





**Fitness Classes**

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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 offered each quarter, we hope to make physical activity enjoyable and accessible. We will help you every step of the way, whether you are just beginning your fitness program or you are looking for vigorous new ways to move your body.

Our experienced, multi-certified staff of instructors emulate the HIP philosophy of gradual change, and provide modifications to participants that accommodate various fitness levels and unique needs. The instructors work with participants in ways that ensure they feel comfortable, supported and motivated. Our desire is to provide the attention and support that helps you achieve your unique fitness goals— *and have fun doing it!*

## NEW CLASSES | Fall 2015!

- \* **Butts and Guts**- Friday 12:30pm-1:20pm @ Ford Center Gym, San Diego Court
- \* **Boot Camp Express** - Tuesday/Thursday 11:15am-11:45am @MSOB Courtyard
- \* **Cardio Flow**- Friday 11:30am-12:20pm @ Burnham Pavilion
- \* **Indoor Cycling at SLAC** - M/W 12:15pm-1:00pm, T/Th 5:30-6:15pm @ SLAC
- \* **Kickbox & Cross Training** Monday/Wednesday 3:45pm-4:30pm @ 1050/1070 Arastradero
- \* **Hatha Yoga**- Thursday 12:10pm-1:00pm @ Bonair Siding
- \* **Unwind & Thrive Yoga** - Monday 12:15pm-1:15pm @. Outdoors , Lawn area in front of Littlefield Bld
- \* **Yoga on the Farm**- Thursday 5:30pm-6:30pm @ O'Donohue Family Farm

## GROUP FITNESS REGISTRATION INFORMATION

- \* **Class registration begins on Tuesday, Sept 9th at 9:00am for everyone. *NO pre-registration one day ahead.***
- \* **Register online at [hip.stanford.edu](http://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](mailto:healthimprovement@stanford.edu).

## 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, or instructor emergency. Please note that HIP tries to offer at least 80% of the sessions of any fitness class every quarter. So, if a session has to be cancelled, we do not guarantee that we can offer a makeup session for that class. 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.

## CARDIO & STRENGTH: Indoor Cycling Activity

### **Indoor Cycling at SLAC** (min. 6 - max. 11) *New Class*

An organized swim workout based on your ability level. Instruction to improve your swimming technique and cardiovascular endurance. 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. \*SLAC BADGE REQ'D \*\*

<u>CODE</u>	<u>DAY</u>	<u>DATES</u>	<u>TIME</u>	<u>LOCATION</u>	<u>INSTRUCTOR</u>	<u>FEE</u>	<u># CLASSES</u>
icws-01	T/F	9/22-12/4	12:15-1:00pm	SLAC Rec. Center	HIP Staff	\$120	20
icws-02	T/Th	9/22-12/3	5:30-6:15pm	SLAC Rec. Center	HIP Staff	\$120	20

## YOGA & YOGA/PILATES BLEND

### **Yoga at the Farm** (min. 6 - max. 20) *New Class*

BREATHE, STRETCH, AND STRENGTHEN, WHILE EXPERIENCING THE CONNECTION BETWEEN YOUR BODY AND THE CYCLICAL, SEASONAL RHYTHMS APPARENT ON A WORKING FARM. THIS ALL LEVELS YOGA CLASS BLENDS VINYASA FLOW WITH ALIGNMENT INSTRUCTION AND BREATHING EXERCISES, TO ENERGIZE AND REJUVENATE BODY AND MIND. WHAT TO BRING TO CLASS: WEAR COMFORTABLE CLOTHING IN LAYERS, AND SUNBLOCK SINCE CLASS WILL BE OUTDOORS. BRING A YOGA MAT.

<u>CODE</u>	<u>DAY</u>	<u>DATES</u>	<u>TIME</u>	<u>LOCATION</u>	<u>INSTRUCTOR</u>	<u>FEE</u>	<u># CLASSES</u>
yf-01	Thur	9/24-12/3	5:30-6:30pm	O'Donohue Family Farm	HIP Staff	\$120	10

## ATHLETIC FITNESS & MARTIAL ARTS

### **Boot Camp Express** (min. 14 - max.30)

1-HOUR BOOT CAMP WORKOUT IN 30 MINUTES! HIGH INTENSITY, FAST-PACED EXPRESS BOOT CAMP WORKOUT. BODY-WEIGHT BASED. INTERMEDIATE TO ADVANCED FITNESS CLASS. BRING A MAT AND WATER BOTTLE

<u>CODE</u>	<u>DAY</u>	<u>DATES</u>	<u>TIME</u>	<u>LOCATION</u>	<u>INSTRUCTOR</u>	<u>FEE</u>	<u># CLASSES</u>
bex-01	T/Th	9/22-12/3	11:15-11:45am	MSOB Courtyard	Nikki Downing	\$120	20

## ATHLETIC FITNESS & MARTIAL ARTS





### **Cardio Thai Kickboxing** (min. 14 - max45)

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. ENDS WITH CORE EXERCISES AND STRETCHING. WEAR COMFORTABLE ATHLETIC CLOTHING AND SHOES. PLEASE BRING A TOWEL AND WATER BOTTLE

<u>CODE</u>	<u>DAY</u>	<u>DATES</u>	<u>TIME</u>	<u>LOCATION</u>	<u>INSTRUCTOR</u>	<u>FEE</u>	<u># CLASSES</u>
ctk-01	M/W	9/21-12/2	12:00-1:00pm	Arrillaga Sports & Rec, Court	Charles Cesar	\$120	20

## INTENSITY/DIFFICULTY KEY Group Fitness

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

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|--|--|
| <p> 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> 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> Advanced - classes are for experienced participants, or those wanting a more intense workout.</p> <p> Combined - classes are taught with modification of movements so that all levels are provided a safe and effective workout.</p> |
|--|--|



### Chronic Condition Friendly



### Older Adult Friendly

Please look for these icons next to Group Fitness classes designated *Chronic Condition Friendly* or *Older Adult Friendly*. HIP has identified new and recurrent classes that are particularly suited to individuals living with chronic conditions, and older adults. We have selected classes that encourage any level participation. The instructors will accommodate mobility limitations, and offer adjustments of pace and intensity. HIP strives to offer safe, fun, and appropriately challenging ways for all individuals to reap the benefits of increased energy, strength, and sense of well-being that physical activity can provide.

## AQUATIC EXERCISE

### **Aqua Fitness** (min. 14 - max. 25)

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	# CLASSES
af-01	M/W	9/21-12/2	12:05-12:50pm	Avery Recreation Pool	Carole Chetrit	\$120	20
af-02	T/Th	9/22-12/3	5:15-6:15pm	Avery Recreation Pool	Carole Chetrit	\$120	20

### **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	# CLASSES
cs-01	M/W	9/21-12/2	12:00-12:30pm	Avery Aquatic Center	Sharon Berg	\$60	20
cs-02	M/W	9/21-12/2	12:30-1:00pm	Avery Aquatic Center	Sharon Berg	\$60	20
cs-03	M/W	9/21-12/2	1:00-1:30pm	Avery Aquatic Center	Sharon Berg	\$60	20
cs-04	M/W	9/21-12/2	6:00-6:30pm	Avery Recreation Pool	Sharon Berg	\$60	20
cs-05	M/W	9/21-12/2	6:30-7:00pm	Avery Recreation Pool	Sharon Berg	\$60	20
cs-06	T/Th	9/22-12/3	12:00-12:30pm	Avery Aquatic Center	Toni King	\$60	20
cs-07	T/Th	9/22-12/3	12:30-1:00pm	Avery Aquatic Center	Toni King	\$60	20

### **Overcoming the Fear of Water** (min. 8 - max. 12)

This class is for individuals who have fear, anxiety or discomfort in water. This class is also designed for individuals who have previously taken beginning swim courses and have had little/no success or who struggle to move through water. A foundation of basic balance and movement skills will be developed through a series of fundamental water exercises. When safety or balance in the water is in question, so is the ability to move, and to some extent, the ability to breathe comfortably. As comfort and balance improve, the easier it is to accept movement and breathing skills. The goal is to heal fear and create a swimmer who is comfortable and in control in both shallow and deep water.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE	# CLASSES
ofw-01	T/Th	9/22-12/3	4:15-5:05pm	Avery Recreation Pool	Toni King	\$120	20

## **Boot Camp Drop'n Go Sec. 1 & 3** (min. 14 - max. 45), **Sec 3** (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. Sec 2 *\*SLAC BADGE REQ'D*

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE	# CLASSES
boot-01	M/W	9/21-12/02	5:15-6:05pm	Arrillaga Sports & Rec, Court	Charles Ceasar	\$120	20
boot-02	T/Th	9/22-12/3	7:00-7:45am	Arrillaga Sports & Rec, Court	Charles Cesar	\$120	20
boot-03	T/Th	9/22-12/3	12:00-1:00pm	*SLAC Arrillaga Rec, B55	Tony Davis	\$120	20

## **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.



CODE	DAY	DATE	TIME	LOCATION	INSTRUCTOR	FEE	# CLASSES
ck-01	Fri	9/25-12/4	12:15-1:00pm	Arrillaga Outdoor Ed, Court	Charles Ceasar	\$60	10

## **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	# CLASSES
ct-01	M/W	9/21-12/2	12:15-1:05pm	*SLAC Arrillaga Rec, B55	Nikki Downing	\$120	20
ct-02	T/Th	9/22-12/3	5:30-6:30pm	*SLAC Arrillaga Rec, B55	Santiago Quintero	\$120	20
ct-03	T/Th	9/22-12/3	6:10-7:05pm	Arrillaga Sports & Rec, Court	Mary O'Connell	\$120	20

*\*SLAC BADGE REQ'D*

## **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	# CLASSES
fcst-01	T/Th	9/22-12/3	5:30-6:20pm	Arrillaga Outdoor Ed, Court	Tom Rankin	\$120	20

## **HIIT 30: High Intensity Interval Training for 30 minutes** (min. 14 - max.45)

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	# CLASSES
hiit30-01	T/Th	9/22-12/3	1:30-2:00pm	Arrillaga Outdoor Ed, Studio 203	Charles Ceasar	\$120	20

## **Kickbox & Cross Train at 1050/1070 Arastradero**(min 14 - max. 20)

HIGH INTENSITY CARDIO KICKBOXING WORKOUT ON MONDAYS. HIGH INTENSITY CROSS TRAINING WORKOUT ON WEDNESDAYS. WEAR ATHLETIC CLOTHING, BRING A WATER BOTTLE AND WEAR COMFORTABLE ATHLETIC SHOES. ON MONDAYS MEET AT THE BACK PARKING LOT OF 1050. ON WEDNESDAYS MEET AT THE BACK PARKING LOT OF 1070.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE	# CLASSES
kct-01	M/W	9/21-12/2	3:45-4:30pm	1070 Arastradero Road	Charles /Moj	\$120	20

## ATHLETIC FITNESS & MARTIAL ARTS

### **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. 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. Class held outdoors.



CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE	# CLASSES
skf-01	Fri	9/25-12/4	11:30am-12:30pm	MSOB Courtyard	Shaolin Monks	\$110	10

## CARDIO & STRENGTH COMBO: Easy-to-Follow Dance and Movement Activity

### **Body Rock Sec. 1 & 2** *(min. 14 - max. 50)*

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	# CLASSES
br-01	M/W	9/21-12/2	12:30-1:20pm	Arrillaga Outdoor Ed, Court	Monica Mark	\$120	20
br-02	M/W	9/21-12/2	5:30-6:20pm	Arrillaga Outdoor Ed, Court	Monica Mark	\$120	20

### **Cardio Flow** *(min. 14 - max. 25)* New Class

This class consists of low- impact movement drawn from traditional aerobics, dance, yoga, and martial arts. Choreography is fun, easy to follow and designed to tone, stretch, and invigorate! Each class finishes with core work on the floor. The class can be done indoors or outdoors. Please bring a mat, non-slip grip socks, or workout shoes. Wear comfortable athletic clothing and shoes. PLEASE BRING A YOGA MAT!



CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE	# CLASSES
cf-01	Fri	9/25-12/4	11:30-12:20pm	Burnham Pavilion	Brett Blankenship	\$60	10

### **Greatest Hits Workout** *(min. 14 - max.30)*

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.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE	# CLASSES
ghw-01	T/Th	9/22-12/3	11:30-12:20pm	Ford Center, San Diego Court	Linda Breen Manuel	\$120	20

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

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 (preferably with a sticky bottom surface). Mats will not be provided. You will need your Stanford ID or Rec ID Card for admittance into the building.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE	# CLASSES
p4f-01	Fri	9/25-12/4	12:00-12:50pm	Arrillaga Outdoor Ed, Court	Santiago Quintero	\$60	10

### **Get Up and Move!** Returning Class *(min. 14 - max.30)*

Get away from the office and get moving! This 40-minute class includes easy-to-follow dance aerobic routines set to songs that will get you moving! Body toning exercises are included to strengthen you from head to toe. All fitness levels invited – the instructor offers options to make the workout just right for you! Wear comfortable clothing and shoes. Bring a mat and water bottle.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE	# CLASSES
gum-01	M/W	9/21-12/2	12:00-12:45pm	Ford Center, San Diego Court	Joy Lopez	\$120	20



## CARDIO & STRENGTH COMBO: Easy-to-follow Dance and Movement Activity *cont.*

### **Zumba! Sec. 1, 3, 5 & 6** (*min. 14 - max. 20*), **Sec. 2 & 4** (*min. 14 - max. 55*),

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.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE	# CLASSES
zum-01	M/W	9/21-12/2	12:00-1:00pm	*SLAC Arrillaga Ctr, B55	Edna Barr	\$120	20
zum-02	M/W	9/21-12/2	11:30-12:20pm	Arrillaga Outdoor Ed, Studio 203	Angela Lee	\$120	20
zum-03	Mon	9/21-11/30	5:15-6:15pm	*SLAC Arrillaga Ctr, B55	Eliana Valdes	\$60	10
zum-04	T/Th	9/22-12/3	5:00-5:45pm	Arrillaga Sports & Rec, Court	Genaro Sanchez	\$120	20
zum-05	T/Th	9/22-12/3	5:15-6:15pm	3160 Porter Dr, Yoga Rm	Carla/Maria	\$120	20
zum-06	Thu	9/24-12/3	12:00-12:55pm	3160 Porter Dr, Yoga Rm	Noriko Rovner	\$60	10

\*SLAC BADGE REQ'D \*\*

## CARDIO & STRENGTH: Indoor Cycling Activity

### **Beginning Indoor Cycling Workout** (*min. 10 - max. 19*)

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	# CLASSES
bicw-01	Fri	9/25-12/4	1:10-2:00pm	Arrillaga Sports & Rec, Bikes	Janet Berkowitz	\$60	10

### **Cycle Circuit** (*min. 10 - max. 19*)

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	# CLASSES
cyc-01	Fri	9/25-12/4	6:15-7:15am	Arrillaga Sports & Rec, Bikes	Denise Gittens	\$60	10

### **Indoor Cycling Workout Sec. 1, 5 & 7** (*min. 14 - max. 19*), **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	# CLASSES
icw-01	M/W	9/21-12/2	6:15-7:00am	Arrillaga Sports & Rec, Bikes	Denise Gittens	\$120	20
icw-02	M/W	9/21-12/2	11:30-12:15pm	3145 Porter Dr., Gym, Bikes	Cesar Ravelli	\$120	20
icw-03	M/W	9/21-12/2	11:30-12:10pm	Arrillaga Outdoor Ed, Bikes	Alyssa Blau	\$120	20
icw-04	M/W	9/21-12/2	12:15-1:00pm	Arrillaga Outdoor Ed, Bikes	Alyssa Blau	\$120	20
icw-05	T/Th	9/22-12/3	11:45-12:30pm	Arrillaga Sports & Rec, Bikes	Janet/Karin	\$120	20
icw-06	T/Th	9/22-12/3	5:15-6:00pm	3145 Porter Dr., Gym, Bikes	Janet/Chris	\$120	20
icw-07	T/Th	9/22-12/3	5:30-6:15pm	Arrillaga Sports & Rec, Bikes	HIP Staff	\$120	20

### **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	# CLASSES
trxc-01	M/W	9/21-12/2	5:15-6:10pm	3145 Porter Dr, Gym, Bikes	Cesar Ravelli	\$120	20

## CARDIO & STRENGTH - Outdoor Activity

### 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	# CLASSES
sem-01	T/Th	9/22-12/3	6:30-7:30am	Cobb Track/Angell Field	Tia Rich	\$120	20

## DANCE FOR FITNESS

### Ballet & Barre Work *(min. 10 - max. 25)*

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. You will need your Stanford ID for admittance into the building.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE	# CLASSES
bbw-01	Fri	9/25-12/4	12:30--1:20pm	Arrillaga Outdoor Ed, Studio 112	Vicky Brey	\$60	10

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

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	# CLASSES
bbcd-01	T/Th	9/22-12/3	11:00-11:55am	Arrillaga Outdoor Ed, Studio 111	Vicky Brey	\$120	20

### 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	# CLASSES
bbal-01	M/W	9/21-12/2	5:15-6:15pm	Arrillaga Outdoor Ed, Studio 112	Francisco Avellan	\$120	20

### Caribbean Beat Dance *(min. 10 - max. 40)*

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	# CLASSES
cbd-01	Fri	9/25-12/4	12:05-1:00pm	Arrillaga Sports & Rec, Court	Deanna Anderson	\$60	10 classes

### Chinese Dance Beginner & Intermediate *(min. 14 - max. 30)* *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 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 entry into the building

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE	# CLASSES
cdbi-01	T/Th	9/22-12/3	1:00-1:50pm	Burnham Pavilion	Louise Lu	\$120	20

## DANCE FOR FITNESS

### **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 admittance into the building.



CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE	# CLASSES
bd-01	Tue	9/22-12/1	6:00-7:00pm	TBD	Setareh	\$60	10

## HEALTHY BACK

### **Healthy Back Strength and Stretch Sec. 1** (min. 10 - max. 12), **Sec. 2** (min. 14 - max. 50)

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. Bring your own mat, water bottle and your Stanford ID for admittance into the building.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE	# CLASSES
hbs-01	Mon	9/21-11/30	12:00-12:55pm	425 Broadway, Palm B, 202	Nancy Cottong	\$60	10
hbs-02	T/Th	9/22-12/3	12:00-12:50pm	Burnham Pavilion	Angela Neumann	\$120	20

### **Healthy Back Strong Abs** (min. 14 - max. 50)

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	# CLASSES
hba-01	M/W	9/21-12/2	12:30-1:20pm	Burnham Pavilion	Jean(M), Kerry(W)	\$120	20

## MIND/BODY FITNESS

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

Improve your ability to sense and change the poor body organization that contributes to repetitive strain injuries, stiffness and pain. If you have chronic discomfort, this practice can help you intervene, so your body can heal. If you experience intermittent tension or pain, start now to prevent injury. Using the Feldenkrais Method®, you will 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. Most exercises are done sitting in a chair, standing, or lying down. 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.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE	# CLASSES
feld-01	Fri	9/25-12/4	12:30-1:20pm	Burnham Pavilion	Jean Elvin	\$110	10

### **HIP Fitness Class Sampler** (min. 14 - max. 16)

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	# CLASSES
hfcs-01	T/Th	9/22-12/3	12:10-12:55pm	Arrillaga Racquetball Court	Deanna Anderson	\$120	20

### **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	# CLASSES
med-01	Wed	9/23-12/2	12:10-12:50pm	Health Res. & Policy, T138B	Vickie Martin	\$110	10

## PILATES MAT

### **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	# CLASSES
cp-01	Mon	9/21-11/30	12:00-1:00pm	3160 Porter Dr., Yoga Room	Kerry Spear	\$110	10
cp-02	Wed	9/23-12/2	11:00-11:55am	Midpoint Gym, 475 Broadway RWC	Michelle Conlon	\$110	10

### **Pilates Barre** (min. 10 - max 20)

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	# CLASSES
pb-01	Thu	9/24-12/3	11:00-11:45am	3160 Porter Dr, Yoga Room	Stella Marquez	\$110	10

### **Pilates for Core Strength, Intermediate Level**

In this class you will use a theraband and magic circle to enhance your strength, flexibility and coordination in the mat work. This 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 (PREFERRABLY WITH A STICKY BOTTOM SURFACE) TO CLASS. MATS WILL NOT BE PROVIDED. IF YOU HAVE YOUR OWN THERABAND, PLEASE BRING TO CLASS; IF THERABANDS ARE PROVIDED, THEY WILL BE GENERAL-USE BANDS THAT ARE USED BY OTHER CLASSES. A Stanford University ID card that is activated for the Card Reader is required for entry into the building.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE	# CLASSES
pcs-01	Mon	9/21-11/30	5:30-6:20pm	Arrillaga Outdoor Ed, Studio203	Lisa Burnett	\$110	10

### **Pilates Mat**

#### **Sec. 1 & 4** (min. 10 - max. 20), **Sec. 2** (min. 10 - max. 12), **Sec. 3** (min. 10 - max. 30), **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.



CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE	# CLASSES
pm-01	Tue	9/22-12/1	11:00-11:55am	3160 Porter Dr, Yoga Rm	Christi Cerna	\$110	10
pm-02	Wed	9/23-12/2	5:30-6:30pm	3172 Porter Dr., Room 2100	Kirsten Olsan	\$110	10
pm-03	Thu	9/24-12/3	11:30-12:20pm	Arrillaga Outdoor Ed, St. 203	Moj Razmi	\$110	10
pm-04	Thu	9/24-12/3	12:15-1:05pm	*SLAC Arrillaga Rec, B55	Stella Marquez	\$110	10
pm-05	Thu	9/24-12/3	5:45-6:45pm	Li Ka Shing Ctr, LK 209	Ellen Spivak	\$110	10

\*SLAC BADGE REQ'D

## STRENGTH TRAINING WITH RESISTANCE EQUIPMENT

### **Butts and Guts!** (min. 10 - max. 30)

Work on getting hard core abs and buns of steel in this class! Get rid of that jiggle! Use free weights, resistance bands, and body weight exercises to target abs, thighs, buns. Set to popular music. All levels welcome. Bring towel and water bottle. Wear comfortable athletic clothing and shoes. PLEASE BRING YOUR OWN MAT (PREFERABLY WITH A STICKY BOTTOM SURFACE) TO CLASS. MATS WILL NOT BE PROVIDED.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE	# CLASSES
bg-01	Fri	9/25-12/4	12:30-1:20pm	Ford Center, San Diego Court	Joy Lopez	\$60	10

### **Body Firm/Super Sculpt** (min. 14 - max. 45)

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. Bring a mat, water bottle, and your Stanford ID for admittance into the building.



CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE	# CLASSES
bfs-01	T/Th	9/22-12/3	1:10-2:10pm	Arrillaga Sports & Rec, Court	Deanna Anderson	\$120	20

### **Boot Camp - Body Sculpt Sec. 1 & 2** (min 14 - max 20), **Sec. 3** (min 14 - max 55), **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	# CLASSES
bcbs-01	M/W	9/21-12/2	11:00-11:45am	3160 Porter Dr, Yoga Rm	Nikki Downing	\$120	20
bcbs-02	M/W	9/21-12/2	5:30-6:30pm	3160 Porter Dr, Yoga Rm	Toni King	\$120	20
bcbs-03	T/Th	9/22-12/3	12:30-1:20pm	Arrillaga Sports & Rec, Studio	Nikki Downing	\$120	20
bcbs-04	*Fri	9/25-12/4	11:00-11:45am	3160 Porter Dr, Yoga Rm	Charles Ceasar	\$60	10

### **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	# CLASSES
hbt-01	T/Th	9/22-12/3	12:00-1:00pm	Arrillaga Sports & Rec, Court	Bridgette M-Hard	\$120	20

### **Hard Core Abs, Arms & Back Sec. 1** (min. 14 - max. 20), **Sec. 2** (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	# CLASSES
hca-01	M/W	9/21-12/2	1:15-1:55pm	3160 Porter Dr, Yoga Rm	Joy Lopez	\$120	20
hca-02	Fri	9/25-12/4	11:30-12:20pm	Ford Center, San Diego Court	Joy Lopez	\$60	10

### **RIP Training** (min. 6 - max. 10)

A UNIQUE MIX OF ROTATION, CORE STABILITY, CONTROL, POWER, STRENGTH, MOBILITY, METABOLIC CONDITIONING, BALANCE AND COORDINATION CHALLENGES USING THE TRX RIP TRAINER. A FUN, CHALLENGING WORKOUT AND AMONG THE MOST EFFECTIVE AND EFFICIENT FUNCTIONAL AND CORE STRENGTHENING WORKOUTS AVAILABLE. EACH WORKOUT ENGAGES YOUR ENTIRE CORE AND TRAINS YOUR BODY TO MOVE WITH MORE POWER AND STABILITY! CLASS IS HELD OUTDOORS. WEAR SUNSCREEN, SUN GLASSES, AND/OR A HAT FOR SUN PROTECTION. BRING YOUR OWN MAT OR TOWEL AND WATER BOTTLE.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE	# CLASSES
rip-01	T/Th	9/22-12/3	11:20-12:05pm	SoM Sports Complex	Genaro Sanchez	\$120	20
rip-02	T/Th	9/22-12/3	12:10-12:50pm	SoM Sports Complex	Genaro Sanchez	\$120	20

## STRENGTH TRAINING WITH RESISTANCE EQUIPMENT

### **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	# CLASSES
trxc-01	M/W	9/21-12/2	5:15-6:10pm	3145 Porter Dr, Gym	Cesar Ravelli	\$120	20
trxc-02	M/W	9/21-12/2	6:15-7:00pm	3145 Porter Dr, Gym	Alissa/Chris	\$120	20

### **TRX Suspension Training Sec. 1, 2, 4, 5, 6, 7, 9, 11, 12 & 13** (min. 6-max. 8), **Sec. 3, 8 & 10** (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. Sections 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	# CLASSES
trx-01	M/W	9/21-12/2	11:20-12:05pm	SoM Sports Complex	Genaro Sanchez	\$120	20
trx-02	M/W	9/21-12/2	12:10-12:50pm	SoM Sports Complex	Genaro Sanchez	\$120	20
trx-03	M/W	9/21-12/2	12:20-1:05pm	3145 Porter Dr., Gym	Cesar Ravelli	\$120	20
trx-04	M/W	9/21-12/2	1:00-1:40pm	SoM Sports Complex	Genaro Sanchez	\$120	20
trx-05	M/W	9/21-12/2	4:25-5:10pm	SoM Sports Complex	Christi Cerna	\$120	20
trx-06	M/W	9/21-12/2	5:10-5:50pm	SoM Sports Complex	Christi Cerna	\$120	20
trx-07	T/Th	9/22-12/3	11:20-12:05pm	SoM Sports Complex	Alissa Flandez	\$120	20
trx-08	T/Th	9/22-12/3	11:30-12:15pm	3145 Porter Dr., Gym	Cesar Ravelli	\$120	20
trx- 9	T/Th	9/22-12/3	12:10-12:50pm	SoM Sports Complex	Alissa Flandez	\$120	20
trx-10	T/Th	9/22-12/3	12:20-1:05pm	3145 Porter Dr., Gym	Cesar Ravelli	\$120	20
trx-11	T/Th	9/22-12/3	4:25-5:05pm	SoM Sports Complex	Christie/Kristen	\$120	20
trx-12	T/Th	9/22-12/3	5:10-5:50pm	SoM Sports Complex	Christie/Kristen	\$120	20
trx-13	T/Th	9/22-12/3	5:30-6:15pm	SoM Sports Complex	Alissa Flandez	\$120	20

### **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	# CLASSES
trxs-01	M/W	9/21-12/2	12:15-1:05pm	*SLAC Arrillaga Rec.Ctr, B55	Alissa Flandez	\$120	20
trxs-02	T/Th	9/22-12/3	12:15-1:05pm	*SLAC Arrillaga Rec.Ctr, B55	Laura Schuster	\$120	20

\*SLAC BADGE REQUIRED



## TAI CHI & QIGONG



### Chen Family Taijiquan (Tai Chi) and Qigong (min. 10 - max. 15) | *Outdoors*

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.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE	# CLASSES
cft-01	Tue	9/22-12/1	11:45-12:45pm	Dohrmann Grove	Master Wong	\$110	10
cft-02	Thu	9/24-12/3	12:00-1:00pm	Grass behind MSOB Bldg	Yan Li	\$110	10

### Tai Chi - 10 Form Yang Style and Health Qigong (min. 10 - max. 15) | *Indoors*

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	# CLASSES
tcy-01	Wed	9/23-12/2	12:00-1:00pm	3160 Porter Dr, Yoga Room	Lily Li	\$110	10

## WEIGHT TRAINING IN THE WEIGHT ROOM

### **Circuit Weight Training All Sec.** (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	# CLASSES
cwt-01	M/W	9/21-12/2	11:00-12:00pm	Arrillaga Outdoor Ed, Fitness Center	Santiago Quintero	\$120	20
cwt-02	M/W	9/21-12/2	12:05-1:00pm	Arrillaga Outdoor Ed, Fitness Center	Santiago Quintero	\$120	20
cwt-03	T/Th	9/22-12/3	11:00-11:55am	3160 Porter Dr., Gym	Santiago Quintero	\$120	20
cwt-04	T/Th	9/22-12/3	11:00-11:55am	Arrillaga Sports & Rec, Fitness Center	Trey Gebremariam	\$120	20
cwt-05	T/Th	9/22-12/3	12:00-1:00pm	Arrillaga Sports & Rec, Fitness Center	Trey Gebremariam	\$120	20
cwt-06	T/Th	9/22-12/3	1:05-2:00pm	3160 Porter Dr., Gym	Santiago Quintero	\$120	20

### **Cycle Circuit - 60-minute class combining indoor cycling and weight training - See page 4 for details**

### **Functional Strength Training** (min. 8 - max. 10)

Class designed for beginners or experienced exercisers who want to perform daily work and recreational activities with more ease and vigor. This class is a specially designed program to provide the proper training stimulus and guidance for better functioning. We will use Functional Movement Screens to assess and develop mobility, focus on strengthening the most essential human movements (squat, lunge, push, pull, etc.) to enhance balance and control. What we do today determines how we will be tomorrow. Wear comfortable clothing. Bring a towel, water, and your own mat to class (preferably with a sticky bottom surface). Mats will not be provided. "Older Adult Friendly" class. Bring your Stanford ID for entry into the building.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE	# CLASSES
fst-01	T/Th	9/22-13/3	12:00-1:00pm	Arrillaga Outdoor Ed, Fitness Center	Tom Rankin	\$120	20

### **Senior Strong** (min. 8 - max. 10)

If you don't use it, you lose it. After age 40 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 (preferably 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	# CLASSES
ss-01	M/W	9/21-12/2	10:00-10:55am	Arrillaga Outdoor Ed, Fitness Center	Tom Rankin	\$120	20

### **Sports Conditioning 101: Get Strong!** (min. 8 - max 10) *New Class!*

THIS CLASS IS THE FOUNDATIONAL TRAINING NECESSARY TO BUILD TOWARD BECOMING YOUR PERSONAL BEST. INCLUDED ARE A COMBINATION OF STRENGTH, CORE CONDITIONING, BALANCE AND DYNAMIC MOBILITY EXERCISES FOR THE RECREATIONAL ATHLETE WHO WANTS TO RETURN TO A SPORT OR PERFORM BETTER AT THE SPORT. THIS IS A ONE-HOUR CLASS THAT WILL HELP YOU TO IMPROVE YOUR FULL-BODY STRENGTH AND CARDIOVASCULAR HEALTH, AND STAY INJURY-FREE TO PLAY SPORTS. TWO INSTRUCTORS WILL CO-TEACH AND BRING THEIR OWN EXPERTISE AND STYLE TO THE CLASS. BRING A WATER BOTTLE AND TOWEL. LOOK FOR SPORTS CONDITIONING 201: GET STRONG! AND SPORTS CONDITIONING 301: GET FAST! IN FUTURE QUARTERS. SPORTS CONDITIONING 101 WILL BE A PREREQUISITE FOR THESE TWO CLASSES.



CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE	# CLASSES
sc101	Fri	9/25-12/4	11:30-12:30pm	Arrillaga Outdoor Ed, Fitness Center	Cesar/Tom	\$60	10 classes

### **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	# CLASSES
wlb-01	M/W	9/21-12/2	5:30-6:30pm	*SLAC Arrillaga Rec, B55	Santiago Quintero	\$120	20

\*SLAC BADGE REQ'D



## YOGA & YOGA/PILATES BLEND

### **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	# CLASSES
ahy-01	Mon	9/21-11/30	12:30-1:20pm	TBD	Moj Razmi	\$110	10
ahy-02	**Fri	9/25-14/	11:00-11:55am	*SLAC Arrillaga Rec, B55	Moj Razmi	\$110	10

*\*SLAC BADGE REQ'D\**

### **Flow Yoga Sec. 1** (min. 10-max. 50), **Sec. 2 & 4** (min. 10-max. 30), **Sec. 3** (min. 10-max. 20), **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. Sections 2, 3 & 4 require your Stanford ID or Rec ID Card for building entry.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE	# CLASSES
fy-01	Mon	9/21-11/30	11:30-12:20pm	Burnham Pavilion	Keyko Pintz	\$110	10
fy-02	Mon	9/21-11/30	1:30-2:20pm	Arrillaga Outdoor Ed, Studio 203	Eileen Gulik	\$110	10
fy-03	Thur	9/24-12/3	1:15-2:15pm	3160 Porter Dr, Yoga Rm	Dina Robison	\$110	10
fy-04	Thur	9/24-12/3	1:30-2:20pm	Arrillaga Outdoor Ed, Studio 203	Eileen Gulik	\$110	10
fy-05	*Fri	9/25-12/4	12:00-1:00pm	Li Ka Shing, LK308	Angela Neuman	\$60	10

### **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	# CLASSES
fji-01	Wed	9/23-12/2	3:15-4:15PM	3160 Porter Dr, Yoga Rm	Edna Barr	\$110	10

### **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	# CLASSES
gyb-01	Mon	9/21-11/30	5:15-6:15pm	3172 Porter Dr, Rm 2100	Kathryn Pecka	\$110	10
gyb-02	*Fri	9/25-12/4	1:00-1:50pm	Arrillaga Sports & Rec, Studio	Brett Blankenship	\$110	10

### **Hatha Yoga: Based on Principles of Alignment Sec. 1** (min. 10-max.30), **Sec. 2** (min. 10-max. 12), **Sec. 3** (min. 10-max. 15)

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 building entry.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE	# CLASSES
hyp-01	Wed	9/23-12/2	5:30-6:20pm	TBD	Patricia Becker	\$110	10
hyp-02	Thur	9/24-12/3	12:10-1:00pm	340 Bonair Siding	Patricia Becker	\$110	10
hyp-03	Thur	9/24-12/3	5:15-6:05pm	GSB, East Faculty Bldg.	Patricia Becker	\$110	10

### **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	# CLASSES
my-01	Wed	9/23-12/2	7:00-7:55am	Cobb Track	Tia Rich	\$110	10

**Power Yoga Sec. 1 & 3** (min. 10 - max. 30), **Sec. 2** (min. 10 - max. 20)

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: All sections require Stanford ID or Rec ID Card for building entry.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE	# CLASSES
py-01	Tue	9/22-12/1	11:30-12:20pm	Arrillaga Outdoor Ed, Studio 203	Nancy Cottong	\$110	10
py-02	Wed	9/23-12/2	4:30-5:20pm	3160 Porter Dr, Yoga Rm	Edna Barr	\$110	10
py-03	Fri	9/25-12/4	11:30-12:20pm	Arrillaga Outdoor Ed, Studio 203	Edna Barr	\$110	10

**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	# CLASSES
pn-01	Wed	9/23-12/2	5:30-6:20pm	Arrillaga Outdoor Ed, Studio 203	Kathryn Pecka	\$110	10

**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	# CLASSES
rest-01	Tues	9/22-12/1	5:00-6:00pm	Bing Nursery School	Kathryn Pecka	\$110	10

**Unwind & Thrive with Yoga Sec. 1, 2 & 4** (min. 10 - max. 15), **Sec. 3** (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	# CLASSES
uty-01	Mon	9/21-11/30	12:15-1:15pm	Littlefield Bldg, Lawn, Lausen st.	Katherine Aqostino	\$110	10
uty-02	Mon	9/21-11/30	6:05-7:00pm	Li Ka Shing Ctr, LK 308	Eilka Aird	\$100	9 no class 11/12
uty-03	Tues	9/22-12/01	12:00-1:00pm	3160 Porter Dr, Yoga Rm	Sheryl Nonnenberg	\$110	10
uty-04	Tues	9/22-12/01	5:40-6:40pm	TBD	Ellen Spivak	\$110	10

**Yoga Basics** (min. 10 - max. 50)

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	# CLASSES
yb-01	Wed	9/23-12/2	11:30-12:20pm	Burnham Pavilion	Janet Berkowitz	\$110	10

## YOGA & YOGA/PILATES BLEND

### **Yoga For Every Body Condition** (min. 10 - max. 15)

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	# CLASSES
yeb-01	Wed	9/23-12/2	12:05-1:00pm	Li Ka Shing Ctr, LK 208	Kathryn Pecka	\$110	10

### **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, water bottle and your Stanford ID Card for building entry.



CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE	# CLASSES
yfr-01	Fri	9/25-12/4	11:00-11:55am	Arrillaga Sports & Rec, Studio	Deanna Anderson	\$110	10

### **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	# CLASSES
ypc-01	Fri	9/25-12/4	7:00-8:00am	Arrillaga Sports & Rec, Studio	Kerry Spear	\$110	10
ypc-02	Fri	9/25-12/4	12:00-12:55pm	3160 Porter Dr, Yoga Rm	Kerry Spear	\$110	10
ypc-03	Fri	9/25-12/4	1:00-1:55pm	3160 Porter Dr, Yoga Rm	Kerry Spear	\$110	10





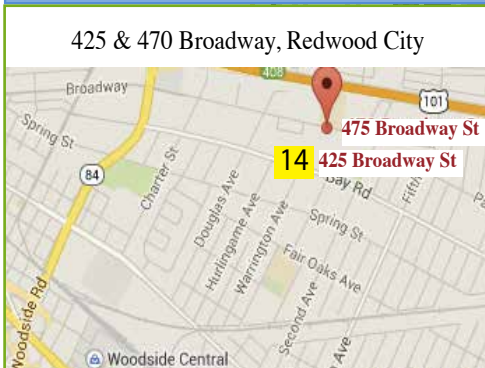
## Where are HIP classes being offered Summer 2015?

*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](mailto:jerrie.thurman@stanford.edu).

 Locations listed in HIP Schedule of classes

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](mailto:healthimprovement@stanford.edu).



### LOCATION INDEX:

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

 5 SLAC



### 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 [jlrogers@stanford.edu](mailto:jlrogers@stanford.edu).

The HIP office location:  
 Medical School Office Building (MSOB), 3rd floor  
 1265 Welch Road, Stanford, CA 94305  
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<http://hip.stanford.edu>

Stanford Searchable Map:  
<http://campus-map.stanford.edu>



HIP RoadShow for all Hospital Employees  
Summer 2015



Wellness.HealthySteps4U.org



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HEALTH CARE



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Children's Health

## Stanford Health Improvement Program

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