

Health Improvement Program

HIP

Fitness Winter **2012** Class Schedule

Your Guide to:

- Aquatic Exercise
- Cardio & Strength
- Dance for Fitness
- Yoga and Pilates
- Weight Training
- Mind/Body Fitness



January 9 - March 23, 2012
Register hip.stanford.edu

Stanford Health Improvement Program Schedule of Classes

Welcome to our new online printable version of HIP's Winter 2012 class schedule. We are doing away with the PDF printed schedule and providing this online version in it's place. The money we save with this change will be put toward bringing you more classes! Though we lose some formatting capacity, we gain a catalog that is always current with "up-to-the-minute" changes and cancellations.

HIP CLASS REGISTRATION INFORMATION

There are three easy ways to register for classes: online, in-person, by mail.

Online Registration at hip.stanford.edu:

The fastest and easiest way to register and pay for classes is online. Browse and select your classes and then complete the online registration process.

- **Payment by secure credit card transaction:** Choose Pay by Credit Card to complete your registration online. An email confirmation of registration will be sent at the time of enrollment.
- **Payment by Check or Cash:** Choose Payment by Check or Cash. Please note: your class registration will not be confirmed until payment is received in the HIP office. An email confirmation will be sent upon receipt of payment.

Register in person or by mail:

If you prefer to register in person or by mail you may download the registration form, available in PDF format at <http://hip.stanford.edu>. You will receive email confirmation of your class enrollment upon receipt of registration and payment.

Please send your check (payable to Stanford University) and registration form to HIP:

On-campus: ID mail code 5411

Off-campus: HIP, MSOB, 1265 Welch Road, Stanford CA 94305-5411

HIP 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. We thank you in advance for your understanding.
- All classes are subject to CANCELLATION if they do not meet required minimum enrollments as indicated.
- NO classes held on the following University holidays: Mondays January 16 & February 20, 2012
- If you need to switch a class, and space permits, please notify the HIP office.
- No prorating of classes is allowed, unless authorized by HIP.
- No credits or refunds will be issued, unless the class is cancelled by HIP, or a serious medical condition prevents your participation.

The 2012 BeWell @ Stanford Employee Incentive Program

- Go to the BeWell@Stanford website, <http://bewell.stanford.edu> and click the BeWell@Stanford Employee Incentive Program icon. Then, take the SHALA in 2012.
- After completing the SHALA Stanford University Employees are eligible for the BeWell \$20 discounted price for group fitness classes. Be sure to enter your BeWell username and password when registering in order to see the \$20 rate.
- Berry Credit for HIP group fitness class participation is given to those who have attended 50% of the classes. Note: It is your responsibility to mark your attendance at each class. Ask your instructor for the roster.

For more information visit <http://bewell.stanford.edu>. Click the BeWell@Stanford Employee Incentive Program icon.

Contact Information

Information & registration inquiries:	(650)723-9649	HIP office location:	Medical School Office Building (MSOB) 3rd floor
HIP Email:	healthimprovement@stanford.edu	Mailing Address:	MSOB, 1265 Welch Rd.
HIP Fax number:	(650)498-4828		Palo Alto, CA 94305-5411
		I.D. Mail Code:	5411

Cover photo and Wellness Fair photo by Linda A. Cicero and courtesy of the Stanford News Service.



Group Fitness

INTENSITY/DIFFICULTY GUIDE to HIP Group Fitness Classes

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

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.
Intermediate	classes are appropriate for those with some experience doing the activity. Instructor demonstrates options for participating at a lower or higher intensity.
Advanced	classes are for experienced participants, or those wanting a more intense workout.
Combined	classes are taught with modification of movements so that all levels get a safe and effective workout.

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. We thank you in advance for your understanding.

* All classes are subject to CANCELLATION if they do not meet required minimum enrollments as indicated.

** NO classes held on the following days: Monday, January 16 & Monday, February 20. No Refunds for missed classes.

Click a link below to jump to the category:

- [New](#)
- [Aquatic Exercise](#)
- [Cardio & Strength Combo](#)
- [Dance for Fitness](#)
- [Pilates Mat/Healthy Back](#)
- [Body, Mind & Spirit](#)
- [Strength Training with Resistance Equip](#)
- [Weight Training in Weight Room](#)
- [Yoga and Yoga/Pilates Blend](#)

The Stanford Health Improvement Program (HIP) is committed to providing health education and fitness courses that are inclusive and accessible to all participants. Individuals with disabilities are encouraged to contact Sheila Sanchez, Disability Accommodations Coordinator at (650) 725-0326 or sheilas@stanford.edu to obtain information about accessibility to HIP courses or to request reasonable accommodations.

BeWell@Stanford Employee Incentive Program

Starting January 1st, take your SHALA for 2012. Go to the BeWell website <http://bewell.stanford.edu> to begin. Completion of SHALA is the only requirement to be eligible for discounted fitness classes.

Choose your group fitness classes wisely – you will receive two BeWell \$20 classes per quarter with additional classes available for full class fee.



New

After Work Athlete: Cardio & Strength

Cardio and muscle strengthening exercises for After Work athletes and those wanting to get back into shape. Wear comfortable athletic clothing and shoes. Bring a mat or towel and water bottle. Dumbbells and elastic resistance bands included. Bring your Stanford ID for admittance into the building.

Instructor: Nikki Downing

Date: Mon Wed 1/9/2012-3/21/2012 3:15 PM-4:05 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Arrillaga Rec Center, Ericsson Court

Class Code: awa-01

After Work Athlete: Strength Training

Full-body muscle strengthening exercises using weight room machines and other equipment for After Work Athletes and those wanting to get back into shape. Exercises are done using the weight room machines, dumbbells weighted balls, and other apparatus. Wear comfortable athletic clothing and shoes. Bring a mat or towel and water bottle. Bring your Stanford ID for admittance into the building.

Instructor: Angela Lee

Date: Tue Thu 1/10/2012-3/22/2012 3:15 PM-4:15 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Tresidder Fitness Center

Class Code: awa-02

HIP Fitness Class Sampler: Yoga, Pilates, Cardio, Strength & Dance

This dynamic class gives you a chance to sample a variety of fitness programs offered by HIP. Throughout the 11-week session, 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 and shoes.

Instructor: Deanna Anderson

Date: Tue Thu 1/10/2012-3/22/2012 12:00 pm-1:00 pm

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Ford Center, San Diego Sports Hall

Class Code: hfcs-01

Hip Hop Fitness

Fusion of Hip Hop dance and easy-to-follow moves. Fast and slow rhythms and resistance training combine to tone and sculpt. Wear comfortable clothing and fitness shoes. Bring a towel and water bottle.

Instructor: Monica Mark

Date: Fri 1/13/2012-3/23/2012 12:00 pm-1:00 PM

Fee: \$65.00 (BeWell Discounted Rate: \$20)

Location: Roble Studio 52

Class Code: hhf-01

Stretch & Flex: Stretching for Tight Muscles

If you work at a desk, or don't move much throughout your work day your muscles can get tight and painful. Get up from sitting and stretch your muscles in this 45-minute class. The supportive instructors will incorporate yoga and gentle stretching movements to encourage flexibility throughout your body, focusing on the leg, back, and neck muscles that are typically tight.

Instructor: Moj Razmi, Dina Prioste

Date: Wed Fri 1/11/2012-3/23/2012 12:15 pm-1:00 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Burnham Pavilion

Class Code: stretch-01

New Continued..

Yoga Tune Up

Yoga Tune Up is a blend of yoga and corrective exercise principles combined with various stretching modalities designed to highlight joint mobility and stability. The results are immediate relief from chronic tension, increased power through a greater range of movement, increased strength and healthy, supple joints. YTU allows a practitioner to custom-fit poses and postures that help them practice pain free for a lifetime.

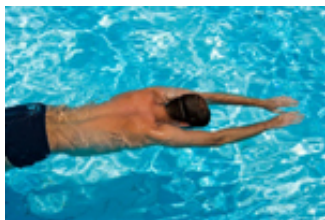
Instructor: Janet Berkowitz

Date: Mon 1/9/2012-3/19/2012 12:00 pm-1:00 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Li Ka Shing Center, Rm 205/206

Class Code: ytu-01



Aquatic Exercise

Aqua Fitness

Full-body workout. Classes held in shallow water primarily with modifications shown for deep water participation. Beneficial for those concerned about placing stress on joints. Bring your Stanford ID for admittance into the building.

Instructor: Patricia Robinson

Date: Tue Thu 1/10/2012-3/22/2012 5:15 PM-6:15 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Roble Pool

Class Code: af-01

Cardinal Swim, Section 1, Levels 1 & 2

Organized swim workout based on ability level. Instruction to improve swim technique. For those with little experience who need more instruction. Bring your Stanford ID for admittance into the building.

Instructor: Jessica Hernandez

Date: Mon Wed 1/9/2012-3/21/2012 12:00 pm-12:30 PM

Fee: \$45.00 (BeWell Discounted Rate: \$20)

Location: Avery Aquatic Center, Baker Pool

Class Code: cs-01

Cardinal Swim, Section 2, Level 3

Organized swim workout based on ability level. Instruction to improve swim technique. For experienced swimmers wanting a faster pace and stroke instruction. Bring your Stanford ID for admittance into the building.

Instructor: Jessica Hernandez

Date: Mon Wed 1/9/2012-3/21/2012 12:30 pm-1:00 PM

Fee: \$45.00 (BeWell Discounted Rate: \$20)

Location: Avery Aquatic Center, Baker Pool

Class Code: cs-02

Cardinal Swim, Section 3, Levels 1 & 2

Organized swim workout based on ability level. Instruction to improve swim technique. For those with little experience who need more instruction. Bring your Stanford ID for admittance into the building.

Instructor: Jessica Hernandez

Date: Tue Thu 1/10/2012-3/22/2012 12:00 pm-12:30 PM

Fee: \$50.00 (BeWell Discounted Rate: \$20)

Location: Avery Aquatic Center, Baker Pool

Class Code: cs-03

Cardinal Swim, Section 4, Level 3

Organized swim workout based on ability level. Instruction to improve swim technique. For experienced swimmers wanting a faster pace and stroke instruction. Bring your Stanford ID for admittance into the building.

Instructor: Jessica Hernandez

Date: Tue Thu 1/10/2012-3/22/2012 12:30 pm-1:00 PM

Fee: \$50.00 (BeWell Discounted Rate: \$20)

Location: Avery Aquatic Center, Baker Pool

Class Code: cs-04

Cardinal Swim, Section 5, Levels 1 & 2

Organized swim workout based on ability level. Instruction to improve swim technique. For those with little experience who need more instruction. Bring your Stanford ID for admittance into the building.

Instructor: Sharon Berg

Date: Mon Wed 1/9/2012-3/21/2012 6:00 PM-6:30 PM

Fee: \$45.00 (BeWell Discounted Rate: \$20)

Location: Avery Aquatic Center, Baker Pool

Class Code: cs-05

Aquatic Exercise Continued..

Cardinal Swim, Section 6, Level 3

Organized swim workout based on ability level. Instruction to improve swim technique. For experienced swimmers wanting a faster pace and stroke instruction. Bring your Stanford ID for admittance into the building.

Instructor: Sharon Berg

Date: Mon Wed 1/9/2012-3/21/2012 6:30 PM-7:00 PM

Fee: \$45.00 (BeWell Discounted Rate: \$20)

Location: Avery Aquatic Center, Baker Pool

Class Code: cs-06



Cardio & Strength Combo

Boot Camp Body Sculpt, Section 3

High-intensity full-body muscle workout. Squats, lunges, pushups, crunches. Wear comfortable athletic clothing. Bring water bottle.

Instructor: Chris Smith

Date: Tue Thu 1/10/2012-3/22/2012 5:15 PM-6:15 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Roble Studio 42

Class Code: bcbs-03

Boot Camp Drop n Go, Section 2

Drop the weight n Go for your fitness goals in 2012. 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 your Stanford ID for admittance into the building.

Instructor: Nikki Downing

Date: Tue Thu 1/10/2012-3/22/2012 7:00 AM-7:45 AM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Arrillaga Rec Center, Ericsson Court

Class Code: boot-02

Boot Camp: Drop n Go!, Section 1

Drop the weight n Go for your fitness goals in 2012. 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 your Stanford ID for admittance into the building.

Instructor: Nikki Downing

Date: Mon Wed 1/9/2012-3/21/2012 5:15 PM-6:05 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Arrillaga Rec Center, Ericsson Court

Class Code: boot-01

Cardio Walk & Core Strength

Brisk walking and core strengthening exercises for beginners and those wanting to get back into shape. Wear comfortable athletic clothing and shoes. Bring a mat or towel and water bottle. We exercise in all kinds of weather, so dress accordingly. Elastic bands included.

Instructor: Bernardo Tapia

Date: Tue Thu 1/10/2012-3/22/2012 12:10 pm-12:50 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Meet at SUH Fountain in front of Stanford Hospital

Class Code: cwc-01

Cross Training, Section 1

Thorough warm up, 30-35 minutes cardio including interval training, muscle conditioning and stretching. All portions of class will be held outdoors. Wear sunscreen, comfortable athletic clothing and shoes. Bring a towel and water bottle.

Instructor: Nikki Downing

Date: Mon Wed 1/9/2012-3/21/2012 12:00 pm-1:00 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Meet outside of SLAC Bldg 27

Class Code: ct-01

Cardio & Strength Combo Continued..

Cross Training, Section 3

Thorough warm up, 30-35 minutes cardio including interval training, muscle conditioning and stretching. Classes will be held indoors and outdoors. Wear sunscreen, comfortable athletic clothing and shoes. Bring a towel and water bottle.

Instructor: Denise Gittens

Date: Tue 1/10/2012-3/20/2012 12:00 pm-1:00 PM

Fee: \$50.00 (BeWell Discounted Rate: \$20)

Location: 3145 Porter Drive, Gym

Class Code: ct-03

Cross Training, Section 4

Cross Training classes includes a thorough warm-up, 30-35 minutes of fun cardio activities including interval training and bleacher runs, muscle conditioning and stretching. Some classes are held outdoors. Wear athletic shoes and clothing. Bring a mat or towel & water bottle, and your Stanford ID for admittance into the building.

Instructor: Bridgette Martin-Hard

Date: Mon Wed 1/9/2012-3/21/2012 1:10 PM-2:10 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Arrillaga Rec Center, Ericsson Court

Class Code: ct-04

Cross Training, Section 5

Thorough warm up, 30-35 minutes cardio including interval training, muscle conditioning and stretching. Classes will be held outdoors. Wear sunscreen, comfortable athletic clothing and shoes. Bring a towel and water bottle, and your Stanford ID for admittance into the building.

Instructor: Susan Empey

Date: Tue Thu 1/10/2012-3/20/2012 6:10 PM-7:10 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Arrillaga Rec Center, Ericsson Court

Class Code: ct-05

Cross Training, Section 6

Thorough warm up, 30-35 minutes cardio including interval training, muscle conditioning and stretching. All portions of class will be held outdoors. Wear sunscreen, comfortable athletic clothing and shoes. Bring a towel and water bottle.

Instructor: Nikki Downing

Date: Fri 1/13/2012-3/23/2012 12:00 pm-1:00 PM

Fee: \$50.00 (BeWell Discounted Rate: \$20)

Location: Meet outside of SLAC Bldg 27

Class Code: ct-06

Cycle Circuit

FAT BURNER DELUXE. This 55-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.

Instructor: Denise Gittens

Date: Fri 1/13/2012-3/23/2012 6:15 AM-7:15 AM

Fee: \$50.00 (BeWell Discounted Rate: \$20)

Location: Arrillaga Rec Center, Bikes

Class Code: cc-01

Greatest Hits Workout Party, Sec 1

Enjoy this noon hour workout with a supportive instructor. The class incorporates a warm-up and a variety of easy-to-follow cardio and strength activities into a full-body workout. Note: Mondays cardio portion will be latin-based Zumba fitness. Wear athletic clothing and shoes. Bring a mat, towel and water bottle.

Instructor: Sue Skulina

Date: Mon Wed 1/9/2012-3/21/2012 12:00 pm-1:00 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Roble Studio 52

Class Code: ghw-01

Cardio & Strength Combo Continued..**Greatest Hits Workout Party, sec 2**

Enjoy this noon hour workout with a supportive instructor. The class incorporates a warm-up and a variety of easy-to-follow cardio and strength activities into a full-body workout. Wear athletic clothing and shoes. Bring a mat, towel and water bottle.

Instructor: Linda Breen

Date: Tue Thu 1/10/2012-3/22/2012 12:00 pm-1:00 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Burnham Pavilion

Class Code: ghw-02

Indoor Cycling Workout, sec. 1

Vigorous cardio, includes warm-up, at least 35 minutes cycling and cool down. Wear comfortable athletic clothing and shoes. Bring a towel and water bottle. Bring your Stanford ID for admittance into building.

Instructor: Denise Gittens

Date: Mon Wed 1/9/2012-3/21/2012 6:30 AM-7:15 AM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Arrillaga Rec Center Bikes

Class Code: icw-01

Indoor Cycling Workout, sec. 2

Vigorous cardio, includes warm-up, at least 35 minutes cycling and cool down. Wear comfortable athletic clothing and shoes. Bring a towel and water bottle. Bring your Stanford ID for admittance into building.

Instructor: Karin Hayes

Date: Mon Wed 1/9/2012-3/21/2012 11:30 AM-12:15 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Arrillaga Rec Center Bikes

Class Code: icw-02

Indoor Cycling Workout, sec. 3

Vigorous cardio, includes warm-up, at least 35 minutes cycling and cool down. Wear comfortable athletic clothing and shoes. Bring a towel and water bottle. Bring your Stanford ID for admittance into building.

Instructor: Denise Gittens

Date: Mon Wed 1/9/2012-3/21/2012 12:20 pm-1:05 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Arrillaga Rec Center Bikes

Class Code: icw-03

Indoor Cycling Workout, sec. 4

Vigorous cardio, includes warm-up, at least 35 minutes cycling and cool down. Wear comfortable athletic clothing and shoes. Bring a towel and water bottle. Bring your Stanford ID for admittance into building.

Instructor: Karin Hayes

Date: Tue Thu 1/10/2012-3/22/2012 11:30 AM-12:15 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Arrillaga Rec Center Bikes

Class Code: icw-04

Indoor Cycling Workout, sec. 5

Vigorous cardio, includes warm-up, at least 35 minutes cycling and cool down. Wear comfortable athletic clothing and shoes. Bring a towel and water bottle. Bring your Stanford ID for admittance into building.

Instructor: Alyssa Blau

Date: Tue Thu 1/10/2012-3/22/2012 12:20 pm-1:05 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Arrillaga Rec Center Bikes

Class Code: icw-05

Cardio & Strength Combo Continued..**Move It! Cardio & Pilates**

This Step class incorporates cardio moves and well as strength exercises for a full-body workout. Wear comfortable athletic clothing and shoes. Bring a mat or towel and water bottle, and your Stanford ID for admittance into the building.

Instructor: Alana Hunter

Date: Mon Wed 1/9/2012-3/21/2012 12:00 pm-1:00 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Arrillaga Rec Center, Court

Class Code: mi-01

Smart Running: A Training Program for Beginner & Intermediate Runners

Beginning and intermediate runners and people returning to running are welcome. Workouts will begin with a run/walk pace and then progressively increase the amount of running. Included are brief discussions about goal setting, maintaining fitness, adding mileage, and tips for avoiding injury. Class is held outdoors. Wear comfortable athletic clothing in layers and athletic shoes.

Instructor: Bernardo Tapia

Date: Wed Fri 1/11/2012-3/23/2012 7:15 AM-8:15 AM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Cobb Track - Angell Field

Class Code: srbi-01

Sunrise Exercise: Morning Outdoor Workout

Warm-up, brisk walk or run, muscle conditioning using resistance bands and 5lb weights, mat-based toning and stretching, relaxing cool down. Resistance bands provided. Bring mat and 5lb weights. Class is held outdoors. Wear comfortable athletic clothing in layers and athletic shoes.

Instructor: Tia Rich

Date: Tue Thu 1/10/2012-3/22/2012 6:30 AM-7:30 AM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Cobb Track - Angell Field

Class Code: sem-01

Zumba Fitness, Sec 1

Fusion of Latin rhythms and easy-to-follow moves. Fast and slow rhythms and resistance training combine to tone and sculpt. Wear comfortable clothing and fitness shoes. Bring a towel and water bottle.

Instructor: Sue Skulina

Date: Mon 1/9/2012-3/21/2012 12:00 pm-1:00 pm

Fee: \$65.00 (BeWell Discounted Rate: \$20)

Location: Roble Studio 52

Class Code: zum-01

Zumba Fitness, Section 10

Fusion of Latin rhythms and easy-to-follow moves. Fast and slow rhythms and resistance training combine to tone and sculpt. Wear comfortable clothing and fitness shoes.

Instructor: Monica Mark

Date: Mon 1/9/2012-3/19/2012 6:00 PM-7:00 PM

Fee: \$65.00 (BeWell Discounted Rate: \$20)

Location: Li Ka Shing Center, LK 101

Class Code: zum-10

Zumba Fitness, section 2

Fusion of Latin rhythms and easy-to-follow moves. Fast and slow rhythms and resistance training combine to tone and sculpt. Wear comfortable clothing and fitness shoes. Bring a towel and water bottle.

Instructor: Angela Lee

Date: Mon Wed 1/9/2012-3/21/2012 12:00 pm-1:00 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Roble Studio 25

Class Code: zum-02

Cardio & Strength Combo Continued..**Zumba Fitness, Section 3**

Fusion of Latin rhythms and easy-to-follow moves. Fast and slow rhythms and resistance training combine to tone and sculpt. Wear comfortable clothing and fitness shoes. Bring a towel and water bottle.

Instructor: Nicole Wargo, Brett Blankenship

Date: Mon Wed 1/9/2012-3/21/2012 12:00 pm-1:00 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: SLAC Bldg 27, Aerobics Room

Class Code: zum-03

Zumba Fitness, Section 4

Fusion of Latin rhythms and easy-to-follow moves. Fast and slow rhythms and resistance training combine to tone and sculpt. Wear comfortable clothing and fitness shoes. Bring a towel and water bottle.

Instructor: Alejandra Picollo

Date: Wed 1/11/2012-3/21/2012 5:30 PM-6:30 PM

Fee: \$65.00 (BeWell Discounted Rate: \$20)

Location: Roble Studio 25

Class Code: zum-04

Zumba Fitness, Section 5

Fusion of Latin rhythms and easy-to-follow moves. Fast and slow rhythms and resistance training combine to tone and sculpt. Wear comfortable clothing and fitness shoes. Bring a towel and water bottle.

Instructor: Monica Mark

Date: Thu 1/12/2012-3/22/2012 11:00 AM-11:55 AM

Fee: \$65.00 (BeWell Discounted Rate: \$20)

Location: Roble Studio 42

Class Code: zum-05

Zumba Fitness, section 6

Fusion of Latin rhythms and easy-to-follow moves. Fast and slow rhythms and resistance training combine to tone and sculpt. Wear comfortable clothing and fitness shoes. Bring a towel and water bottle.

Instructor: Sue Skulina

Date: Thu 1/12/2012-3/22/2012 4:00 PM-5:00 PM

Fee: \$65.00 (BeWell Discounted Rate: \$20)

Location: 3145 Porter Drive, Gym

Class Code: zum-06

Zumba Fitness, Section 7

Fusion of Latin rhythms and easy-to-follow moves. Fast and slow rhythms and resistance training combine to tone and sculpt. Wear comfortable clothing and fitness shoes. Bring a towel and water bottle.

Instructor: Carla Kenworthy, Monica Mark

Date: Tue Thu 1/10/2012-3/22/2012 5:15 PM-6:15 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: SLAC Bldg 27, Aerobics Room

Class Code: zum-07

Zumba Fitness, section 8

Fusion of Latin rhythms and easy-to-follow moves. Fast and slow rhythms and resistance training combine to tone and sculpt. Wear comfortable clothing and fitness shoes. Bring a towel and water bottle. Bring Stanford ID for admittance into building.

Instructor: Sue Skulina

Date: Fri 1/13/2012-3/23/2012 12:00 pm-1:00 PM

Fee: \$65.00 (BeWell Discounted Rate: \$20)

Location: Arrillaga Rec Center, Ericsson Court

Class Code: zum-08



Dance for Fitness

Beginning Ballet, Section 1

This class is designed for those who love dancing and want to 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

Instructor: Francisco Avellan

Date: Wed 1/11/2012-3/21/2012 5:15 PM-6:15 PM

Fee: \$65.00 (BeWell Discounted Rate: \$20)

Location: Roble Studio 42

Class Code: bbal-01

Beginning Ballet, Section 2

This class is designed for those who love dancing and want to 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

Instructor: Vicky Brey

Date: Tue 1/10/2012-3/20/2012 11:00 AM-11:55 AM

Fee: \$65.00 (BeWell Discounted Rate: \$20)

Location: Roble Studio 42

Class Code: bbal-02

Chinese Dance (Int)

Learn basic jumps and turns of Chinese Classical Dance using waist, hip and shoulder movements. Also learn basic body movements and footwork of Chinese Folk Dances, Tibetan Dance, Han Folk Dance. Wear comfortable athletic clothing and soft-soled shoes.

Instructor: Yao Yong

Date: Tue 1/10/2012-3/20/2012 1:05 PM-2:00 PM

Fee: \$65.00 (BeWell Discounted Rate: \$20)

Location: Roble Studio 42

Class Code: cdy-01

Chinese Dance, Sec 2 (Folk)

Learn basic jumps and turns of Chinese Classical Dance using waist, hip and shoulder movements. Also learn basic body movements and footwork of Chinese Folk Dances, Tibetan Dance, Han Folk Dance. Wear comfortable athletic clothing and soft-soled shoes.

Instructor: Yao Yong

Date: Wed 1/11/2012-3/21/2012 1:05 PM-2:00 PM

Fee: \$65.00 (BeWell Discounted Rate: \$20)

Location: Roble Studio 42

Class Code: cdy-02

Chinese Dance, Sec 3 (Beginner)

Learn basic jumps and turns of Chinese Classical Dance using waist, hip and shoulder movements. Also learn basic body movements and footwork of Chinese Folk Dances, Tibetan Dance, Han Folk Dance. Wear comfortable athletic clothing and soft-soled shoes.

Instructor: Yao Yong

Date: Thu 1/12/2012-3/22/2012 1:05 PM-2:00 PM

Fee: \$65.00 (BeWell Discounted Rate: \$20)

Location: Roble Studio 42

Class Code: cdy-03

Dance for Fitness Continued..

Jazz Dance Workout

Several dance routines inspired by jazz and musical theatre dance styles will be taught. Challenge your feet and brain while having fun! All levels welcome - beginning dancers encouraged! Please note: This is NOT a dance aerobics class as we will be stopping to break down choreography and learn basic dance techniques. Wear workout clothes and, if possible, jazz or ballet shoes.

Instructor: Brett Blankenship

Date: Mon 1/9/2012-3/19/2012 12:00 pm-1:00 PM

Fee: \$65.00 (BeWell Discounted Rate: \$20)

Location: Roble Studio 42

Class Code: jd-w-01

Middle Eastern Belly Dance, Section 1

A graceful, flowing dance form that encourages core muscle strength, flexibility in the pelvis and back. Basic steps and rhythms to moderate tempo music, as well as dances that build upon previously learned basic movements. Wear comfortable clothing and soft-soled shoes, or dance barefoot.

Instructor: Setareh

Date: Wed 1/11/2012-3/21/2012 12:00 pm-1:00 PM

Fee: \$65.00 (BeWell Discounted Rate: \$20)

Location: Roble Studio 42

Class Code: bd-01

Middle Eastern Belly Dance, Section 2

A graceful, flowing dance form that encourages core muscle strength, flexibility in the pelvis and back. Basic steps and rhythms to moderate tempo music, as well as dances that build upon previously learned basic movements. Wear comfortable clothing and soft-soled shoes, or dance barefoot.

Instructor: Setareh

Date: Tue 1/10/2012-3/20/2012 5:30 PM-6:30 PM

Fee: \$65.00 (BeWell Discounted Rate: \$20)

Location: SCRA, 875 Bowdoin & Stanford Ave

Class Code: bd-02

Vaganova Ballet Fitness Class

Vaganova Ballet Fitness class: This class is for individuals who have taken at least one year of Ballet or Jazz dance before and are looking for an energetic and fast paced class that uses Ballet technique (Vaganova barre), dance choreography, and stretching to improve physical stamina and strength. The instructor is a Ballet Teacher with 25 years of teaching experience who danced professionally. Dance shoes are necessary. Bring a mat for stretching.

Instructor: Vicky Brey

Date: Fri 1/13/2012-3/23/2012 11:00 AM-11:55 AM

Fee: \$65.00 (BeWell Discounted Rate: \$20)

Location: Roble Studio 52

Class Code: vbf-01



Mind/Body Fitness

Beginning Tai Chi

Old form of Chen Style Tai Chi. Graceful, fluid movements to improve energy, stamina, health. Level 1 geared for beginners and those wanting a slower pace. Indoor class. Wear comfortable clothing and shoes.

Instructor: Nhu Tran

Date: Wed 1/11/2012-3/21/2012 2:00 PM-3:00 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: 3145 Porter Drive, Cafeteria

Class Code: btc-01

Chen Family Taijiquan & Qigong, Section 1

Tai Chi low powerful stances, body coiling movements, stomping, explosive release of power, plus graceful, slow and light movements. Instructor also discusses benefits of taijiquan and qigong. Wear comfortable clothing. Classes held outdoors in a covered area.

Instructor: Master Wong

Date: Tue 1/10/2012-3/20/2012 11:45 AM-12:45 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Dohrmann Grove

Class Code: cft-01

Chen Family Taijiquan & Qigong, Section 2

Tai Chi low powerful stances, body coiling movements, stomping, explosive release of power, plus graceful, slow and light movements. Instructor also discusses benefits of taijiquan and qigong. Wear comfortable clothing.

Instructor: Master Wong

Date: Thu 1/12/2012-3/22/2012 11:00 AM-11:55 AM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: SLAC Bldg 27, Aerobics Room

Class Code: cft-02

Chen Syle Tai Chi Old Form and Yang Style Tai Chi

Beginning level Tai Chi instruction, including graceful, fluid movements to improve energy, stamina and health. Also includes 24-movement Yang Style Tai Chi. Wear comfortable clothing and shoes.

Instructor: Nhu Tran

Date: Thu 1/12/2012-3/22/2012 12:00 pm-1:00 pm

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Grass area in back of MSOB, 1265 Welch Rd

Class Code: cofy-01

Mind/Body Fitness Continued..**Feldenkrais, An Antidote to RSI, Back, Neck & Shoulder Tension**

An Antidote to RSI, Back, Neck and Shoulder Tension. Improve your ability to sense and change poor body organization which contributes to repetitive strain injuries, stiffness and pain. If you have chronic discomfort, this information can help you intervene so your body can heal. If you experience intermittent tension, or pain which 'comes and goes,' start now to prevent injury and feel better fast. Using the Feldenkrais Method, you will learn healthier movement patterns which decrease excessive effort associated with strain. Participants improve their self awareness, and learn to make adjustments in their actions which both heal and prevent unhealthy tension patterns from progressing into a chronic injury. Exercises are done sitting in a chair, or in other configurations (such as standing or lying down) which increase the effectiveness of the content. Please wear comfortable, nonrestrictive clothing. Instructor: Jean Elvin, Guild Certified Feldenkrais Practitioner since 1997. She has special training in dealing with repetitive strain and other self-use issues commonly found in the workplace.

Instructor: Jean Elvin

Date: Fri 1/13/2012-3/23/2012 12:10 pm-1:10 pm

Fee: \$100.00 (BeWell Discounted

Location: Alway Bldg Rm M112 (1/13, 2/3, 2/10, 3/23), LKSC 308 (2/20), LKSC 209 (2/17 & 2/24), LKSC 208 (3/9)

Rate: \$20)

Class Code: feld-01

Meditation & Pranayama Practice, Intermediate Level

This section is for participants with previous meditation and pranayama experience who want to go deeper into personal practice. Each class will include 10-20 minutes of silent meditation. Chairs are available, or bring a pillow if you prefer to sit on the floor. The practices of meditation and pranayama (breathing techniques) are beneficial in promoting health, calming the mind, reducing stress, and increasing creativity and the ability to concentrate.

Instructor: Vickie Martin

Date: Tue 1/10/2012-3/20/2012 12:15 pm-12:55 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Li Ka Shing Center, LK 208 (1/10-1/24, 2/7, 2/21-3/20) & CCSR 4205 (1/31, 2/14)

Class Code: med-03

Meditation & Pranayama, Section 1

The practices of meditation and pranayama (breathing techniques) are beneficial in promoting health, calming the mind, reducing stress, and increasing creativity and the ability to concentrate. Please bring a pillow, mat or towel to sit on the floor.

Instructor: Moj Razmi

Date: Mon 1/9/2012-3/19/2012 1:00 PM-1:40 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Roble Studio 57

Class Code: med-01

Meditation & Pranayama, Section 2

The practice of meditation in the workplace environment is beneficial as a way to reduce stress and promote creativity and the ability to concentrate. We will also practice pranayama (breathing techniques) as part of each class to promote health and calm the mind. No need for any special attire, as we will be sitting in chairs. Please bring your own cushion if you prefer to sit on the floor.

Instructor: Vickie Martin

Date: Wed 1/11/2012-3/21/2012 12:15 pm-12:55 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Li Ka Shing Center LK 308 (1/11-1/25 & 2/8-3/21), CCSR 4205 (2/1)

Class Code: med-02

Mind/Body Fitness Continued..

Shaolin Kung Fu: Beginner, Intermediate & Advanced

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 prior martial arts experience necessary. Wear comfortable clothing and athletic shoes.

Instructor: Shaolin Monks

Date: Fri 1/13/2012-3/23/2012 11:30 AM-12:30 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Grass area behind MSOB, 251 Campus Dr.

Class Code: skf-01



Pilates Mat/Healthy Back

Cardio & Healthy Back Fusion, Sec. 1

Emphasis on back exercises plus balance and muscle conditioning using stability ball, and maintaining good posture. Tuesday's class includes light/medium cardio activity. Wear comfortable athletic clothing and shoes. Bring a water bottle and towel.

Instructor: Sue Skulina, Kerry Spear

Date: Tue Thu 1/10/2012-3/22/2012 12:00 pm-1:00 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: SLAC Bldg 27, Aerobics Room

Class Code: chb-01

Cardio & Healthy Back Fusion, Sec. 2

Emphasis on cardio activity and back exercises plus balance and muscle conditioning exercises. Wear comfortable athletic clothing and shoes. Bring a towel. Bring your Stanford ID for admittance into the building.

Instructor: Susan Empey

Date: Tue Thu 1/10/2012-3/22/2012 6:10 PM-7:10 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Arrillaga Rec Center, Ericsson Court

Class Code: chb-02

Healthy Back Strong Abs

Focus on developing and maintaining strong mid-section and healthy back. Class combines stretches and focus strengthening exercises on stability ball to build balanced, flexible and strong muscles and joints. Therabands and stability balls provided. Wear comfortable athletic clothing. Bring your Stanford ID for admittance into building.

Instructor: Jean Elvin, Kerry Spear

Date: Mon Wed 1/9/2012-3/21/2012 12:05 pm-1:00 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Arrillaga Rec Center, Studio

Class Code: hba-01

Healthy Back: Strength & Stretch

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.

Instructor: Hattie Bluestone

Date: Tue Thu 1/10/2012-3/22/2012 12:00 pm-1:00 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Roble Studio 25

Class Code: hbs-01

Heart of Pilates

Class begins with several invigorating dances ranging from Hip Hop, Caribbean and Bollywood to get your heart pumping while simultaneously challenging your coordination and balance. We will follow with Pilates mat work integrating resistance bands and miniballs. Expect increased core strength, flexibility and balance with crossover benefits to other areas of your life. Bring a mat, water bottle, miniball and band (if you have them), Resistance bands and miniballs available at class for \$10 each. Instructor: Teresa Maldonado Marchok, licensed Physical Therapist and multiple-certified Pilates Instructor.

Instructor: Teresa Maldonado Marchok

Date: Mon 1/9/2012-3/19/2012 5:15 PM-6:10 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Li Ka Shing Center, room 306

Class Code: hop-01

Pilates Mat/Healthy Back Continued..**OsteoPilates**

With 1 of 2 women over 50 years old diagnosed with either osteopenia or osteoporosis, this Pilates mat class will address the unique needs of this growing population by modifying traditional Pilates exercises to keep you safe. Benefits include increased tone, flexibility, balance, core strength and postural awareness. This class is also beneficial for men and women with back disorders such as herniated disc or general back pain. Bring a mat, water bottle, miniball and band (if you have them). Resistance bands and miniballs available at class for \$10 each. The instructor is a licensed physical therapist as well as certified Pilates instructor.

Instructor: Teresa Maldonado Marchok

Date: Mon 1/9/2012-3/19/2012 6:20 PM-7:20 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Li Ka Shing Center, LK 306

Class Code: op-01

Pilates Essentials, Section 1

Address posture, mind/body awareness, strength, flexibility. Focus on deep breathing, strengthening abdominals, shoulder stabilizers, pelvic floor, back muscles and improving mobility. Wear comfortable athletic clothing and shoes. Bring a mat or towel and water bottle.

Instructor: Kerry Spear

Date: Mon 1/9/2012-3/19/2012 12:00 pm-1:00 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: 3145 Porter Drive, Gym

Class Code: pe-01

Pilates Essentials, Section 2

Address posture, mind/body awareness, strength, flexibility. Focus on deep breathing, strengthening abdominals, shoulder stabilizers, pelvic floor, back muscles and improving mobility. Wear comfortable athletic clothing and shoes. Bring a mat or towel and water bottle.

Instructor: Kerry Spear

Date: Mon 1/9/2012-3/19/2012 5:15 PM-6:15 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: SLAC Bldg 27, Aerobics Room

Class Code: pe-02

Pilates Essentials, Section 3

Address posture, mind/body awareness, strength, flexibility. Focus on deep breathing, strengthening abdominals, shoulder stabilizers, pelvic floor, back muscles and improving mobility. Wear comfortable athletic clothing and shoes. Bring a mat or towel and water bottle.

Instructor: Kerry Spear

Date: Tue 1/10/2012-3/20/2012 8:00 AM-8:55 AM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: SCRA, 875 Bowdoin & Stanford Ave

Class Code: pe-03

Pilates Essentials, Section 4

Address posture, mind/body awareness, strength, flexibility. Focus on deep breathing, strengthening abdominals, shoulder stabilizers, pelvic floor, back muscles and improving mobility. Wear comfortable athletic clothing and shoes. Bring a mat or towel and water bottle.

Instructor: Marja Mullings

Date: Tue 1/10/2012-3/20/2012 12:00 pm-1:00 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Roble Studio 42

Class Code: pe-04

Pilates Essentials, Section 5

Address posture, mind/body awareness, strength, flexibility. Focus on deep breathing, strengthening abdominals, shoulder stabilizers, pelvic floor, back muscles and improving mobility. Wear comfortable athletic clothing and shoes. Bring a mat or towel and water bottle.

Instructor: Susan Empey

Date: Wed 1/11/2012-3/21/2012 5:30 PM-6:30 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: SLAC Bldg 27, Aerobics Room

Class Code: pe-05

Pilates Mat/Healthy Back Continued..**Pilates Essentials, Section 6**

Address posture, mind/body awareness, strength, flexibility. Focus on deep breathing, strengthening abdominals, shoulder stabilizers, pelvic floor, back muscles and improving mobility. Wear comfortable athletic clothing and shoes. Bring a mat or towel and water bottle.

Instructor: Candice Lowdermilk

Date: Thu 1/12/2012-3/22/2012 12:00 pm-1:00 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Roble Studio 42

Class Code: pe-06

Pilates Essentials, Section 7

Address posture, mind/body awareness, strength, flexibility. Focus on deep breathing, strengthening abdominals, shoulder stabilizers, pelvic floor, back muscles and improving mobility. Wear comfortable athletic clothing and shoes. Bring your Stanford ID for admittance into the building.

Instructor: Katharine Agostino

Date: Mon 1/9/2012-3/19/2012 7:00 AM-7:50 AM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Arrillaga Rec Center, Studio

Class Code: pe-07

Pilates for Core Strength, Level 1-2

Use theraband and 6 inch foam roller to enhance strength, flexibility and coordination in mat work. Wear comfortable athletic clothing. Bring a mat.

Instructor: Lisa Burnett

Date: Mon 1/9/2012-3/19/2012 5:15 PM-6:15 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Roble Studio 42

Class Code: pcs-01

Pilates for Core Strength, Level 3, Continuing Participants Only

Class geared to those continuing in Pilates practice, and have been practicing Pilates for at least 2 quarters. Use theraband and 6 inch foam roller to enhance strength, flexibility and coordination in mat work. Wear comfortable athletic clothing. Bring a mat and water bottle. Rollers available. Therabands available for purchase from instructor, \$10.

Instructor: Lisa Burnett

Date: Thu 1/12/2012-3/22/2012 5:15 PM-6:15 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Roble Studio 57

Class Code: pcs-02



Strength Training with Resistance Equipment

Awesome Arms & Back, Section 1

Tighten, tone, lengthen and strengthen arms, shoulders and back. Challenge your upper body. Wear comfortable athletic clothing and shoes. Bring a mat and towel.

Instructor: Joy Lopez

Date: Mon Wed 1/9/2012-3/21/2012 12:10 pm-12:50 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Ford Center, San Diego Sports Hall

Class Code: aab-01

Awesome Arms & Back, Section 2

Tighten, tone, lengthen and strengthen arms, shoulders and back. Challenge your upper body. Wear comfortable athletic clothing and shoes. Bring a mat and towel.

Instructor: Joy Lopez

Date: Fri 1/13/2012-3/23/2012 11:30 AM-12:00 PM

Fee: \$60.00 (BeWell Discounted Rate: \$20)

Location: Roble Studio 42

Class Code: aab-02

Body Firm/Super Sculpt, Sec 1

Use bands and hand weights to firm and tone body. Extra attention to sculpting arms, chest, hips, abs and thighs. Cutting edge exercises. Wear comfortable athletic clothing and shoes. Bring your Stanford ID for admittance into the building.

Instructor: Deanna Anderson

Date: Tue Thu 1/10/2012-3/22/2012 1:15 PM-2:15 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Arrillaga Rec Center, Ericsson Court

Class Code: bfs-01

Body Firm/Super Sculpt, Sec. 2

Use bands and hand weights to firm and tone body. Extra attention to sculpting arms, chest, hips, abs and thighs. Cutting edge exercises. Wear comfortable athletic clothing and shoes. Bring your Stanford ID for admittance into the building.

Instructor: Deanna Anderson

Date: Fri 1/13/2012-3/23/2012 12:00 pm-1:00 PM

Fee: \$60.00 (BeWell Discounted Rate: \$20)

Location: Arrillaga Rec Center, Studio

Class Code: bfs-02

Boot Camp - Body Sculpt, Sec 1

High-intensity full-body muscle workout. Squats, lunges, pushups, crunches. Use free weights, body bars, medicine balls. Wear comfortable athletic clothing. Bring water bottle. Bring your Stanford ID for admittance into the building.

Instructor: Nikki Downing

Date: Tue Thu 1/10/2012-3/22/2012 11:00 AM-11:55 AM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Arrillaga Rec Center, Studio

Class Code: bcbs-01

Boot Camp - Body Sculpt, Sec 2

High-intensity full-body muscle workout. Squats, lunges, pushups, crunches. Use free weights, body bars, medicine balls. Wear comfortable athletic clothing. Bring water bottle. Bring your Stanford ID for admittance into the building.

Instructor: Nikki Downing

Date: Tue Thu 1/10/2012-3/22/2012 12:05 pm-1:00 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Arrillaga Rec Center, Studio

Class Code: bcbs-02

Strength Training with Resistance Equipment Continued..

H.A.A.B.I.T. Hips, Abs, Arms, Buttocks & Incredible Thighs, Level 2

Full-body conditioning workout to enhance muscle definition, balance, strength and endurance in major muscle groups. Focus on Hips, Abs, Arms, Buttocks and Incredible Thighs. Class uses elastic resistance bands. Wear comfortable athletic clothing and shoes. Bring a mat, towel and water bottle. Bring your Stanford ID for admittance into the building.

Instructor: Bridgette Martin-Hard

Date: Tue Thu 1/10/2012-3/22/2012 12:00 pm-1:00 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Arrillaga Rec Center, Ericsson Court

Class Code: hbt-01

Hard Core Abs Express!, Section 2

Tighten, tone, lengthen and strengthen abdominal area. Challenging abdominal and inner core exercises. Wear comfortable athletic clothing and shoes. Bring a mat and towel.

Instructor: Joy Lopez

Date: Mon Wed 1/9/2012-3/21/2012 1:15 pm-1:45 PM

Fee: \$80.00 (BeWell Discounted Rate: \$20)

Location: 3145 Porter Drive, Gym

Class Code: hca-02

Hard Core Abs Express, Section 1

Tighten, tone, lengthen and strengthen abdominal area. Challenging abdominal and inner core exercises. Wear comfortable athletic clothing and shoes. Bring a mat or towel and water bottle, and your Stanford ID for admittance into the building.

Instructor: Joy Lopez

Date: Mon Wed 1/9/2012-3/21/2012 11:30 am-12:00 PM

Fee: \$80.00 (BeWell Discounted Rate: \$20)

Location: Arrillaga Rec Center, Studio

Class Code: hca-01

Hard Core Abs Express, Section 3

Tighten, tone, lengthen and strengthen abdominal area. Challenging abdominal and inner core exercises. Wear comfortable athletic clothing and shoes. Bring a mat and towel.

Instructor: Joy Lopez

Date: Fri 1/13/2012-3/23/2012 12:10 pm-12:50 PM

Fee: \$50.00 (BeWell Discounted Rate: \$20)

Location: Roble Studio 42

Class Code: hca-03

Stretch & Strengthen for Seniors @ SCRA, Section 1

A sitting, standing and mat exercise program designed to improve balance, to strengthen the core muscles of the back and abdomen for correct body alignment, and to gently stretch the entire body. Light handweights (1-5 lbs) are used. Participants are encouraged to go at their own pace and adaptations are offered. Comradship and fun are also important. Wear comfortable athletic clothing and shoes. Bring a mat and water bottle.

Instructor: Kim Shetter

Date: Tue 1/10/2012-3/20/2012 9:00 AM-10:15 AM

Fee: \$50.00 (BeWell Discounted Rate: \$20)

Location: SCRA, 875 Bowdoin & Stanford Ave

Class Code: sss-01

Stretch & Strengthen for Seniors @ SCRA, Section 2

A sitting, standing and mat exercise program designed to improve balance, to strengthen the core muscles of the back and abdomen for correct body alignment, and to gently stretch the entire body. Light handweights (1-5 lbs) are used. Participants are encouraged to go at their own pace and adaptations are offered. Comradship and fun are also important. Wear comfortable athletic clothing and shoes. Bring a mat and water bottle.

Instructor: Kim Shetter

Date: Thu 1/12/2012-3/22/2012 9:00 AM-10:15 AM

Fee: \$50.00 (BeWell Discounted Rate: \$20)

Location: SCRA, 875 Bowdoin & Stanford Ave

Class Code: sss-02



Weight Training in the Weight Room

Beyond Fit Weight Training

Full-body workout to enhance muscle definition, balance, strength and endurance. Use machines, free weights, medicine balls, stability balls, balance discs. Wear comfortable athletic clothing and shoes. Bring a towel and water bottle. Bring your Stanford ID for admittance into the building.

Instructor: Tom Rankin

Date: Mon Wed 1/9/2012-3/21/2012 5:30 PM-6:30 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Tresidder Fitness Center

Class Code: bfw-01

Cardinal Fit Weight Training, Section 1

Full-body workout to enhance muscle definition, balance, strength and endurance. Use machines, free weights, medicine balls, stability balls, balance discs. Wear comfortable athletic clothing and shoes. Bring a towel and water bottle. Bring your Stanford ID for admittance into the building.

Instructor: Tamara Lo

Date: Mon Wed 1/9/2012-3/21/2012 12:00 pm-1:00 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Tresidder Fitness Center

Class Code: cfwt-01

Cardinal Fit Weight Training, Section 2

Full-body workout to enhance muscle definition, balance, strength and endurance. Use machines, free weights, medicine balls, stability balls, balance discs. Wear comfortable athletic clothing and shoes. Bring a towel and water bottle. Bring your Stanford ID for admittance into the building.

Instructor: Tamara Lo

Date: Wed Fri 1/11/2012-3/23/2012 11:00 AM-11:55 AM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Tresidder Fitness Center

Class Code: cfwt-02

Circuit Weight Training

Full-body conditioning for all levels, to enhance muscle definition, balance, strength to reduce workplace injuries and improve overall health. Weight machines, free weights and other apparatus organized into a circuit. All equipment provided. Wear comfortable athletic clothing and shoes. Bring a towel. Bring your Stanford ID for admittance into the building.

Instructor: Heather Lilly

Date: Tue Thu 1/10/2012-3/22/2012 6:00 PM-7:00 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Tresidder Fitness Center

Class Code: cwt-01

Weight Training in the Weight Room Continued..**Functional Strength Training**

Full-body workout to enhance muscle definition, balance, strength and endurance. Use machines, free weights, medicine balls, stability balls, balance discs. Wear comfortable athletic clothing and shoes. Bring a towel and water bottle. Bring your Stanford ID for admittance into the building.

Instructor: Tom Rankin

Date: Mon Wed 1/9/2012-3/21/2012 1:05 PM-2:00 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Tresidder Fitness Center

Class Code: fst-01

Orientation to Weight Room Equipment at Arrillaga Rec Center

This free orientation is recommended for those attending any of the HIP Weight Training classes held at the Arrillaga Recreation Center Weight Room. Register in advance. Bring your Stanford ID for admittance into the buildings.

Instructor: HIP Staff

Date: Tue 1/10/2012-1/10/2012 11:00 AM-11:45 AM

Fee: \$0.00 (BeWell Discount: No)

Location: Arrillaga Rec Center, Weight Rm

Class Code: owr-02

Orientation to Weight Room Equipment at Tresidder Fitness Center**CANCELED**

This free orientation is recommended for those attending any of the HIP Weight Training classes held at Tresidder Fitness Center. Register in advance. Bring your Stanford ID for admittance into the buildings.

Instructor: HIP Staff

Date: Mon 1/9/2012-1/9/2012 11:00 AM-11:45 AM

Fee: \$0.00 (BeWell Discount: No)

Location: Tresidder Fitness Center

Class Code: owr-01

Versa Circuit Weight Training & Variety Workout

30 minutes of Circuit Weight Training, 30 minutes of Cross Training including cardio machines, Pilates exercises, outdoor walk/run. Wear comfortable athletic clothing and shoes. Bring a towel. Bring your Stanford ID for admittance into the building.

Instructor: Terry Tenette

Date: Tue Thu 1/10/2012-3/22/2012 12:00 pm-1:00 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Arrillaga Rec Center, Weight Rm

Class Code: vcw-01



Yoga & Yoga/Pilates Blend

Flow Yoga

Flow Yoga is a form of Vinyasa Yoga designed to build strength and stamina by combining dynamic breathing and a series of strong, flowing movements. Bring a yoga mat and wear comfortable clothing.

Instructor: Keyko Pintz

Date: Wed 1/11/2012-3/21/2012 12:00 pm-1:00 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Bechtel Intl Center, Assembly Room

Class Code: fy-01

Gentle Yoga: Stretch, Strengthen & Relax

Yoga is often portrayed as appropriate only for the fit, flexible and young. Nothing could be further from the truth. In this class you will learn how to use yogic postures and conscious breathing techniques to gently open up spaces in the body and the mind where tension exists.

Instructor: Linda Alderman

Date: Tue 1/10/2012-3/20/2012 6:15 PM-7:15 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Li Ka Shing Center, LK 308

Class Code: gy-01

Hatha Yoga with Anusara, Section 1

Combine feel-good stretches, breathing exercises and guided relaxation to undo morning stress. Wear comfortable athletic clothing. Bring a yoga mat

Instructor: Moj Razmi

Date: Mon 1/9/2012-3/19/2012 12:00 pm-1:00 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Roble Studio 57

Class Code: hydr-01

Hatha Yoga with Anusara, Section 2

Take a mid-day break to relax and renew your body and mind. The class combines feel-good stretches, breathing exercises, and guided relaxation to undo morning stress and refresh you. Bring a yoga mat.

Instructor: Moj Razmi

Date: Thu 1/12/2012-3/22/2012 11:30 AM-12:25 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Roble Studio 57

Class Code: hydr-02

Hatha Yoga with Anusara, Section 3

Combine feel-good stretches, breathing exercises and guided relaxation to undo morning stress. Wear comfortable athletic clothing. Bring a yoga mat.

Instructor: Moj Razmi

Date: Thu 1/12/2012-3/22/2012 12:30 pm-1:30 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Roble Studio 57

Class Code: hydr-03

Yoga & Yoga/Pilates Blend Continued..

Hatha Yoga with Anusara, Section 5

Combine feel-good stretches, breathing exercises and guided relaxation to undo morning stress. Wear comfortable athletic clothing. Bring a yoga mat.

Instructor: Moj Razmi

Date: Fri 1/13/2012-3/23/2012 12:00 pm-12:55 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: SLAC Bldg 27, Aerobics Room

Class Code: hydr-05

Mindful Yoga: Creating Union of Mind & Body

This class includes yoga movements and self-massage from traditions of Yoga, Chi Kung, Meridian-Based Acupressure. Wear comfortable athletic clothing and shoes. Bring a mat and towel. Bring your Stanford ID for admittance into the building.

Instructor: Tia Rich

Date: Wed 1/11/2012-3/21/2012 7:00 AM-7:50 AM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Arrillaga Rec Center, Studio

Class Code: my-01

Power Yoga, sec 3

Ashtanga yoga to build strength and stamina. Combines dynamic breathing with strong, flowing movements. Wear comfortable athletic clothing. Bring a yoga mat and towel, and your Stanford ID card for admittance into the building.

Instructor: Patricia Becker

Date: Wed 1/11/2012-3/21/2012 5:15 PM-6:05 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Arrillaga Rec Center, Studio

Class Code: py-03

Power Yoga, sec 4

Ashtanga yoga to build strength and stamina. Combines dynamic breathing with strong, flowing movements. Wear comfortable athletic clothing. Bring a yoga mat and towel

Instructor: Edna Barr

Date: Fri 1/13/2012-3/23/2012 11:30 AM-12:25 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Roble Studio 57

Class Code: py-04

Power Yoga, sec 5

Ashtanga yoga to build strength and stamina. Combines dynamic breathing with strong, flowing movements. Wear comfortable athletic clothing. Bring a yoga mat and towel

Instructor: Edna Barr

Date: Fri 1/13/2012-3/23/2012 12:30 pm-1:30 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Roble Studio 57

Class Code: py-05

Power Yoga, section 1

Ashtanga yoga to build strength and stamina. Combines dynamic breathing with strong, flowing movements. Wear comfortable athletic clothing. Bring a yoga mat and towel

Instructor: Kristine Tom

Date: Tue 1/10/2012-3/20/2012 11:40 AM-12:40 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Roble Studio 57

Class Code: py-01

Yoga & Yoga/Pilates Blend Continued..**Power Yoga, section 2**

Ashtanga yoga to build strength and stamina. Combines dynamic breathing with strong, flowing movements. Wear comfortable athletic clothing. Bring a yoga mat and towel.

Instructor: Kristine Tom

Date: Tue 1/10/2012-3/20/2012 12:45 pm-1:45 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Roble Studio 57

Class Code: py-02

Unwind & Thrive with Yoga, Section 1

Series of exercises to improve health and flexibility. For all fitness levels. Bring a yoga sticky mat and towel. Wear comfortable athletic clothing. Bring your Stanford ID for admittance into the building.

Instructor: Tia Rich

Date: Mon 1/9/2012-3/19/2012 5:15 PM-6:05 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Arrillaga Rec Center, Studio

Class Code: uty-01

Unwind & Thrive with Yoga, Section 2

Series of exercises to improve health and flexibility. For all fitness levels. Bring a yoga sticky mat and towel. Wear comfortable athletic clothing.

Instructor: Breana Kerr

Date: Tue 1/10/2012-3/20/2012 12:00 pm-1:00 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: 3145 Porter Drive, Conf Rm

Class Code: uty-02

Unwind & Thrive with Yoga, Section 3

Series of exercises to improve health and flexibility. For all fitness levels. Bring a yoga sticky mat and towel. Wear comfortable athletic clothing.

Instructor: Nicole Wargo

Date: Tue 1/10/2012-3/20/2012 5:40 PM-6:40 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Li Ka Shing Center, LK 209

Class Code: uty-03

Unwind & Thrive Evening Yoga, Section 4

Series of exercises to improve health and flexibility. For all fitness levels. Bring a yoga sticky mat and towel. Wear comfortable athletic clothing.

Instructor: Breana Kerr

Date: Tue 1/10/2012-3/20/2012 5:15 PM-6:10 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Roble Studio 57

Class Code: uty-04

Unwind & Thrive with Yoga, Section 7

Series of exercises to improve health and flexibility. For all fitness levels. Bring a yoga sticky mat and towel. Wear comfortable athletic clothing.

Instructor: Breana Kerr

Date: Thu 1/12/2012-3/22/2012 12:00 pm-1:00 PM

Fee: \$90.00 (BeWell Discounted Rate: \$20)

Location: 3145 Porter Drive, Conference Rm

Class Code: uty-07

Yoga & Yoga/Pilates Blend Continued..

Wellness Yoga for Every Body Condition

Experience health promotion from yoga through supportive, individualized attention just right for your body. Breathing, stretching and relaxation exercises. Wear comfortable athletic clothing. Bring a yoga mat.

Instructor: Shawn McCracken

Date: Wed 1/11/2012-3/21/2012 5:30 PM-6:25 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Li Ka Shing Center, LK 209

Class Code: wy-01

Yoga Basics, Section 1

Series of yoga exercises to improve health and flexibility. For all fitness levels. Bring a yoga sticky mat and towel. Wear comfortable athletic clothing.

Instructor: Janet Berkowitz

Date: Wed 1/11/2012-3/21/2012 12:10 pm-1:00 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Li Ka Shing Center, LK 209

Class Code: yb-01

Yoga Basics, section 2

This yoga class will give you the solid foundation for a safe and fun (yet rigorous) 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

Instructor: Katharine Agostino

Date: Wed 1/11/2012-3/21/2012 6:30 PM-7:30 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: SCRA, 875 Bowdoin & Stanford Ave

Class Code: yb-02

Yoga Basics, Section 3

Series of exercises to improve health and flexibility. For all fitness levels. Bring a yoga sticky mat and towel. Wear comfortable athletic clothing.

Instructor: Keyko Pintz

Date: Mon 1/9/2012-3/19/2012 12:00 pm-1:00 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Burnham Pavilion

Class Code: yb-03

Yoga Blends, Section 1

Focus on linking postures using breath as barometer. Beginners and experienced yoga participants welcome. Wear comfortable athletic clothing. Bring your Stanford ID for admittance into the building.

Instructor: Shawn McCracken

Date: Mon 1/9/2012-3/19/2012 1:15 PM-2:15 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Arrillaga Rec Center, Studio

Class Code: ybs-01

Yoga Blends, Section 2

Focus on linking postures using breath as barometer. Beginners and experienced yoga participants welcome. Wear comfortable athletic clothing. Bring your Stanford ID for admittance into the building.

Instructor: Shawn McCracken

Date: Wed 1/11/2012-3/21/2012 1:15 PM-2:15 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Arrillaga Rec Center, Studio

Class Code: ybs-02

Yoga & Yoga/Pilates Blend Continued..

Yoga Blends, Section 3

Focus on linking postures using breath as barometer. Beginners and experienced yoga participants welcome. Wear comfortable athletic clothing.

Instructor: Shawn McCracken

Date: Wed 1/11/2012-3/21/2012 6:30 PM-7:30 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Li Ka Shing Center, LK 209 (on 2/8 in LK 205/206)

Class Code: ybs-03

Yoga/Pilates Challenge, Sec 1

Blends elegant precision of Pilates with dynamic flow of yoga. Develop core strength, tone muscles, improve balance and flexibility. Class uses Therabands, soft balls, yoga blocks. Wear comfortable athletic clothing and shoes. Bring a mat and towel. Bring your Stanford ID for admittance into the building.

Instructor: Kerry Spear

Date: Fri 1/13/2012-3/23/2012 7:00 AM-8:00 AM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Arrillaga Rec Center, Studio

Class Code: ypc-01

Yoga/Pilates Challenge, Sec 2

Blends elegant precision of Pilates with dynamic flow of yoga. Develop core strength, tone muscles, improve balance and flexibility. Class uses Therabands, soft balls, yoga blocks. Wear comfortable athletic clothing and shoes. Bring a mat and towel.

Instructor: Kerry Spear

Date: Fri 1/13/2012-3/23/2012 12:00 pm-1:00 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: 3145 Porter Drive, Gym

Class Code: ypc-02

Yoga/Pilates Challenge, Sec 3

Blends elegant precision of Pilates with dynamic flow of yoga. Develop core strength, tone muscles, improve balance and flexibility. Class uses Therabands, soft balls, yoga blocks. Wear comfortable athletic clothing and shoes. Bring a mat and towel.

Instructor: Deanna Anderson

Date: Fri 1/13/2012-3/23/2012 1:10 PM-2:10 PM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: Arrillaga Rec Center, Studio

Class Code: ypc-03

Yoga/Pilates for Seniors

Learn to move with greater comfort and ease! We will begin the process of rehabilitating harmful posture and movement habits, re-educating the nervous system, and restoring mobility and function...and, it will be an enjoyable journey. The class incorporates the principles of yoga, Pilates and other movement therapies. Participants move at their own pace. Bring a mat, blanket or beach towel, and soft ball (if you have one). Soft balls available at class for \$8 each. The instructor is a physical therapist and certified yoga teacher with extensive Pilates teacher training.

Instructor: Tina Madison

Date: Thu 1/12/2012-3/22/2012 10:30 AM-11:45 AM

Fee: \$100.00 (BeWell Discounted Rate: \$20)

Location: SCRA, 875 Bowdoin & Stanford Ave

Class Code: yps-01