



# FITNESS CLASSES AT STANFORD WEST

Complimentary drop-in classes – no sign-up necessary!  
Classes are outdoors and all levels are welcome!

Please bring a mat, towel, sunscreen, or sunglasses and plenty of water!

## VINYASA YOGA

WEDNESDAYS 7-8PM

Meet Outside of Business Center

SATURDAYS 7:45-8:45AM

Meet at the Leasing Office Lobby



## BOOTCAMP



TUESDAYS 6-7PM

Meet at the Gazebo

Classes provided by  
Alliance Fitness Professional Services

Contact Cameron Clark with  
any questions you may have at  
[stanfordwestfitness@gmail.com](mailto:stanfordwestfitness@gmail.com)

700 Clark Way, Palo Alto, CA 94304 | 650.725.2000 | [StanfordWest.Stanford.edu](http://StanfordWest.Stanford.edu)