

Free Fitness Week

9/5-9/14 schedule

F45 classes are 45 mins long

all other classes are 50 mins long

HIP class

Wednesday					
9/5	F45 Cardio	7:00 AM - 7:45 AM	ACSR	Fitness Center	
	F45 Cardio	8:00 AM - 8:45 AM	ACSR	Fitness Center	
	F45 Cardio	11:30 AM - 12:15 PM	ACSR	Fitness Center	
	F45 Cardio	12:30 PM - 1:15 PM	ACSR	Fitness Center	
	Vinyasa Yoga	12:30 PM - 1:20 PM	ACSR	Mat Studio	Megan
	HIP Aqua Fitness	12:30 PM - 1:20 PM	AOERC	Avery Rec Pool	Carole
	Total Body Workout	5:30 PM - 6:20 PM	AOERC	Studio 111	Michelle M.
	Cardio Kickboxing	6:30 PM - 7:20 PM	AOERC	Studio 111	Michelle M.

Thursday					
9/6	HIP Bombay Jam	12:00 PM - 12:50 PM	ACSR	Erickson Court	Neelu
	Cardio Strength	4:30 PM - 5:20 PM	AOERC	Studio 111	Linda
	HIP Aqua Fitness	4:40 PM - 5:20 PM	AOERC	Avery Rec Pool	Carole

Friday					
9/7	Regeneration	11:30 AM - 12:20 PM	AOERC	Studio 111	Aaron
	HIP Soul Line Dance	11:30 AM - 12:20 PM	ACSR	Court 1	Juanita
	Pilates Plus	12:30 PM - 1:20 PM	AOERC	Studio 111	Carol S

Monday					
9/10	HIP Boot Camp	12:00 PM - 12:50 PM	AOERC	Studio 111	Charles
	Burn & Build Bootcamp	4:30 PM - 5:20 PM	AOERC	Studio 111	Adam

Tuesday					
9/11	Yogalates	12:30 PM - 1:20 PM	AOERC	Studio 111	Annie
	Mat Pilates	4:30 PM - 5:20 PM	AOERC	Studio 111	Annie
	Indoor Cycling	5:30 PM - 6:20 PM	AOERC	Cycling Studio	Rachel
	HIP Cross Training	5:30 PM - 6:20 PM	AOERC	Studio 111	Paolo

Wednesday					
	Vinyasa Yoga	12:30 PM - 1:20 PM	AOERC	Studio 111	Megan
	HIP Yoga w/Alignment	5:30 PM - 6:20 PM	AOERC	Studio 111	Patricia

Thursday					
9/13	HIP Chen Family Tai Chi	12:00 PM - 12:50 PM	AOERC	Studio 111	Yan
	Cardio Strength	4:30 PM - 5:20 PM	AOERC	Studio 111	Linda
	Indoor Cycling	5:30 PM - 6:20 PM	AOERC	Cycling Studio	Rachel
	Barre Sculpt	5:30 PM - 6:20 PM	AOERC	Studio 111	Carmen

Friday					
9/14	Regeneration	11:30 AM - 12:20 PM	AOERC	Studio 111	Aaron
	HIP Cardio Kickbox	12:10 PM - 1:00 PM	AOERC	Court 3	Charles
	Pilates Plus	12:30 PM - 1:20 PM	AOERC	Studio 111	Carol S

Stanford Recreation & Wellness Class (including F45)

- Questions? Contact recprograms@stanford.edu

HIP Class - Questions? Contact healthimprovement@stanford.edu

