# PLATINUM GROUP FITNESS

**Spring 2017: April 3, 2017 - June 9, 2017**

Pay a single fee & take unlimited classes

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<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>TRX 7a - 7:50a</td>
<td>F45 7a - 7:45a</td>
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<td>TRX 7a - 7:50a</td>
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<tr>
<td>Yoga Pilates Fusion 8a - 8:50a</td>
<td>F45 8a - 8:45a</td>
<td>F45 8a - 8:45a</td>
<td>Indoor Cycling 7a - 7:50a</td>
<td>TRX 8a - 8:50a</td>
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<tr>
<td>Barre Sculpt 9:30a - 10:20a</td>
<td>Mat Pilates 9:30a - 10:20a</td>
<td>F45 11:30a - 12:15p</td>
<td>F45 8a - 8:45a</td>
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<tr>
<td>Vinyasa Yoga 11a - 11:50a</td>
<td>F45 11:30a - 12:15p</td>
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</tbody>
</table>

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**Schedule:**

- **MONDAY**
  - TRX 7a - 7:50a
  - Yoga Pilates Fusion 8a - 8:50a
  - Barre Sculpt 9:30a - 10:20a
  - Vinyasa Yoga 11a - 11:50a

- **TUESDAY**
  - F45 7a - 7:45a
  - F45 8a - 8:45a
  - TRX 7a - 7:50a

- **WEDNESDAY**
  - F45 7a - 7:45a
  - F45 8a - 8:45a
  - Mat Pilates 9:30a - 10:20a

- **THURSDAY**
  - F45 7a - 7:50a
  - Indoor Cycling 7a - 7:50a
  - F45 8a - 8:45a

- **FRIDAY**
  - TRX 7a - 7:50a
  - Indoor Cycling 7a - 8:50a

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**Participants:**

- **STUDENTS:** $110
- **STAFF/FACULTY:** $160
- **COMMUNITY:** $170
- **BEWELL:** $110

**The Platinum Group Fitness Pass includes all non-reservation based classes plus unlimited reservation based classes.**

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*Participants must bring their own gloves to participate in our classes.*

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**Saturday**

- Indoor Cycling 9:30a - 10:20a
- Vinyasa Yoga 10:30a - 11:20a
- Vinyasa Yoga 5:30p - 6:20p
- Vinyasa Yoga 10:30a - 11:20a
- Vinyasa Yoga 5:30p - 6:20a

SCHEDULE SUBJECT TO CHANGE. VIEW THE MOST UPDATED INFORMATION AND REGISTER FOR YOUR GROUP FITNESS PASS AT RECREATION.STANFORD.EDU