Classes are offered June 24 - August 16, 2013. Priority in PE classes is given to registered students, but can be taken by faculty, staff & Stanford Community on a space available basis. Show up on the first day and speak with the instructor. PE classes with the ⚫ are eligible for the $20 BeWell rate. Go to cardinalrec.stanford.edu for details on how to register.

ATH 23 Core Training ($20) ⚫
MW–9:00a-9:50a–ACSR Studio–Conniff,N
TTh–3:15p-4:05p–Erickson Courts–Conniff,N

ATH 51 Golf: Beginning ($90)
MW–10:00a-10:50a–Driving Range–Miller,J
MW–3:15p-4:05p–Driving Range–Marrone,P
TTh–9:00a-9:50a–Driving Range–Miller,J
TTh–10:00a-10:50a–Driving Range–Miller,J
TTh–1:15p-2:05p–Driving Range–Hall,C

ATH 52 Golf: Advanced Beginning ($90)
MW–11:00a-11:50a–Driving Range–Miller,J
MW–1:15p-2:05p–Driving Range–Hall,C

ATH 53 Golf: Intermediate ($90)
MW–9:00a-9:50a–Driving Range–Miller,J
MW–2:15p-3:05p–Driving Range–Marrone,P
TTh–11:00a-11:50a–Driving Range–Miller,J

ATH 63 Hip Hop ($20) ⚫
MW–6:30p-7:20p–Erickson Courts–Miller Bell,A; Navarro,L

ATH 76 Kickboxing ($20) ⚫
TTh–5:15p-6:05p–Erickson Courts–Mandell,M

ATH 129 Swimming: Beginning ($20) ⚫
TTh–3:15p-4:05p–Roble Pool–Neuhold-Huber,Z

ATH 130 Swimming: Advanced Beginning ($20) ⚫

ATH 131 Swimming: Intermediate ($20) ⚫
MW–4:15p-5:05p–Roble Pool–Neuhold-Huber,Z

ATH 144 Tennis: Beginning ($25) ⚫
MW–12:00p-12:50p–West Campus Courts–Sarsfield,T
TTh–10:00a-10:50a–West Campus Courts–Sarsfield,T

ATH 145 Tennis: Low Intermediate ($25) ⚫
MW–10:00a-10:50a–West Campus Courts–Sarsfield,T
MW–11:00a-11:50a–West Campus Courts–Sarsfield,T
TTh–11:00a-11:50a–West Campus Courts–Sarsfield,T

ATH 147 Tennis: Advanced ($25) ⚫
TTh–12:00p-12:50p–West Campus Courts–Sarsfield,T

ATH 151 Total Body Workout ($20) ⚫
TTh–4:15p-5:05p–Erickson Courts–Mandell,M

ATH 182 Yoga: Asana Practice ($20) ⚫
MW–8:00a-8:50a–ACSR Studio–Conniff,N
TTh–5:15p-6:05p–ACSR Studio–Conniff,N

ATH 184 Yoga/Pilates Fusion ($20) ⚫
MW–10:00a-10:50a–ACSR Studio–Conniff,N
TTh–4:15p-5:05p–ACSR Studio–Conniff,N

ATH 186 Zumba ($20) ⚫
TTh–3:15p-4:05p–Erickson Courts–Picollo,A

ATH 196 Practice of Happiness ($20) ⚫
TTh–3:00p-4:50p–TBA–Fred Luskin & Carley Hauck

(5 week course)
SUMMER 2013 REC CLASSES
Please visit CardinalRec.stanford.edu for full schedules and registration.

GOLF

Dates: June 24-August 16

BEGINNING

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<tr>
<th>Monday/Wednesday</th>
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<td>6:30pm-7:30pm</td>
<td>5:15pm-6:15pm</td>
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Phil Marrone

ADVANCED BEGINNING

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<th>Friday</th>
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<td>3:30pm-5:00pm</td>
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Phil Marrone

INTERMEDIATE

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<tr>
<th>Monday/Wednesday</th>
<th>Tuesday</th>
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<td>5:15pm-6:15pm</td>
<td>7:30pm-9:00pm</td>
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Kurt Uchiyama

Cost: Students $185 (2x/week)/$140 (1x/week) • Faculty/Staff/Student Spouse $235 (2x/week)/$180 (1x/week) • Stanford Community $285 (2x/week)/$220 (1x/week)

ASHTANGA YOGA

Mysore style Ashtanga Yoga is a guided self practice. This is a personal teaching style designed for your background in yoga. All skill levels are welcome.

Dates: June 24th – September 15th, 2013

Monday - Friday 11:00am-1:00pm

Location: Arrillaga Raquetball Courts

Cost: $50 Students/$60 Faculty & Staff/$70 Stanford Community/$20 BeWell

INDOOR CYCLING/LES MILLS

45 minute classes that welcome all levels and abilities. Jumps, hill climbs, intervals and coasts make for an ultimate workout.

Dates: June 24th – August 30th

Please visit CardinalRec.stanford.edu for class days/times.

Cost: Quarter Pass (unlimited classes all quarter) $50 Students/$60 Faculty & Staff/$70 Stanford Community/$20 BeWell/$5 one-class pass

AQUA BOOT CAMP

We have taken the essence of our land boot camp, and put it in the water! This is NOT your typical water aerobics class. This is a class that takes you into interval, cardio-peak mode, mixed with intense upper and lower body conditioning all without impact.

Dates: June 24th - August 30th

Tue/Thu 9:15 - 10:00am

Location: Avery Aquatics Center

Cost: $50 Students/$60 Faculty & Staff/$70 Stanford Community/$20 BeWell/$5 for one class

FIT TO RUN

Designed for all levels. Whether you are looking to kick start an exercise program with a great community of people, or you are training for a race, you will find the challenge and support that you need in this class.

Dates: June 24th – August 30th

Tuesday/Thursday @ 7:15am-8:15am

Location: Meets at bleachers at Cobb Track

Cost: $50 Students/$60 Faculty & Staff/$70 Stanford Community/$20 BeWell/$5 for one class

SMALL GROUP TRAINING

Dates: June 24th – August 30th

Classes Offered:

• Boxing – Intro and Multi-level classes include sparring, bag work, agility, and power training

• TRX Suspension Training – Build power, strength, flexibility, balance and mobility at your own level

• 10 Weeks to a Fitter You – Designed to get you serious fitness results with the guidance of your coach.

More information at CardinalRec.Stanford.edu

INTRAMURAL SPORTS

• 3v3 Bball • Sand Volleyball • 9v9 Soccer

Registration 6/10-6/16 at CardinalRec.stanford.edu

ROCK CLIMBING

Location: ACSR Climbing Wall

Dates: 6/13-6/15

PCIA: Climbing Wall Instructor course 9am-4pm Thu, Fri, Sat

Cost: Students/Fellow/Visiting Scholar/Post-Docs: $150

Faculty Staff/Stanford Community: $180

WILDERNESS MEDICINE

CPR for Adult, Child, Infant

Dates: June 19, July TBD, August TBD

Cost: $35 Stanford affiliates; $45 non-Stanford affiliates

Wilderness First Aid

Dates: July TBD, August TBD

Cost: $95 Stanford affiliates; $130 non-Stanford affiliates