

HIP Group Fitness Classes for Employee/Retiree Wellness* Winter 2019 (1/14-3/15) Schedule-At-A-Glance

Register for Classes on the HIP website: <http://hip.stanford.edu>, Phone: (650) 723-9649 Email: healthimprovement@stanford.edu

	Monday	Tuesday	Wednesday	Thursday	Friday
6:15/30am	6:30 Indoor Cycling Workout @ AOERC, Bikes	6:15 Circuit Weight Training @ ACSR Fitness 6:30 Sunrise Exercise @ Cobb Track	6:30 Indoor Cycling Workout @ AOERC, Bikes	6:15 Circuit Weight Training @ ACSR Fitness Ctr 6:30 Sunrise Exercise @ Cobb Track	6:15 HIIT Cycle & Strength @ ACSR, Bikes
7:00am	7:00 Running Made Easy @ Cobb Track	7:00 Boot Camp Drop 'n Go @ ACSR, Court 7:00 TRX/Yoga Core @ AOERC, 203 7:05 Circuit Weight Trng @ ACSR Fitness Ctr	7:00 Running Made Easy @ Cobb Track	7:00 Boot Camp Drop 'n Go @ ACSR, Court 7:00 TRX/Yoga Core @ AOERC, 203 7:05 Circuit Weight Trng @ ACSR Fitness Ctr	7:00 Healthy Back Strong Abs @ ACSR, Studio 8:05 Yoga/Pilates Fusion @ ACSR, Studio
10:00am - 11:45am	10:00 Senior Strong @ AOERC, Fitness Ctr 11:00 Boot Camp-Body Sculpt @ 3160 Porter 11:00 Circuit Weight Trng @ AOERC, Fitness Ctr 11:00 Circuit Weight Trng @ ACSR Fitness Ctr 11:20 TRX @ SoM Sports Complex 11:30 Hard Core Abs @ Ford Center Court 11:30 Healthy Back Strong Abs @ ACSR Studio 11:30 Indoor Cycling @ 3145 Porter 11:30 Zumba @ AOERC, Studio 111	11:00 Circuit Weight Trng @ 3160 Porter 11:00 Circuit Weight Trng @ ACSR, Fitness Ctr 11:00 TRX & Cycle Combo @ 3145 Porter 11:00 Pilates Mat @ 3160 Porter, Studio 11:30 Beg Ballet & Contemp Dance, Roble.115 11:30 Hula Dance @ Roble Studio 113 11:30 Pilates Mat @ Roble Studio 114 11:30 TRX @ SLAC, Bldg. 55, Fitness Ctr 11:45 Chen Family Tai Chi @Dohrmann Grove	10:00 Senior Strong @ AOERC, Fitness Ctr 11:00 Boot Camp Body Sculpt @ 3160 Porter 11:00 Circuit Weight Trng @ AOERC, Fitness Ctr 11:00 Circuit Weight Trng @ ACSR Fitness Ctr 11:20 TRX @ SoM Sports Complex 11:30 Hard Core Abs @ Ford Center Court 11:30 Healthy Back Strong Abs @ ACSR Studio 11:30 Indoor Cycling @ 3145 Porter 11:30 Zumba @ AOERC, Studio 111	11:00 Circuit Weight Trng @ 3160 Porter 11:00 Circuit Weight Trng @ ACSR, Fitness Ctr 11:00 TRX & Cycle Combo @ 3145 Porter 11:00 Unwind & Thrive Yoga @ 3160 Porter 11:15 Pilates Mat, SLAC, bldg. 55, Studio 11:30 Beg Ballet & Contemp Dance, Roble.115 11:30 Gentle Yoga @ Roble Studio 114 11:30 TRX @ SLAC, Bldg. 55, Fitness Ctr	11:00 Aligned Hatha Yoga @ SLAC, Bldg. 55 11:00 Boot Camp - Body Sculpt @ 3160 Porter 11:00 Circuit Weight Trng @ AOERC Fitness Ctr 11:30 Indoor Cycling @ AOEC Bikes 11:30 Shaolin Kung Fu @ MSOB Courtyard 11:30 Soul Line Dance @ AOERC, Studio 203 11:30 Yoga 4 Runners&Athletes @ ACSR Studio
12:00pm - 12:35pm	12:00 Circuit Weight Trng @ AOERC, Fitness Ctr 12:00 Conditioning Pilates @ 3160 Porter, Studio 12:00 Flow Yoga @ Burnham Pavilion 12:00 Running Made Easy @ Cobb Track 12:00 Yang Tai Chi/Qigong @ 800 Welch, 250E 12:05 Get Up & Move! @ Ford Center, Court 12:10 TRX @ SoM Sports Complex 12:15 Boot Camp Drop 'n Go @ ACSR Court 12:15 Cross Training @ SLAC, Bldg. 55 12:15 Middle Eastern Belly Dance @ Roble 114 12:15 TRX @ SLAC, Bldg. 55, Fitness Center 12:20 TRX @ 3145 Porter Drive, Gym 12:20 Zumba @ SLAC, bldg. 55, Studio 12:30 Aqua Fitness @ Avery Rec Pool 12:30 Feldenkrais™ @ Arrillaga Racquetball Ct 1 12:30 Indoor Cycling @ AOERC bikes 12:30 Powerful Pilates @ Roble Studio 113	11:45 Dance Rhythms @ Burnham Pavilion 11:45 Indoor Cycling @ ACSR, Bikes 12:00 Boot Camp @ Ford Center, SD Court 12:00 Cardinal Fit Lap Swim @ Avery Aquatic 12:00 Circuit Weight Trng. @ ACSR, Fitness 12:00 HAABIT @ ACSR, Court 12:00 Functional Strength @ AOERC, Fitness 12:00 TRX @ 3145 Porter Dr. Gym 12:00 Unwind & Thrive Yoga @ 3160 Porter 12:15 Indoor Cycling @ SLAC, Bldg. 55 12:20 Cardio Kickbox @ SLAC, Bldg. 55 12:30 Cardinal Fit Lap Swim @ Avery Aquatic 12:30 Chinese Dance @ Roble Studio 115 12:30 Healthy Back @ AOERC Studio 111 12:30 Gentle Yoga @ ACSR Studio 12:35 Hip Hop @ Burnham Pavilion	12:00 Circuit Weight Trng @ AOERC, Fitness 12:00 Running Made Easy @ Cobb Track 12:00 Yang Tai Chi & Qigong @ 3160 Porter 12:05 Get Up & Move! @ Ford Center, Court 12:10 TRX @ SoM Sports Complex 12:15 Boot Camp Drop 'n Go @ ACSR Court 12:15 Cross Training @ SLAC, Bldg. 55 12:15 TRX @ SLAC, Bldg. 55 Fitness Center 12:20 TRX @ 3145 Porter Drive, Gym 12:20 Zumba @ SLAC, bldg. 55, Studio 12:30 Aqua Fitness @ Avery Rec Pool 12:30 Indoor Cycling @ AOERC bikes 12:30 Persian Dance @ Roble 114 12:30 Yoga Basics @ Roble, Studio 113	11:45 Dance Rhythms @ Burnham Pavilion 11:45 Indoor Cycling @ ACSR, Bikes 12:00 Bombay Jam @ 3160 Porter Dr, Studio 12:00 Boot Camp @ Ford Center, SD Court 12:00 Cardinal Fit Lap Swim @ Avery Aquatic 12:00 Chen Family Taijiquan @ MSOB (Outdoors) 12:00 Circuit Weight Trng. @ ACSR, Fitness Ctr 12:00 Functional Strength @ AOERC, Fitness Ctr 12:00 HAABIT @ ACSR, Court 12:00 TRX @ 3145 Porter Dr. Gym 12:20 Cardio Kickbox @ SLAC, Bldg. 55 12:30 Cardinal Fit Lap Swim @ Avery Aquatic 12:30 Chinese Dance @ Roble Studio 115 12:30 Healthy Back @ AOERC Studio 111 12:30 Pilates Mat @ ACSR, Studio 12:35 Hip Hop @ Burnham Pavilion	12:00 Circuit Weight Trng @ AOERC Fitness Ctr 12:00 Yoga/Pilates Fusion @ 3160 Porter 12:15 Cardio Kickbox @ AOERC, Court 12:15 Indoor Cycling @ AOERC, Bikes 12:15 Indoor Cycling @ SLAC, Bldg 55 12:30 Ballet & Barre Work @ Roble Studio 115 12:30 Flow Yoga @ AOERC, Studio 111 12:30 Power Yoga @ Roble Studio 113 12:45 Butts & Guts Plus! @ ACSR, Court
1:00pm - 1:30pm	1:00 Circuit Weight Trng @ AOERC, Fitness Ctr 1:00 Unwind & Thrive Yoga @ Littlefield Lawn 1:25 Body Firm/Super Sculpt @ 3160 Porter 1:30 Flow Yoga @ AOERC Studio 111	1:00 Cardinal Fit Lap Swim @ Avery Aquatic 1:00 Circuit Weight Training @ ACSR Fitness 1:00 TRX @ 3145 Porter Dr. Gym 1:05 Circuit Weight Trng @ 3160 Porter 1:20 Body Firm/Super Sculpt @ ACSR, Court 1:30 HIIT 30 min WO @ AOERC, Court 3	1:00 Circuit Weight Trng @ AOERC, Fitness Ctr 1:25 Body Firm/Super Sculpt @ 3160 Porter	1:00 Cardinal Fit Lap Swim @ Avery Aquatic 1:00 TRX @ 3145 Porter Dr. Gym 1:00 Circuit Weight Trng @ ACSR Fitness Ctr 1:05 Circuit Weight Training @ 3160 Porter 1:15 Flow Yoga @ 3160 Porter Studio 1:20 Body Firm/Super Sculpt @ ACSR, Court 1:30 Flow Yoga @ AOERC 111 1:30 HIIT 30 min WO @ AOERC, Court 3	1:30 Beginning Indoor Cycling @ AOERC, Bikes 1:30 Yoga/Pilates Fusion @ ACSR, Studio
3:00pm - 4:30pm	4:15 Beginning Swimming @Avery Rec Pool 4:25 TRX @ SoM Sports Complex 4:30 TRX & Cycle Combo @ 3145 Porter Gym	4:00 Vinyasa & More @ 3160 Porter Studio	4:15 Beginning Swimming @Avery Rec Pool 4:25 TRX @ SoM Sports Complex 4:30 Barre Sculpt @ AOERC Studio 111 4:30 TRX & Cycle Combo @ 3145 Porter Gym		
5:00pm - 5:45pm	5:10 TRX @ SoM Sports Complex 5:15 Boot Camp Drop 'n Go @ ACSR, Court 5:20 TRX & Cycle Combo @ 3145 Porter 5:30 Beginner & Intermediate Ballet @ Roble 115 5:30 Gentle Yoga @ Roble Gym, Studio 114 5:30 Boot Camp-Body Sculpt @ 3160 Porter 5:30 Hip Hop @ AOERC, Studio 111 5:45 Weight Lifting Blast @ SLAC, Bldg. 55	5:00 TRX @ AOERC Fitness Center 5:15 Cycle & Core/TRX & Core @ 3145 Porter 5:15 Zumba @ 3160 Porter Dr, Studio 5:30 Aging Strong Pilates @ Roble Studio 113 5:30 Aqua Fitness @ Avery Recreation Pool 5:30 Bombay Jam @ AOERC, Studio 111 5:30 Cross Training @ SLAC Bldg. 55 5:30 Cross Training @ ACSR Court 5:30 Hatha Yoga w/ Alignment @ Roble 114 5:50 TRX @ AOERC, Fitness Ctr	5:10 TRX @ SoM Sports Complex 5:15 Boot Camp: Drop 'n Go @ ACSR, Court 5:20 TRX & Cycle Combo @ 3145 Porter 5:30 Beginner & Intermed Ballet @ Roble 115 5:30 Boot Camp-Body Sculpt @ 3160 Porter 5:30 Hatha Yoga w/ Alignment @ AOERC, 203 5:30 Hip Hop @ AOERC, Court 5:30 Pilates Mat @ 3172 Porter, Rm 2100 5:45 Weight Lifting Blast @ SLAC, Bldg. 55	5:00 TRX @ AOERC Fitness Center 5:15 Cycle & Core/TRX & Core @ 3145 Porter 5:15 Gentle Yoga @ 3172 Porter Dr, Rm 2100 5:15 Zumba @ 3160 Porter Dr, Studio 5:30 Aqua Fitness @ Avery Recreation Pool 5:30 Cross Training @ SLAC Bldg. 55 5:30 Cross Training @ ACSR Court 5:30 Pilates for Core Strength@ Roble Studio 113 5:30 Pilates Mat @ AOERC, Studio 203 5:50 TRX @ AOERC, Fitness Ctr	
6:00pm - 7:00pm	6:00 Cardinal Fit Lap Swim @ Avery Rec Pool 6:00 Unwind & Thrive Yoga @ Lokey Stem Cell 6:10 TRX & Cycle Combo @ 3145 Porter Gym 6:30 Cardinal Fit Lap Swim @ Avery Rec Pool	6:05 Cycle & Core/TRX & Core @ 3145 Porter	6:00 Cardinal Fit Lap Swim @ Avery Rec Pool 6:10 TRX & Cycle combo @ 3145 Porter Gym 6:30 Cardinal Fit Lap Swim @ Avery Rec Pool	6:05 Cycle & Core/TRX & Core @ 3145 Porter	NOTE: Schedule subject to change. Updated Schedule available on the HIP website - hip.stanford.edu

*Classes for SU Employees, Family and Retirees & Hospital Employees. Class registration begins Tues 1/9 @ 9:00 AM. Complete descriptions of Classes available on HIP website.

Key to Class Locations above:

Arrillaga Racq	Arrillaga Family Racquetball Ctr, Court 1	Avery Aquatic	Avery Aquatic Center, East campus	MSOB	Grass near Medical School Office Bldg.	SoM Sports Complex	Sports Complex, outside MSOB Bldg.
ACSR	Arrillaga Center for Sport and Recreation	Cobb Track	Cobb Track/Angell Field (Outdoors)	Porter	3145, 3160 & 3712 Porter Dr., studio/gym		
AOERC	Arrillaga Outdoor Education Recreation Ctr	Dohrmann	Dohrmann Grove	Roble Gym	Studios 113, 114, 115		
Avery Rec	Avery Recreation Pool, West campus	Littlefield	Littlefield Building, (Outside) Lawn	SLAC, Bldg 55	Arrillaga Recreation Center at SLAC		