

Fitness



Winter Quarter
January 14-March 15

Class Schedule



2019
hip.stanford.edu

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FITNESS REGISTRATION INFORMATION

- HIP Class registration begins on Wednesday, January 9th at 9:00am.
- Register online at hip.stanford.edu. All registrations are accepted on a first-come-first-served basis.
- Credit card payment online only, or check/cash payments in the HIP office. Checks payable to Stanford University.
- Classes are open to Stanford University faculty, staff and families, retirees, benefits-eligible postdocs, and SHC and LPOCH employees. Community members are welcome in HIP Health Living classes, but are not eligible to take HIP Fitness classes.
- To ensure your spot in a class, please register online and pay by credit card. If you choose to use another form of payment, your class selection(s) and registration will not be confirmed until payment is received in the HIP office.
- If you see one of the classes you want marked **CLASS FULL** on the online registration page, this means that the capacity of the room or equipment has been reached. To be placed on the wait list, please click on "Join Wait List" next to the class description, and complete the form. Wait listed participants will be notified by e-mail of openings.
- Classes marked **IMPACTED** are in high demand due to limited equipment or limited space. In these classes, HIP will only allow up to the maximum enrollment designated for the class. Due to an issue with our registration system, however, more than the maximum number of participants may be enrolled in a class. If this occurs, we will go by date and time stamp to determine which participants will remain in the class. Those registrations that exceed the maximum will be moved to the top of the wait list based on date and time stamp for the registration. (Wait list: Reference Class Policies #5)
- Some facilities require a Stanford ID, or a Recreation Access Card (Hospital employees), for access. *The class description will indicate if this applies.*
- **HOSPITAL EMPLOYEES:** For HIP fitness classes held at AOERC, ACSR, Avery Pools, Arrillaga Rec Center at SLAC, and 3160 Porter Drive, a **Recreation Access Card is REQUIRED** to gain access to the facility. Access is limited to the day(s), and the times of the class only. You may obtain a Recreation Access Card from the Stanford ID Card Office: <https://uit.stanford.edu/campuscard/courtesycard>. There is a one-time charge. The card will remain valid for as long as you are employed at the hospital.

FITNESS CLASS POLICIES

1. HIP makes every effort to ensure that a suitable facility is available for each class. Occasionally, a class session may need to be relocated or cancelled due to facility usage by other groups, or instructor emergency. If a session is cancelled due to last minute facility or instructor issues, participants will be notified by email. HIP tries to offer at least 80% of the sessions of any fitness class each quarter. If a session must be cancelled, we cannot guarantee a makeup. Thank you in advance for your understanding.
2. All classes are subject to **cancellation** if they do not meet required minimum enrollments (10 min for one time per week classes, 14 min for two times per week classes). Maximum enrollment limits are set to avoid overcrowding, maintain a safe environment for exercise, and/or equipment availability.
3. **Refunds & Drops:** Please contact us within one week of the start of the quarter to receive a refund. No refunds will be issued after the first week of class. A \$10.00 processing fee will be charged for all refunds. Please contact our office for refunds due to medical reasons. No refunds will be given for missed classes. To drop a class, please call 650-723-9649 or Email the HIP Office at healthimprovement@stanford.edu.
4. **BeWell discounts:** Fitness discounts are applied to all BeWell participants who have *completed the SHALA prior to registering* for a HIP class. If registration for a HIP class is done before the annual SHALA is completed, HIP will charge a \$20 administrative fee to apply the BeWell discount manually. Please note, after two weeks into the class quarter no fee adjustments will be granted.
5. **Wait List:** Wait-listed participants will be emailed (in chronological order) to register for their class as space becomes available. Students may **NOT** attend fitness classes without an enrollment confirmation. Please note: Instructors do not make admissions decisions. Please do not contact instructors directly about joining a class.
6. Some outdoor classes will be held **RAIN OR SHINE**. Others will be cancelled for inclement weather. Please check the class description. HIP cannot guarantee a makeup session if class is cancelled due to weather. In case of cancellation, participants will be notified by email prior to the scheduled class time.

Class times, locations, and instructors are subject to change from the listing in this schedule of classes.
Please refer to hip.stanford.edu for the most current information.

WINTER QUARTER

No Class Dates: Monday, 1/21/19 & Monday, 2/18/19

FITNESS CLASSES

HIP Fitness classes are limited to Stanford University faculty, staff and benefits-eligible family members (over 18), retirees, benefits-eligible postdocs, and SHC and LPCH employees. Each quarter benefits-eligible faculty and staff are eligible for two fitness class 10-week sessions at the reduced fee of \$30 after completing SHALA through BeWell.

CLASS LOCATIONS: Special Instructions – PLEASE READ

Stanford Campus Facilities

Arrillaga Outdoor Education and Recreation Center (AOERC), Arrillaga Center for Sports and Recreation (ACSR), Avery Recreation Pool (285 Santa Teresa Street), Avery Aquatic Center (235 Sam McDonald Mall) – all require Stanford ID, or Recreation Access card for entry.

Roble Gym – 375 Santa Teresa Street

NOTE: No outside shoes are allowed on the studio floors. Soft-soled shoes that have not been worn outside are permitted.

SLAC Arrillaga Recreation Center – 2575 Sand Hill Road Building 55 (Pep Ring Road north of Building 901)

IF YOU ARE NOT A SLAC EMPLOYEE and plan to attend a HIP fitness class at SLAC Arrillaga Rec Center, you must have confirmed registration in the class so your name appears on the checklist at the Guard Station (Main Gate at 2575 Sandhill Road, corner of Saga Lane and Sandhill Road). For every class, bring your driver's license, Stanford ID, or Recreation Access Card to present to the guard station attendant for entry onto the SLAC campus. You will be required to sign a Liability Waiver at the gym on your first visit. You must sign in at the gym every visit. Access is limited to the day(s), and the times of the class only.

1651 Page Mill Rd (School of Medicine Employees ONLY)

You can ONLY register for this class if you are a School of Medicine employee, and your School of Medicine badge has to be specially activated for the card readers in the building. Access is granted only for class. A Stanford University ID card will not grant access.

3160 Porter Drive Gym

Entry to this gym is via the door that is on the side of 3160 Porter, between the 3160 and 3174 Porter buildings. Please do not go to the front entrance at 3160 Porter. Bring your Stanford University ID card for access to the fitness center.

NOTE for NON-TENANTS OF 3160 PORTER DRIVE

- **Stanford University Employees:** If you have Stanford ID card and are registered in a HIP group fitness class at 3160 Porter Drive, your ID card will be activated for the Card Reader into the building. Access is limited to the day(s), and the times of the class only.
- **Hospital Employees and University family members:** If you have a Recreation Access Card and are registered in a group fitness class at 3160 Porter Drive, your card will be activated for the Card Reader into the building. Access is limited to class times only.

If your Stanford ID card or Recreation Access Card is not activated, please contact the HIP office to initiate the process.

Contact us: Email healthimprovement@stanford.edu or call 650-723-9649.

KEYS

Intensity/Difficulty

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

B 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.

I Intermediate – classes are appropriate for those with some experience doing the activity. Instructor demonstrates options for participating at a lower or higher intensity.

A Advanced – classes are for experienced participants, or those wanting a more intense workout.

C Combined – classes are taught with modification of movements so that all levels are provided a safe and effective workout.



Chronic Condition Friendly



Older Adult Friendly

Please look for these icons next to classes designated "chronic condition friendly" and/or "older adult friendly".

HIP has identified classes that are particularly suited to individuals living with chronic conditions, and older adults.

We have selected classes that encourage any level of 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.

C

Hatha Yoga, Based on Principles of Alignment at 1651 Page Mill Road Gym

Alignment before action brings greater stability, safety and freedom. Movements are coordinated with the breath and designed to help participants of all levels advance in their practice. Wear comfortable clothing. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
hyp-03	TH	1/17-03/14	12:00 pm-12:55 pm	1651 Page Mill Road Gym, RM 0450	Patricia Becker	\$110

B
I

Pilates Barre at 1651 Page Mill Road Gym

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 moves for our lower body, light weights (if available) with small targeted isometric movements for our upper body, and Pilates abdominal/core exercises to develop long, lean, toned muscles gaining definition without bulk.

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
pb-01	MON	1/14-3/11	12:00 pm-1:00 pm	1651 Page Mill Road Gym, RM 0450	Lourdes Avenier	\$100
pb-02	WED	1/23-3/13	12:00 pm-1:00 pm	1651 Page Mill Road Gym, RM 0450	Lourdes Avenier	\$110

B
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Gentle Yoga

Class is designed to gradually introduce alignment, yoga postures as well as relaxation techniques, and serves as a transition to regular yoga classes. Wear comfortable athletic clothing. Bring a yoga mat. Mats will not be provided. "Chronic Condition Friendly" and "Older Adult Friendly" class.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
gy-01	MON	1/14-3/11	5:15 pm-6:15 pm	1651 Page Mill Road	Angie Holzer	\$100

AQUATICS

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AQUA FITNESS

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, all combined into one full-body workout. Come SPLASH water to your health! Classes held in shallow water. Most of the class is in upright, standing position. Flotation belts are available if the 5' depth is too deep. Beneficial for those concerned about placing stress on joints. "Chronic Condition Friendly" and "Older Adult Friendly" class. [RAIN OR SHINE, CANCELLED IF LIGHTNING](#)

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
af-01	M/W	1/14-3/13	12:30 pm-1:20 pm	Avery Recreational Pool	Carole Chetrit	\$115
af-02	T/TH	1/15-3/14	5:30 pm-6:20 pm	Avery Recreational Pool	Carole Chetrit	\$120

B

BEGINNING SWIMMING

Afraid, anxious in the water? Not yet comfortable swimming laps? Want to improve beginner stroke technique? We will work with you wherever you are – to get you comfortable in the water, learn stroke technique and improve your lap swim endurance.

[RAIN OR SHINE, CANCELLED IF LIGHTNING](#)

This class is marked IMPACTED because HIP can only allow up to the maximum enrollment designated for this class due to limited equipment or space.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
bes-01	M/W	1/14-3/13	4:15 pm-5:00 pm	Avery Recreational Pool	Toni / Audrey	\$115

C

CARDINAL FIT LAP SWIMMING

An organized swim workout based on ability level. Instruction to improve swim technique. Basic skill in swimming is a prerequisite. An "Older Adult Friendly" class. Avery Recreational Pool is the new swim complex on the West Side of campus; enter through Arrillaga Outdoor Education and Recreation Center. Avery Aquatic Center is on the East side of campus near Maples Pavilion.

[RAIN OR SHINE, CANCELLED IF LIGHTNING](#)

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
cs-01	M/W	1/14-3/13	6:00 pm-6:30 pm	Avery Recreational Pool	Sharon Berg	\$115
cs-02	M/W	1/14-3/13	6:30 pm-7:00 pm	Avery Recreational Pool	Sharon Berg	\$115
cs-03	T/TH	1/15-3/14	12:00 pm-12:30 pm	Avery Aquatic Center	Toni King	\$120
cs-04	T/TH	1/15-3/14	12:30 pm-1:00 pm	Avery Aquatic Center	Toni King	\$120
cs-05	T/TH	1/15-3/14	1:00 pm-1:30 pm	Avery Aquatic Center	Toni King	\$120

CARDIO & STRENGTH

C

Boot Camp: Drop 'n Go!

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. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
boot-01	M/W	1/14-3/13	12:15 pm-1:15 pm	Arrillaga, ACSR Erickson Court 1	Charles Ceasar	\$115
boot-02	M/W	1/14-3/13	5:15 pm-6:05 pm	Arrillaga, ACSR Erickson Court 1	Charles Ceasar	\$115
boot-03	T/TH	1/15-3/14	7:00 am-7:45 am	Arrillaga, ACSR Erickson Court 1	Charles Ceasar	\$120
boot-04	T/TH	1/15-3/14	12:00 pm-1:00 pm	Ford Center, San Diego Court	Nikki Downing	\$120

C

Cardio Kickbox

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! Note: Tuesday classes are held outdoors and may be cancelled if raining. Wear comfortable athletic clothing and shoes. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided. Bring a towel, water bottle.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
ck-01	T/TH	1/15-3/14	12:20 pm-1:05 pm	Arrillaga SLAC, B55 Outdoors	Tony Davis	\$120
ck-02	FRI	1/18-3/15	12:15 pm-1:00 pm	Arrillaga, AOERC Court 3	Charles Ceasar	\$60

B

Cross Training

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 and water bottle. Outdoor sections may be cancelled if raining. NOTE: Sections 1 & 2 are at SLAC Campus.

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CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
ct-01	M/W	1/14-3/13	12:15 pm-1:00 pm	Arrillaga SLAC, B55 Outdoors	Nikki / Bo	\$115
ct-02	T/TH	1/15-3/14	5:30 pm-6:30 pm	Arrillaga SLAC, B55 Outdoors	Santiago Quintero	\$120
ct-03	T/TH	1/15-3/14	5:30 pm-6:20 pm	Arrillaga, ACSR Erickson Court 1	Paolo Scafetta	\$120

B

Get Up & Move!

Get away from the office and get moving! This class includes easy-to-follow dance aerobic routines set to songs that will get you motivated to "keep moving"! All levels of fitness invited as the instructor always gives options to make the workout right for you! "Older Adult Friendly" class. Wear comfortable clothing and bring a towel and water bottle.

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CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
gum-01	M/W	1/14-3/13	12:05 pm-12:45 pm	Ford Center, San Diego Court	Joy Lopez	\$115

I

A

HIIT 30: High Intensity Interval Training

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 (based on equipment available at each location). 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 and a water bottle. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
hiit30-01	T/TH	1/15-3/14	1:30 pm-2:00 pm	Arrillaga, AOERC Court 3	Charles Ceasar	\$120



CARDIO & STRENGTH

Running Made Easy

C

Runners and walk/runners welcome! Beginning runners, walk/runners, intermediate and advanced runners all welcome! Learn proper running form to prevent running related injuries and improve efficiency while you run. Learn to increase your running tempo/speed safely and effectively. Learn how to increase your mileage gradually. Expect to be running or walk/running 85-90% of the class! Each session will include 8-10 minutes of warm up, a main 40-45 minute set focusing on form, tempo and a 5-10 minute cool down. Class Goal: To have participants walk/run or run (depending their fitness level) a 5K fun run -10k.



CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
run-01	M/W	1/14-3/13	7:00 am-7:45 am	Cobb Track & Angell Field	Lori / John	\$115
run-02	M/W	1/14-3/13	12:00 pm-1:00 pm	Cobb Track (Meet under Palm Tree)	Lori / John	\$115

Shaolin Kung Fu: Beginner & Intermediate

B
I

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, recently named 2010 Martial Artist of the Year. 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 people of all ages and physical abilities who seek to create better health and well-being, train for self-defense, and improve strength and flexibility. No martial arts experience necessary. Wear comfortable clothing and athletic shoes.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
skf-01	FRI	1/18-3/15	11:30 am-12:30 pm	MSOB Courtyard, Outdoors	Shaolin Monks	\$110

Sunrise Exercise: Morning Outdoor Workout

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. "Older Adult Friendly" class. Bring a 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
sem-01	T/TH	1/15-3/14	6:30 am-7:30 am	Cobb Track	Tia Rich	\$120

CARDIO & STRENGTH: INDOOR CYCLING

Beginning Indoor Cycling Workout

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Cardio cycling workout geared towards those new to cycling. Each class includes a warm-up, at least 35 minutes cycling and cool down. Wear comfortable athletic clothing and shoes. Bring a towel and water bottle.

This class is marked IMPACTED because HIP can only allow up to the maximum enrollment designated for this class due to limited equipment or space.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
bicw-01	FRI	1/18-3/15	1:30 pm-2:20 pm	Arrillaga, AOERC Bikes	Janet Berkowitz	\$60

Cycle & Core / TRX & Core Workout

C

Join us for a vigorous Cycle & Core workout on Tuesdays, and a fun TRX & Core workout on Thursdays. Cycle exercises build endurance and burn calories. Core exercises strengthen the core muscles, particularly in the lower back, upper back and abdominals. TRX uses gravity and your body weight to perform a variety of exercises for overall body strength. The result is a thorough overall body endurance, strength and flexibility workout. Wear comfortable athletic clothing and shoes. Bring your own mat and a water bottle.

The following classes are marked IMPACTED because HIP can only allow up to the maximum enrollment designated for this class due to limited equipment or space.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
ctc-01	T/TH	1/15-3/14	5:15 pm-6:00 pm	3145 Porter Drive	Karin / Mary	\$120
ctc-02	T/TH	1/15-3/14	6:05 pm-6:50 pm	3145 Porter Drive	Karin / Mary	\$120

HIIT Cycle & Strength

C

High Intensity Interval Training -- a cycle and strength workout. Is cardio conditioning enough? Is weight training missing something? Combine the two. Part of this class is intense cycling, the other weight training. Research shows that this type of interval training improves overall fitness. This class is ideal for cross training, and for breaking through personal fitness plateaus. Discover how fit you can get! Includes intervals on and off the bikes and weight machines. Bring a towel and water bottle. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
hiitcs-01	FRI	1/18-3/15	6:15 am-7:15 am	Arrillaga, ACSR Fitness Ctr / Bikes	Denise Gittens	\$60

CARDIO & STRENGTH: INDOOR CYCLING

Indoor Cycling Workout

C 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 cool down. Bring a towel and water bottle.

The following classes are marked IMPACTED because HIP can only allow up to the maximum enrollment designated for this class due to limited equipment or space.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
icw-01	M/W	1/14-3/13	6:30 am-7:15 am	Arrillaga, AOERC Fitness Ctr Bikes	Shu-Mei / Denise	\$115
icw-02	M/W	1/14-3/13	11:30 am-12:15 pm	3145 Porter Drive, Gym	Cesar Ravelli	\$115
icw-03	M/W	1/14-3/13	12:30 pm-1:15 pm	Arrillaga, AOERC Fitness Ctr Bikes	Alyssa Blau	\$115
icw-04	T/TH	1/15-3/14	11:45 am-12:30 pm	Arrillaga, ASCR Fitness Ctr Bikes	Janet Berkowitz	\$120
icw-05	T/FRI	1/15-3/15	12:15 pm-1:00 pm	Arrillaga SLAC, B55 Outdoors	Alyssa Blau	\$120
icw-06	FRI	1/18-3/15	11:30 am-12:20 pm	Arrillaga, AOERC Fitness Ctr Bikes	Shu-Mei Cheng	\$60

TRX & Cycle Combo Workout

C 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 strength workout. You will achieve your fitness or performance goals and improve overall health. The supportive instructors will help you workout safely and effectively at your own fitness level. You will also enjoy great music that gets you pumped up! 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 building.

The following classes are marked IMPACTED because HIP can only allow up to the maximum enrollment designated for this class due to limited equipment or space.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
trxc-01	M/W	1/14-3/13	4:30 pm-5:15 pm	3145 Porter Drive	Chris / Cesar	\$115
trxc-02	M/W	1/14-3/13	5:20 pm-6:05 pm	3145 Porter Drive	Chris / Cesar	\$115
trxc-03	M/W	1/14-3/13	6:10 pm-6:55 pm	3145 Porter Drive	Chris / Cesar	\$115
trxc-04	T/TH	1/15-3/14	11:00 am-11:45 am	3145 Porter Drive	Chris Smith	\$120

DANCE

Ballet & Barre Work

B
I If you love classical ballet technique and working with a ballet barre then this class is for you. Each class will include a 15 minute warm up, 30 minutes of choreographed barre work and short ballet and modern dance choreographies. Wear ballet canvas shoes and comfortable dancing clothes. No previous ballet experience necessary but a good fitness level is recommended. Please bring your own mat to class for stretching on the floor (preferably with a sticky bottom surface). NOTE: Facility rules -- no outside shoes allowed on the studio floor.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
bbw-01	FRI	1/18-3/15	12:30 pm-1:20 pm	Roble Gym, Studio 115	Vicky Brey	\$60

Ballet - Beginning & Intermediate Level

B
I 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. NOTE: Facility rules -- no outside shoes are allowed on the studio floor.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
bal-01	M/W	1/14-3/13	5:30 pm-6:20 pm	Roble Gym, Studio 115	Francisco Avellan	\$115

Beginning Ballet & Contemporary Dance

B
I 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. If you love to dance this class is for you! Please bring your own mat to class for stretching on the floor (preferably with a sticky bottom surface). NOTE: Facility rules -- no outside shoes are allowed on the studio floor.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
bbcd-01	T/TH	1/15-3/14	11:30 am-12:20 pm	Roble Gym, Studio 115	Vicky Brey	\$120

Bombay Jam

C High energy, fast-paced, Bollywood dance fitness total body workout packed with authentic flavor. Solid cardio and toning in one action packed class. Set to top hits from Bollywood movies and popular western music. Come jam with us! Some days may include core mat work; please bring a mat. Wear athletic clothing & fitness shoes. Bring a towel & water bottle.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
bomb-01	TUE	1/15-3/12	5:30 pm-6:20 pm	Arrillaga, AOERC Studio 111	Roma Patel	\$60
bomb-02	THU	1/17-3/14	12:00 pm-12:55 pm	3160 Porter Drive	Neelu Virmani	\$60

DANCE

B
I

Chinese Dance - Beginner & Intermediate

First learn classic ballet techniques relevant to Chinese dance including basic jumps and turns using waist, hip and shoulder movements. Then you will learn Chinese dances of all kinds, such as Chinese Folk Dance and Chinese Classical Dance (including Chinese Classical Dance Body Rhyme) as well as Chinese modern dance. Please wear comfortable athletic clothing, soft-soled shoes.

NOTE: Facility rules -- no outside shoes are allowed on the studio floor.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
cdbi-01	T/TH	1/15-3/14	12:30 pm-1:20 pm	Roble Gym, Studio 115	Louise Lu	\$120

Dance Rhythms

Come dance with us! High energy, great music! Enjoy a variety of dance styles that will get you energized and moving. Wear comfortable athletic clothes and supportive shoes. Bring a towel and water bottle.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
dr-01	T/TH	1/15-3/14	11:45 am-12:30 pm	Burnham Pavilion	Chris Rodriguez	\$120

Hip Hop

C Hip Hop unites world beats with urban flavor from Hip-Hop, Latin, Reggae, Afro, Country, Bollywood to Burlesque. It features easy to learn dance steps, high energy music, and full body movement to make you sweat and leave you craving for more. High energy, great music! Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
hh-01	M/W	1/14-3/13	5:30 pm-6:20 pm	Arrillaga, AOERC 111 (M), Court (W)	Chris / Sophia	\$115
hh-02	T/TH	1/15-3/14	12:35 pm-1:20 pm	Burnham Pavilion	Chris Rodriguez	\$120

Hula Dance

C Hula is an integrated dance of poetry, rhythm and movement using the dancer's body for storytelling. This graceful, sensuous hula is a dance that helps trim the waistline, strengthen the core, and improve strength, flexibility and balance. It is a low impact form of dance and although disciplined, it is easy to have enjoyment and success with only a few classes. Bring water bottle, a pa'u skirt or sarong, and your Aloha spirit!

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
hd-01	TUE	1/15-3/12	11:30 am-12:20 pm	Roble Gym, Studio 113	Dominique DelChiaro	\$60

Middle Eastern Belly Dance

B
I American Style belly dance technique, posturing, language and movements are a fusion of Middle Eastern and Western World-Dance cultures. When practiced regularly, belly dance improves core strength, balance, flexibility, and even self-confidence! Learn iconic movements such as stomach rolls, body waves, shimmies, hip ups and downs, sinuous snaky movements, and various performance skills, with an emphasis on safety and alignment, and strength and flexibility of the pelvis and spine. All levels welcome. Class is taught by an experienced professional dancer. Wear comfortable clothing and soft-soled shoes or dance barefoot. Bring a water bottle.

NOTE: Facility rules -- no outside shoes on the studio floor.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
bd-01	M	1/14-3/11	12:15 pm-1:15 pm	Roble Gym, Studio 114	Setareh	\$55

Persian Dance

B
I Move to the rhythms of music from the Silk Road region while learning the fundamentals of Persian classical dance. Classical and regional folkloric Persian dances will be presented. Movements vary from tribal and upbeat from the south of Iran that gets your heart pumping, to delicate arm and wrist movements. Each class will include a grounding, centering warm up and focus on technique of body position, various steps and arm movements, turns and spins, culminating with learning a short choreographed phrase. Classical dance refers to the flowing, soft style that emanates femininity, grace and delicacy. Beginners welcome! Bring a water bottle.

NOTE: Facility rules -- no outside shoes on the studio floor.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
pd-01	WED	1/16-3/6	12:30 pm-1:20 pm	Roble Gym, Studio 114	Shadan Mirabedi	\$55

Soul Line Dance

B
I This is a beginner's class for anyone wanting to learn "classic and basic" soul line dances such as the "Electric Slide", "Cupid Shuffle" and "Wobble". Soul Line Dancing is line dancing done to classic R&B, jazz, zydeco, & blues music. It's been said that this is a great way to exercise the body and the mind while having fun, feeling the music and dancing. "Older Adult Friendly" class. Wear comfortable clothing and shoes. Bring a water bottle.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
slid-01	FRI	1/18-3/15	11:30 am-12:20 pm	Arrillaga, AOERC Studio 203	Juanita Croft	\$55

DANCE

Zumba®

C 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.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
zum-01	M/W	1/14-3/13	11:30 am-12:20 pm	Arrillaga, AOERC Studio 111	Angela Lee	\$115
zum-02	M/W	1/14-3/13	12:20 pm-1:05 pm	Arrillaga SLAC, B55 Studio	Eliana Valdes	\$115
zum-03	T/TH	1/15-3/14	5:15 pm-6:15 pm	3160 Porter Drive, Yoga Room	Christina Chua	\$120

HEALTHY BACK

Healthy Back: Strength & Stretch

B
I Improve strength in core muscles, particularly lower and upper back and abdominals. Release tension in body through gentle stretches. Benefits beginners, experienced exercisers and those with joint problems. No aerobic component to class. Wear comfortable athletic clothing. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
hbs-01	T/TH	1/15-3/14	12:30 pm-1:20 pm	Arrillaga, AOERC Studio 111	V / Angela	\$120

Healthy Back Strong Abs

B
I Focus on developing and maintaining strong mid-section and healthy back. Class combines stretches and focused strengthening exercises to build balanced, flexible and strong muscles and joints. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided.

NOTE: Facility rules - no outside shoes are allowed on the studio floor.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
hba-01	M/W	1/14-3/13	11:30 am-12:20 pm	Arrillaga, ASCR Millas Studio	Jean / Kerry	\$115
hba-02	FRI	1/18-3/15	7:00 am-8:00 am	Arrillaga, ASCR Millas Studio	Kerry Spear	\$110

MIND/BODY FITNESS

Chen Family Taijiquan (Tai Chi) & Qigong

B
I 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. Master Wong is a 20th generation, 1st Grade, Gold Medalist Tai Chi Master. Wear comfortable clothing and shoes. Classes are held outdoors rain or shine. "Chronic Condition Friendly" and "Older Adult Friendly" class.



CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
cft-01	TUE	1/15-3/12	11:45 am-12:45 pm	Dohrmann Grove, Outdoors	Master Wong	\$110
cft-02	THU	1/17-3/14	12:00 pm-1:00 pm	MSOB Courtyard, Outdoors	Yan Li	\$110

Feldenkrais Method® - An Antidote to RSI, Back, Neck & Shoulder Tension

C
I Improve your ability to sense and change poor body organization which contributes to repetitive strain injuries, stiffness and pain. Whether you have chronic discomfort or intermittent tension this information can help you intervene so your body can heal, prevent injury and feel better fast. You will learn healthier movement patterns which decrease excessive effort associated with strain, improve self awareness, and learn to make adjustments in your actions to both heal and prevent unhealthy tension patterns from progressing into a chronic injury. "Chronic Condition Friendly" and "Older Adult Friendly" class. Please wear comfortable, nonrestrictive clothing. Instructor: Jean Elvin, Guild Certified Feldenkrais Practitioner CM since 1997. She has special training in dealing with repetitive strain and other self-use issues commonly found in the workplace. Please bring your own mat to class. Mats will not be provided.



NOTE: Facility rules - no outside shoes are allowed on the studio floor.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
feld-01	MON	1/14-3/11	12:30 pm-1:20 pm	Arrillaga Racquetball Ctr, Court 1	Jean Elvin	\$100

Yang Tai Chi and Health Qigong

C
I Yang style Taichi movements are calming and relaxing. They help reduce stress by releasing muscle tension, improving balance and mind-body coordination. Health Qigong "BaDuanJing" is traditional Qigong of safe aerobic exercise that enhances limb strength, flexibility in joints and improve Qi circulation in the inner system. It is ideal for those who work in the office or on computers. "Chronic Condition Friendly" and "Older Adult Friendly" class.



CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
ytic-01	MON	1/14-3/11	12:00 pm-1:00 pm	800 Welch Road, Outdoors	Lily Li	\$100
ytic-02	WED	1/16-3/13	12:00 pm-1:00 pm	3160 Porter Drive, Yoga Room	Lily Li	\$110

PILATES MAT



Aging Strong Pilates®

No matter your stage in life, as we age, keeping fit is essential to doing the things you love with ease, power and grace. In this class, we incorporate both standing and mat work, resistance bands and inflatable 9 inch miniballs to challenge your core and flexibility. Expect improved posture, injury prevention, coordination, strength, flexibility and balance with crossover benefits to your daily sports and activities. Beginner to advanced intermediate levels welcome. If you have low bone density, weight bearing exercises are incorporated and safe mat variations will be offered. Participants must be able to get down and up from a mat safely and independently. The instructor is a licensed physical therapist, certified Pilates instructor and national presenter. Wear comfortable clothing. Bring a mat (preferably with a sticky bottom surface), 6ft blue or green resistance band (they can be purchased online), a 9 inch inflatable ball, if you have one. This class is labeled "Chronic Condition Friendly" and "Older Adult Friendly"

NOTE: Facility rules -- no outside shoes are allowed on the studio floor.

This class is marked IMPACTED because HIP can only allow up to the maximum enrollment designated for this class due to limited equipment or space.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
asp-01	TUE	1/15-3/5	5:30 pm-6:20 pm	Roble Gym, Studio 113	Teresa Maldonado Marchok	\$100

Barre Sculpt: Pilates, Dance, Strength & Flexibility



Barre Sculpt is a high energy & fun fitness class that focuses on toning, sculpting, strengthening, and lengthening all muscle groups. An infusion of barre, pilates, dance, strength, and flexibility training choreographed to the beat of the music. This total body conditioning workout is designed to transform and sculpt your entire body. Open to all fitness levels. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided.

This class is marked IMPACTED because HIP can only allow up to the maximum enrollment designated for this class due to limited equipment or space.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
bsc-01	WED	1/16-3/13	4:30 pm-5:20 pm	Arrillaga, AOERC Studio 111	Sonia Li	\$110

Conditioning Pilates



Conditioning Pilates incorporates basic Pilates Strength and flexibility exercises with light weights, tubes, bender balls and possibly stability balls if available. All levels welcome. Please bring your own mat to class (preferably with a sticky bottom surface).

This class is marked IMPACTED because HIP can only allow up to the maximum enrollment designated for this class due to limited equipment or space.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
cp-01	MON	1/14-3/11	12:00 pm-1:00 pm	3160 Porter Drive, Yoga Room	Kerry / Susan	\$100

Pilates for Core Strength, Beginning/Intermediate Level



In this class you will use a theraband to enhance your strength, flexibility and coordination in the mat work. This class focuses on good form and dynamics. Wear comfortable clothing and bring your own mat and a 6ft blue or green resistance band (they can be purchased on Amazon). BREATHE, STRETCH, LENGTHEN, STRENGTHEN. Prerequisite: The class will be taught at a beginning/intermediate level and requires at least two quarters of experience.

NOTE: Facility rules -- no outside shoes are allowed on the studio floor. The following classes are marked IMPACTED because HIP can only allow up to the maximum enrollment designated for this class due to limited equipment or space.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
pcs-01	TH	1/17-3/14	5:30 pm-6:20 pm	Roble Gym, Studio 113	Lisa Burnett	\$110

Pilates Mat



Focus on developing strength through the core of the body (abdomen, back, and hips) with various total body exercises which helps improve flexibility and coordination. Wear comfortable athletic clothing and shoes. Bring a towel and water bottle. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
pm-01	TUE	1/15-3/12	11:00 am-11:55 am	3160 Porter Drive, Studio	Christi Cerna	\$110
pm-02	TUE	1/15-3/12	11:30 am-12:20 pm	Roble Gym, Studio 114	Deanna Anderson	\$110
pm-03	WED	1/16-3/13	5:30 pm-6:30 pm	3172 Porter Drive, Room 2100	Susan Empey	\$110
pm-04	TH	1/17-3/14	11:15 am-12:05 pm	Arrillaga SLAC, B55 Studio	Moj Razmi	\$110
pm-05	THU	1/17-3/14	12:30 pm-1:20 pm	Arrillaga, ACSR Millas Studio	Kerry Spear	\$110
pm-06	THU	1/17-3/14	5:30 pm-6:20 pm	Arrillaga, AOERC Studio 203	Angela Neumann	\$110

Powerful Pilates



Precise Pilates movements designed to challenge, stretch and strengthen your body. Concentrate, control, center, flow, breathe, precision. Prior Pilates experience is helpful. Wear comfortable athletic clothing. Bring a towel and mat (with a sticky bottom surface).

NOTE: Facility rules -- no outside shoes are allowed on the studio floor.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
pp-01	MON	1/14-3/11	12:30 pm-1:20 pm	Roble Gym, Studio 113	Veronica Spencer-Palmer	\$100

STRENGTH TRAINING W/ RESISTANCE EQUIPMENT

Body Firm/Super Sculpt

Use bands to firm and tone body. Extra attention to sculpting arms, chest, hips, abs and thighs using cutting edge exercises. Wear comfortable athletic clothing and shoes. Bring a mat or towel and water bottle. Mats will not be provided.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
bfs-01	M/W	1/14-3/13	1:25 pm-2:10 pm	3160 Porter Drive, Studio	Joy Lopez	\$115
bfs-02	T/TH	1/15-3/14	1:20 pm-2:15 pm	Arrillaga, ACSR Erickson Court 1	Deanna Anderson	\$120

Boot Camp - Body Sculpt

High-intensity full-body muscle workout. Squats, lunges, pushups, and crunches. Exercises using a variety of resistance equipment. Wear comfortable athletic clothing and supportive shoes. Bring a towel, water bottle and mat (preferably with a sticky bottom surface).

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
bcbs-01	M/W	1/14-3/13	11:00 am-11:45 am	3160 Porter Drive, Studio	Nikki / Bo	\$115
bcbs-02	M/W	1/14-3/13	5:30 pm-6:30 pm	3160 Porter Drive, Studio	Toni King	\$115
bcbs-03	FRI	1/18-3/15	11:00 am-11:45 am	3160 Porter Drive, Studio	Charles Ceasar	\$60

NEW | Butts n Guts PLUS

Want a focused workout that targets the core and buttock muscles? Class uses free weights, resistance bands, and body weight exercises to target your entire body, with a special focus on abs, thighs, and buttocks. All levels welcome. Bring towel and water bottle. Wear comfortable athletic clothing and supportive shoes. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
bgp-01	FRI	1/18-3/15	12:45 pm-1:30 pm	Arrillaga, ACSR Erickson Court 1	Moj Razmi	\$60

HAABIT Hips, Abs, Arms, Buttocks & Incredible Thighs

Full-body conditioning workout for both men and women designed to enhance muscle definition, balance, strength and endurance in major muscle groups. Class uses elastic resistance bands, weights, your own body weight and includes some cardio interval training. Wear comfortable athletic clothing and shoes. Bring a towel, water bottle and a mat to class (preferably with a sticky bottom surface).

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
hbt-01	T/TH	1/15-3/14	12:00 pm-1:00 pm	Arrillaga, ACSR Erickson Court 1	Barbara West	\$120

Hard Core Abs, Arms & Back

Tighten, tone, lengthen and strengthen abdominal area and arms. Challenging abdominal and inner core exercises. Wear comfortable athletic clothing and shoes. Bring a towel, water bottle and a mat to class (preferably with a sticky bottom surface).

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
hca-01	M/W	1/14-3/13	11:30 am-12:00 pm	Ford Center, San Diego Court	Joy Lopez	\$115

TRX Suspension Training

TRX workouts leverage gravity and your bodyweight to perform hundreds of suspended and boot camp type exercises. You're in control of how much you want to challenge yourself on each exercise. All fitness levels welcome. Bring a towel, water bottle and mat. Outdoor classes: Wear sunscreen, sun glasses, and/or hat. Your instructor may move the class to a covered area in inclement weather to do a strength training workout, or class may be a boot camp style workout in case of rainy weather when the TRX frame is wet.

NOTE: The following classes are marked IMPACTED because HIP can only allow up to the maximum enrollment designated for this class due to limited equipment or space.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
trx-01	M/W	1/14-3/13	11:20 am-12:05 pm	SoM Sports Complex, outdoors	Tony Davis	\$115
trx-02	M/W	1/14-3/13	12:10 pm-12:55 pm	SoM Sports Complex, outdoors	Tony Davis	\$115
trx-03	M/W	1/14-3/13	12:15 pm-1:00 pm	Arrillaga SLAC, B55 Fitness Ctr	Janet / Toni	\$115
trx-04	M/W	1/14-3/13	12:20 pm-1:05 pm	3145 Porter Drive, Gym	Cesar Ravelli	\$115
trx-05	M/W	1/14-3/13	4:25 pm-5:05 pm	SoM Sports Complex, outdoors	Paolo Scafetta	\$115
trx-06	M/W	1/14-3/13	5:10 pm-5:50 pm	SoM Sports Complex, outdoors	Paolo Scafetta	\$115
trx-07	T/TH	1/15-3/14	11:30 am-12:15 pm	Arrillaga SLAC, B55 Fitness Ctr	Tony Davis	\$120
trx-08	T/TH	1/15-3/14	12:00 pm-12:45 pm	3145 Porter Drive, Gym	Chris Smith	\$120
trx-09	T/TH	1/15-3/14	1:00 pm-1:45 pm	3145 Porter Drive, Gym	Chris Smith	\$120
trx-10	T/TH	1/15-3/14	5:00 pm-5:45 pm	Arrillaga, AOERC Fitness Center	Giselle / Alyssa	\$120
trx-11	T/TH	1/15-3/14	5:50 pm-6:35 pm	Arrillaga, AOERC Fitness Center	Giselle / Alyssa	\$120

STRENGTH TRAINING W/ RESISTANCE EQUIPMENT

TRX/ Yoga Core & Strength

C This TRX workout will enhance your strength, flexibility and balance with a variety of basic yoga moves. The class will help you build a strong core and improve your posture. All fitness levels welcome. Please bring a bottle of water and towel. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
tycs-01	T/TH	1/15-3/14	7:00 am-7:45 am	Arrillaga, AOERC Studio 203	Janet / Moj	\$120


STRENGTH TRAINING IN THE WEIGHT ROOM

Circuit Weight Training

C A Full-body conditioning workout 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 and closed toe shoes. Bring a towel and water bottle. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
cwt-01	M/W	1/14-3/13	11:00 am-11:50 am	Arrillaga, ASCR Fitness Ctr	Lori / John	\$115
cwt-02	M/W	1/14-3/13	11:00 am-11:55 am	Arrillaga, AOERC Fitness Ctr	Santiago Quintero	\$115
cwt-03	M/W	1/14-3/13	12:00 pm-12:55 pm	Arrillaga, AOERC Fitness Ctr	Santiago Quintero	\$115
cwt-04	M/W	1/14-3/13	1:00 pm-1:55 pm	Arrillaga, AOERC Fitness Ctr	Santiago Quintero	\$115
cwt-05	T/TH	1/15-3/14	6:15 am-7:00 am	Arrillaga, ASCR Fitness Ctr	Daniel Hong	\$120
cwt-06	T/TH	1/15-3/14	7:05 am-7:50 am	Arrillaga, ASCR Fitness Ctr	Daniel Hong	\$120
cwt-07	T/TH	1/15-3/14	11:00 am-11:55 am	3160 Porter Drive, Fitness Ctr	Santiago Quintero	\$120
cwt-08	T/TH	1/15-3/14	11:00 am-11:55 am	Arrillaga, ASCR Fitness Ctr	Bo Kelley	\$120
cwt-09	T/TH	1/15-3/14	12:00 pm-12:55 pm	Arrillaga, ASCR Fitness Ctr	Bo Kelley	\$120
cwt-10	T/TH	1/15-3/14	1:00 pm-1:55 pm	Arrillaga, ASCR Fitness Ctr	Bo Kelley	\$120
cwt-11	T/TH	1/15-3/14	1:05 pm-2:00 pm	3160 Porter Drive, Fitness Ctr	Santiago Quintero	\$120
cwt-12	FRI	1/18-3/15	11:00 am-11:55 am	Arrillaga, AOERC Fitness Ctr	Tom / Cesar	\$60
cwt-13	FRI	1/18-3/15	12:00 pm-12:55 pm	Arrillaga, AOERC Fitness Ctr	Cesar Ravelli	\$60


Functional Strength Training

C  This class is for beginners or experienced exercisers who want to perform daily work and recreational activities with more ease and vigor. Wear comfortable clothing. This class is a specially designed program to provide the proper training stimulus & 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 athletic clothing and closed toe shoes. Bring a towel and water. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided. This is an "Older Adult Friendly" class.

This class is marked IMPACTED because HIP can only allow up to the maximum enrollment designated for this class due to limited equipment or space.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
fst-01	T/TH	1/15-3/14	12:00 pm-1:00 pm	Arrillaga, AOERC Fitness Center	Tom Rankin	\$120

Senior Strong

C  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. "Older Adult Friendly" class.

This class is marked IMPACTED because HIP can only allow up to the maximum enrollment designated for this class due to limited equipment or space.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
ss-01	M/W	1/14-3/13	10:00 am-10:55 am	Arrillaga, AOERC Fitness Center	Tom Rankin	\$115

Weight Lifting Blast

C A full body conditioning workout for core strength, muscle power and full-body strength. This class will utilize free weights for lifts including presses, deadlifts, and squats for a quicker way to tone and build muscle, improve over all strength and burn fat. Wear athletic clothing and closed toe shoes. Bring a water bottle and towel.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
lbs-01	M/W	1/14-3/13	5:45 pm-6:45 pm	Arrillaga SLAC, B55 Fitness Ctr	Santiago Quintero	\$115

Aligned Hatha Yoga w/ Anusara at SLAC

C Combine feel-good stretches, breathing exercises and guided relaxation to undo morning stress. Wear comfortable athletic clothing. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
ahy-01	FRI	1/18-3/15	11:00 am-11:55 am	Arrillaga SLAC, B55 Studio	Moj Razmi	\$110

Flow Yoga

C Within a flowing sequence of postures this class focuses on alignment, balance and concentration. Emphasis will be placed on core strength and breath awareness. Participants will increase strength and flexibility. Bring a mat (preferably with a sticky bottom surface).

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
fy-01	MON	1/14-3/11	12:00 pm-12:55 pm	Burnham Pavilion	Keyko Pintz	\$100
fy-02	MON	1/14-3/11	1:30 pm-2:20 pm	Arrillaga, AOERC Studio 111	Angie Holzer	\$100
fy-03	THU	1/17-3/14	1:15 pm-2:15 pm	3160 Porter Drive, Yoga Room	Patricia Becker	\$110
fy-04	THU	1/17-3/14	1:30 pm-2:20 pm	Arrillaga, AOERC Studio 111	Angela Neumann	\$110
fy-05	FRI	1/18-3/15	12:30 pm-1:20 pm	Arrillaga, AOERC Studio 111	Angela Neumann	\$100

Gentle Yoga

B Class is designed to gradually introduce alignment, yoga postures as well as relaxation techniques, and serves as a transition to regular yoga classes. Wear comfortable athletic clothing. Bring a yoga mat. Mats will not be provided. "Chronic Condition Friendly" and "Older Adult Friendly" class.



CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
gy-02	MON	1/14-3/11	5:30 pm-6:20 pm	Roble Gym, Studio 114	Sheryl Nonnenberg	\$100
gy-03	TUE	1/15-3/12	12:30 pm-1:20 pm	Arrillaga, ACSR Miliias Studio	Kirsten Olshan	\$110
gy-04	THU	1/17-3/14	11:30 am-12:20 pm	Roble Gym, Studio 114	Deanna Anderson	\$110
gy-05	THU	1/17-3/14	5:15 pm-6:15 pm	3172 Porter Drive, Room 2100	Heather Ford	\$110

Hatha Yoga, Based on Principles of Alignment

C Alignment before action brings greater stability, safety and freedom. Movements are coordinated with the breath and designed to help participants of all levels advance in their practice. Wear comfortable clothing. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided.

NOTE: Facility rules -- no outside shoes are allowed on the studio floor.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
hyp-01	TUE	1/15-3/12	5:30 pm-6:20 pm	Roble Gym, Studio 114	Patricia Becker	\$110
hyp-02	WED	1/16-3/13	5:30 pm-6:20 pm	Arrillaga, AOERC Studio 203	Patricia Becker	\$110

Power Yoga

C Yoga to build strength and stamina. Combines dynamic breathing with strong, flowing movements. Wear comfortable athletic clothing. Bring a towel. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided.

NOTE: Facility rules -- no outside shoes are allowed on the studio floor.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
py-01	FRI	1/18-3/15	12:30 pm-1:20 pm	Roble Gym, Studio 113	Angie Holzer	\$110



YOGA

Unwind & Thrive Yoga

C Series of exercises to improve health and flexibility that are suitable for all fitness levels. Class includes flow yoga, standing and seated poses, gentle stretches and balancing exercises. The emphasis is on moving fluidly with the breath in order to improve balance, concentration, flexibility and strength. For all fitness levels. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided. Wear comfortable athletic clothing.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
uty-01	MON	1/14-3/11	1:00 pm-2:00 pm	Littlefield Bldg. Lawn, Outdoors	Katharine Agostino	\$100
uty-02	MON	1/14-3/11	6:00 PM-6:55 pm	Lokey Stem Cell Research Bldg	Uli Dueregger	\$100
uty-03	TUE	1/15-3/12	12:00 pm-1:00 pm	3160 Porter Drive, Yoga Room	Sheryl Nonnenberg	\$110
uty-04	THU	1/17-3/14	11:00 am-11:50 am	3160 Porter Drive, Yoga Room	Sheryl Nonnenberg	\$110

Vinyasa & More

C This class incorporates elements from many styles of yoga and is designed to push and challenge your limits. The continuous sequence will focus on breath awareness, posture, strength, flexibility and balance. So even if you've mastered most poses, you'll find yourself in new territory. Wear comfortable athletic clothing. Bring a towel. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
vm-01	TUE	1/15-3/12	4:00 pm-4:50 pm	3160 Porter Drive, Yoga Room	Barbara West	\$110

Yoga Basics

B
I 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. For all fitness levels. Wear comfortable clothing. Please bring your own mat to class (preferably with a sticky bottom surface). Mats will not be provided.

NOTE: Facility rules -- no outside shoes are allowed on the studio floor.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
yb-01	Wed	1/16-3/13	12:30 pm-1:20 pm	Roble Gym, Studio 113	Sheryl Nonnenberg	\$110

Yoga 4 Runners & Athletes

C In this yoga class for runners and all athletes, we have optimized yoga moves to address the specific demands of athletic performance. You will learn to move, breathe and focus in ways that significantly enhance performance, decrease soreness, reduce the chance of injury, and speed recovery. Through balanced flexibility, functional strength, core connectivity, and whole body integration, an athlete's form, efficiency, range and power can be improved. In addition, the fundamentals of concentration and breath awareness improve mental focus and mental endurance—internal assets that are important during long periods of athletic activity. Bring a yoga mat and water bottle. NOTE: Facility rules -- no outside shoes are allowed on the studio floor.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
yfra-01	FRI	1/18-3/15	11:30 am-12:20 pm	Arrillaga, ASCR Millas Studio	Deanna Anderson	\$110

Yoga/Pilates Fusion

C This class blends the elegant precision of Pilates with the dynamic flow of yoga. Develop core strength, tone muscles, improve balance and flexibility. The exercises will creatively use therabands, softballs, and yoga blocks to challenge you more, make you stronger and longer, and improve your overall endurance and stamina. Wear comfortable athletic clothing and shoes. Bring a yoga mat and towel.

CODE	DAY	DATES	TIME	LOCATION	INSTRUCTOR	FEE
ypf-01	FRI	1/18-3/15	8:05 am-9:00 am	Arrillaga, ASCR Millas Studio	Kerry Spear	\$110
ypf-02	FRI	1/18-3/15	12:00 pm-12:55 pm	3160 Porter Drive, Yoga Room	Susan Empey	\$110
ypf-03	FRI	1/18-3/15	1:30 pm-2:20 pm	Arrillaga, ASCR Millas Studio	Deanna Anderson	\$110




Stanford



Where are HIP Fitness classes offered in Winter 2019 ?

At these convenient locations on and off campus!

 Locations of HIP classes

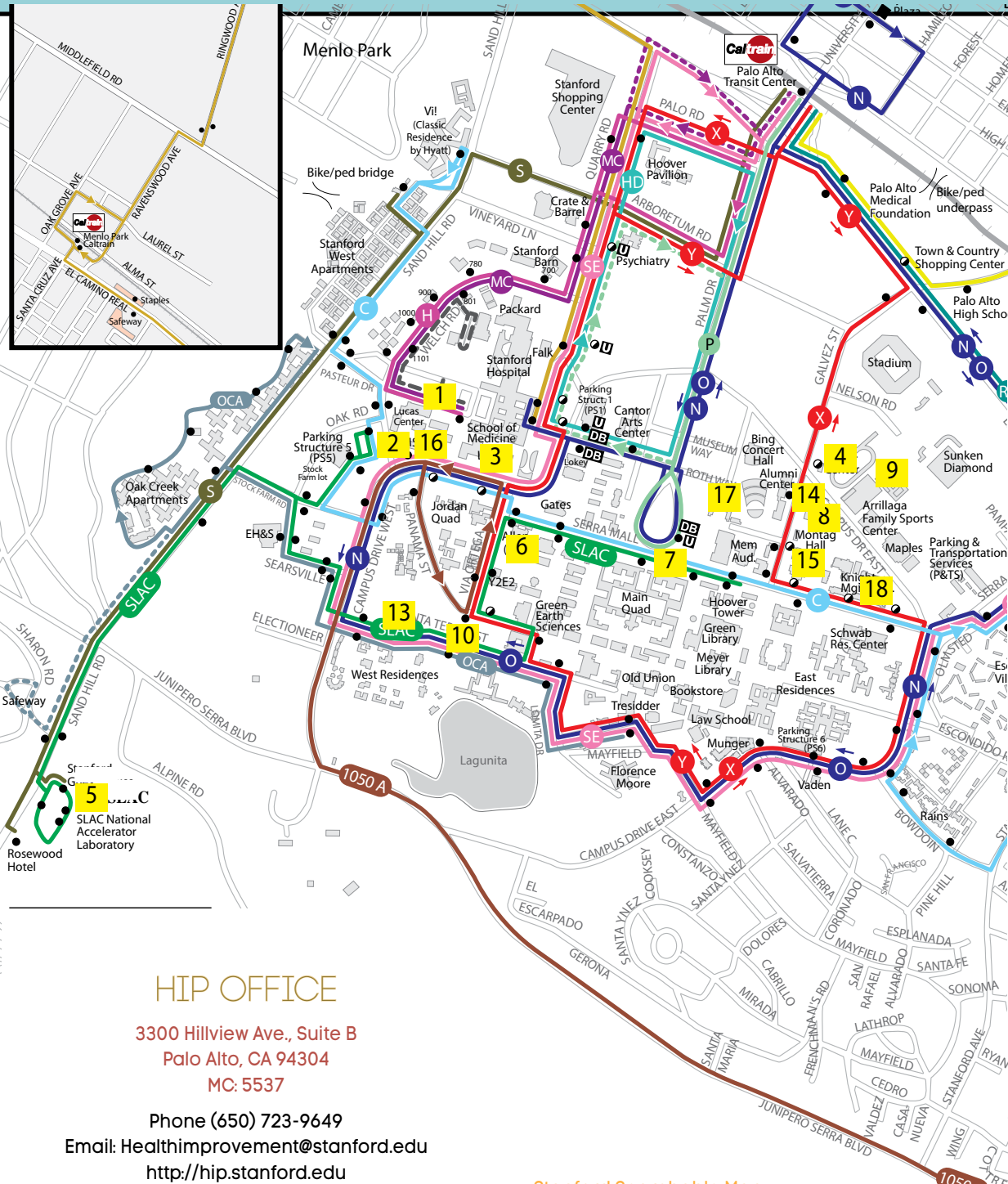


Wellness On Wheels at Stanford

Wellness on Wheels brings Fitness and/or Healthy Living classes to your SU or SHC department! To learn more, contact Christy Matta, clcmatta@stanford.edu.

LOCATION INDEX:

1. Health, Research & Policy (HRP) Bldg
2. MSOB, Courtyard
3. Li Ka Shing Learning Ctr.
4. Cobb Track
5. SLAC Arrilaga Rec Ctr, Bldg. 55
6. Shriram Center
7. Dohrmann Grove
8. Arrilaga Center Sports & Rec (ACSR) Court, Studio, Bikes & Fitness Ctr.
9. Avery Aquatic Ctr., Baker Pool
10. Roble Gym, Studio 113, 114, 115, 117
11. 3145, 3160 & 3174 Porter Dr.
12. 1651 Page Mill Rd.
13. Arrilaga Outdoor Ed Rec. Ctr. (AOERC): Studios, Court, Avery Recreation Pool, Fitness Ctr.
14. Arrilaga Family Raquetball Ctr.
15. Ford Athletic Center & Burnham Pavilion
16. SoM Sports Complex
17. Littlefield Building
18. GSB, Class of 1968 Bldg.



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