



FITNESS CLASSES AT STANFORD WEST

Complimentary drop-in classes – no sign-up necessary!
Classes are outdoors and all levels are welcome!

Please bring a mat, towel, sunscreen, or sunglasses and plenty of water!

VINYASA YOGA

WEDNESDAYS 7-8PM

Behind the basketball court

SATURDAYS 8-9AM

Behind the basketball court



ZUMBA



TUESDAYS 6-7PM

At the gazebo

Classes provided by
KB Fitness

Questions? Contact Cameron Clark
stanfordwestfitness@gmail.com

700 Clark Way, Palo Alto, CA 94304 | 650.725.2000 | StanfordWest.Stanford.edu