TRX @ SoM Sports Complex	7:15 Boot Camp/Body Sculpt @ ACSR Court	7:00 Mindful Yoga @ Cobb Track (outdoor) 7:10 TRX @ SoM Sports Complex	7:15 Boot Camp/Body Sculpt @ ACSR Court	7:10 Yoga/Pilates Challenge @ ACSR, Studio
<b>10:00am</b> <b>10:55am</b> <b>11:00am</b> <b>11:15am</b> <b>11:20am</b> <b>11:30am</b>	10:00 Senior Strong @AOERC Wt Rm 10:55 Boot Camp Body Sculpt @ 3160 Porter, Studio 11:00 Circuit Weight Trng @ AOERC 11:20 TRX @ SoM Sports Complex 11:30 Hard Core Abs & Arms @ ACSR St. 11:30 Indoor Cycling @ 3145 Porter, Gym 11:30 Indoor Cycling @ AOERC, Bikes	11:00 Ballet & Contemp Dance @ AOERC, 112 11:00 Circuit Weight Trng @ ACSR 11:00 Circuit Weight Trng @ 3160 Porter 11:00 Pilates Mat @ 3160 Porter gym 11:20 TRX @ SoM Sports Complex 11:30 Pilates Express @ ACSR Studio 11:30 TRX @ 3145 Porter, Gym	10:00 Senior Strong @AOERC Wt Rm 10:55 Boot Camp Body Sculpt @ 3160 Porter, Stu 11:00 Circuit Weight Trng @ AOERC Fitness Ctr 11:00 Conditioning Pilates @ Midpoint Gym, RWC 11:05 Zumba @ AOERC, Studio 203 11:20 TRX @ SoM Sports Complex 11:30 Hard Core Abs & Arms @ ACSR, Studio 11:30 Indoor Cycling Workout @3145 Porter, Gym 11:30 Indoor Cycling @ AOERC, Bikes	11:00 Ballet & Contemp Dance @ AOERC, 112 11:00 Circuit Weight Trng @ ACSR 11:00 Circuit Weight Trng @ 3160 Porter, Gym 11:00 Pilates Barre @ 3160 Porter, Studio 11:05 Belly Dance @ AOERC, Studio 203 11:20 TRX @ SoM Sports Complex 11:30 Pilates Express @ ACSR Studio 11:30 TRX @ 3145 Porter, Gym	11:00 Aligned Hatha Yoga @ SLAC, Bldg. 55 11:00 Boot Camp Body Sculpt @ 3160 Porter 11:00 Ballet & Barre Work @AOERC, Studio 112 11:00 Power Yoga @ AOERC, Studio 111 11:00 Yoga 4 Runners@ ACSR, Studio 11:30 Awesome Arms & Back @ AOERC, Stu 203 11:30 Shaolin Kung Fu –Beg/Int @ MSOB, Lawn 11:30 Sports Conditioning 201 @ AOERC, Fitness
<b>11:45am</b> <b>12:00pm</b> <b>12:05pm</b> <b>12:10pm</b> <b>12:15pm</b> <b>12:20pm</b> <b>12:30pm</b>	12:00 Cardinal Fit Lap Swim @ Avery 12:00 Cardio Thai Kickbox @ ACSR Court 12:00 Flow Yoga @ Koret Plaza Lawn 12:00 Healthy Back @ Broadway, RWC 12:00 Conditioning Pilates @ 3160 Porter 12:00 Zumba @ SLAC, Bldg. 55 12:05 Healthy Back Strong Abs @ ACSR 12:05 Aqua Fitness @ Avery Rec Pool 12:05 Circuit Weight Trng @ AOERC 12:05 Exercise Lab @ Ford Plaza Lawn 12:05 Zumba @ AOERC, Studio 203 12:10 Walk & Tone @ Ford Plaza 12:10 TRX @ SoM Sports Complex 12:00 Aligned Hatha Yoga @ AOERC 12:15 Cross Training @ SLAC, Bldg. 55 12:15 Indoor Cycling @ AOERC, Bikes 12:20 TRX @ 3145 Porter, Gym 12:30 Cardinal Fit Lap Swim @ Avery Pool	11:45 Chen Family Tai Chi @ Dohrmann Grove 11:45 Indoor Cycling @ ACSR Bikes 12:00 Cardinal Fit Lap Swim @ Avery Aquatic 12:00 Circuit Weight Trng, ACSR, Fitness Ctr 12:00 Circuit Weight Trng, AOERC, Fitness Ctr 12:00 Functional Strength @ AOERC, Fitness 12:00 Greatest Hits Workout @ AOERC Court 12:00 H.A.A.B.I.T. @ ACSR, Court 12:00 Power Yoga @ AOERC, Studio 203 12:00 Power Yoga @ SLAC, Bldg 55 12:00 Unwind & Thrive Yoga @ 3160 Porter 12:00 Boot Camp Drop 'n Go @ SLAC, Bldg 55 12:05 Boot Camp/Body Sculpt @ ACSR Studio 12:10 Healthy Back Strength/Stretch @ AOERC 12:10 HIP Fitness Sampler @ Ford Plaza Lawn 12:10 TRX @t SoM Sports Complex 12:10 HIP Fitness Sampler @ Ford Plaza Lawn 12:15 TRX @ SLAC, Bldg 55 12:15 Indoor Cycling, Bldg 55 12:20 TRX @ 3145 Porter, Gym 12:30 Cardinal Fit Lap Swim @ Avery Aquatic	12:00 Cardinal Fit Lap Swim @ Avery Aquatic Ctr 12:00 Cardio Thai Kickbox @ ACSR Court 12:00 Yoga Basics @ AOERC, Studio 111 12:00 Tai Chi 10 Form & Qigong @ 3160 Porter 12:00 Zumba @ SLAC, Bldg 55 12:05 Healthy Back Strong Abs @ ACSR Studio 12:05 Aqua Fitness @ Avery Rec Pool12:05 12:05 Exercise Lab @ Ford Plaza Lawn 12:05 Zumba @ AOERC, Studio 203 12:05 Circuit Weight Trng @ AOERC 12:05 Yoga for Every Body @ Li Ka Shing Ctr. 12:10 Meditation & Breathwork @ HRP Redwood 12:10 Walk & Tone @ Ford Plaza 12:10 TRX @ SoM Sports Complex 12:15 Cross Training @ SLAC, Bldg 55 12:15 Indoor Cycling @ AOERC, Bikes 12:20 TRX @ 3145 Porter 12:30 Cardinal Fit Lap Swim @ Avery Aquatic	11:45 Indoor Cycling @ ACSR Bikes 12:00 Chen Family Taijiquan & Qigong @ MSOB 12:00 Cardinal Lap Swim @ Avery Aquatic Ctr 12:00 Circuit Weight Trng, ACSR, Fitness Ctr. 12:00 Circuit Weight Trng, AOERC, Fitness 12:00 Functional Strength @ AOERC, Fitness 12:00 Greatest Hits Workout @ AOERC Gym 12:00 H.A.A.B.I.T. @ ACSR, Court 12:00 Unwind & Thrive Yoga @ Li Ka Shing Ctr 12:00 Zumba @ 3160 Porter, studio 12:00 Boot Camp Drop 'n Go @ SLAC, Bldg 55 12:00 Unwind & Thrive with Yoga @ Li Ka Shing 12:05 Boot Camp-Body Sculpt @ ACSR, Studio 12:05 Pilates Mat @ AOERC, Studio 203 12:10 Healthy Back Strength/Stretch @ AOERC 12:10 HIP Fitness Sampler @ Ford Plaza Lawn 12:10 TRX @ SoM Sports Complex 12:15 Pilates Mat @ SLAC, Bldg. 55 12:15 TRX @ SLAC, Bldg 55 12:20 TRX @ 3145 Porter, Gym 12:30 Cardinal Lap Swim @ Avery Aquatic Ctr	12:00 Yoga/Pilates Challenge @ 3160 Porter, St. 12:00 Feldenkrais™: An Antidote to Tension @ HRP Redwood Bld 12:00 Flow Yoga @ Li Ka Shing Center 12:05 Body Firm/Super Sculpt @ ACSR, Studio 12:05 Caribbean Beat Dance @ ACSR, Court 12:05 Power Yoga @ AOERC, Studio 111 12:10 Hard Core Abs @ AOERC, Studio 203 12:15 Play for Fun & Fitness @ AOERC, court 12:15 Indoor Cycling, Bldg 55 12:30 TRX @ SoM Sports Complex
<b>1:00/1:05pm</b> <b>1:10/1:15pm</b> <b>1:30pm</b>	1:00 Cardinal Fit Lap Swim @ Avery Pool 1:00 TRX @ SoM Sports Complex 1:15 Hard Core Abs/Arms @ 3160 Porter 1:30 Flow Yoga @ AOERC Studio 203	1:00 Cardinal Fit Lap Swim @ Avery Aquatic 1:05 Chinese Dance @ ACSR, Studio 112 1:05 Circuit Weight Trng @ 3160 Porter, gym 1:10 TRX @ SLAC, Bldg 55 1:15 Body Firm/Super Sculpt @ ACSR Court 1:15 HIIT 30: High Intensity Interval @ AOERC	1:00 Cardinal Fit Lap Swim @ Avery Aquatic 1:00 TRX @ SoM Sports Complex Fitness Ctr. 1:15 Hard Core Abs/Arms @ 3160 Porter, Studio	1:00 Cardinal Fit Lap Swim @ Avery Aquatic 1:05 Chinese Dance @ ACSR, Studio 112 1:05 Circuit Weight Training @ 3160 Porter, gym 1:10 TRX @ SLAC, Bldg 55 1:15 Body Firm/Super Sculpt @ ACSR Court 1:15 Flow Yoga @ 3160 Porter Drive, Studio 1:15 HIIT 30: High Intensity Interval @ AOERC 1:30 Flow Yoga @ AOERC, Studio 111	1:00 Yoga/Pilates Challenge @ 3160 Porter, Stdo 1:05 Gentle Yoga for Beginners @ ACSR, Studio 1:10 Beginning Indoor Cycling Workout @ ACSR
<b>3:15pm,</b> <b>4:15/25/30pm</b>	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 4:30 Power Yoga @ 3160 Porter, Studio	4:25 TRX @ SoM Sports Complex	
<b>5:00pm,</b> <b>5:10pm,</b> <b>5:15pm</b> <b>5:30pm,</b> <b>5:40pm</b> <b>5:45pm</b>	5:10 TRX @ SoM Sports Complex 5:15 Beg Ballet @ AOERC, Studio 112 5:15 Boot Camp Drop 'n Go @ ACSR Crt 5:15 Gentle Yoga Beginner @ 3172 Porter 5:15 TRX & Cycle Combo @ 3145 Porter 5:15 Zumba @ SLAC, Bldg. 55 5:30 Body Rock @ AOERC, Court 5:30 Pilates for Core @ AOERC, Stud 203 5:30 Weight Lifting Blast@ SLAC, Bldg 55 5:30 Boot Camp @ 3160 Porter, Studio	5:00 Zumba @ ACSR, Erickson Court 5:10 TRX @ SoM Sports Complex 5:15 Aqua Fitness @ Avery Recreation Pool 5:15 Zumba @ 3160 Porter, Studio 5:15 Prenatal Yoga @ AOERC, Studio 111 5:15 Indoor Cycling @ 3145 Porter, Gym 5:30 Cross Training @ SLAC bldg. 55 5:30 Functional Cardio/Strength @ AOERC, Crt 5:40 Unwind & Thrive with Yoga @ Li Ka Shing	5:00 Restorative Yoga @ Bing Nursery School 5:10 TRX @ SoM Sports Complex 5:15 Beginning Ballet @ AOERC, Studio 112 5:15 Boot Camp: Drop 'n Go @ ACSR, Court 5:15 Zumba @ SLAC, Bldg. 55 5:15 TRX & Cycle Combo @ 3145 Porter Dr, Gym 5:30 Body Rock @ AOERC, Court 5:30 Hatha Yoga @ AOERC 203 5:30 Weight Lifting Blast @ SLAC, Bldg. 55 5:30 Pilates Mat @ 3172 Porter, Rm 2100 5:30 Boot Camp @ 3160 Porter, Studio	5:00 Zumba @ ACSR, Erickson Court 5:10 TRX @ SoM Sports Complex 5:15 Aqua Fitness @ Avery Recreation Pool 5:15 Pilates for Core Strength @ Stanford Barn 5:15 Zumba @ 3160 Porter, Studio 5:15 Indoor Cycling @ 3145 Porter, Gym 5:30 Cross Training @ SLAC Bldg. 55 5:30 Functional Cardio/Strength @ AOERC, Crt 5:30 Qi Gong/Tai Chi @ MSOB courtyard 5:45 Pilates Mat @ Li Ka Shing Learning Ctr	5:15 Cardio Thai Kickbox @ ACSR, Court
<b>6:00/05pm,</b> <b>6:10/15pm</b> <b>6:20/30pm</b> <b>7:00pm</b>	6:00 Cardinal Swim @ Avery Rec Pool 6:05 Unwind & Thrive Yoga @Li Ka Shing 6:15 TRX/Cycle Combo @ 3145 Porter 6:30 Cardinal Swim @ Avery Rec Pool	6:10 Cross Training @ ACSR, Court	6:00 Cardinal Fit Lap Swim @ Avery Rec Pool 6:15 TRX/Cycle Combo @ 3145 Porter, Gym 6:30 Cardinal Fit Lap Swim @ Avery Rec Pool	6:10 Cross Training @ ACSR, Court	<b>NOTE: Schedule subject to change.</b>

\*Classes for Employees, Family and Retirees. Class registration begins September 9<sup>th</sup>. A detailed schedule of classes can be downloaded on HIP website. Fall Quarter dates: Sept 21-Dec 4, 2015.

**Guide to class locations abbreviated above:**

Porter	3145, 3160 & 3712 Porter Drive, studio/gym	Avery Aquatic	Avery Aquatic Center, East campus	HRP Redwood	Health Research Policy, Redwood Bldg.	SLAC, Bldg 55	Arrillaga Recreation Center at SLAC
ACSR	Arrillaga Center for Sport and Recreation	Dohrmann	Dohrmann Grove	Li Ka Shing	Li Ka Shing Learning Center	SoM Sports Complex	School of Medicine Sports Complex
AOERC	Arrillaga Outdoor Education Recreation Ctr	Ford Plaza	Lawn nr Ford Athletic Ctr & tennis court	MSOB	Grass near Medical School Office Bldg.		
Avery Pool	Avery Recreation Pool, West campus	Koret Plaza	Lawn nr Corner of Galvez & Campus Dr	Midpoint, RWC	Midpoint Gym- Broadway, Redwood City		