Welcome back to another great semester at The U. If you are new to the University, welcome! If you are returning, I hope you had a relaxing and rewarding summer break.

Last year, the Patti and Allan Herbert Wellness Center encouraged the University of Miami community to “Find Your Fit.” We hope you tried a new group exercise class, changed up your workout routine, or learned how to manage your stress at one of our meditation and mindfulness workshops.

This year, we are determined to help you be the best you. Whether that means learning how to whip up a new dish in one of our cooking classes, practicing a new style of yoga, or simply trying a new workout machine in the fitness room, the Herbert Wellness Center is here to help you achieve your goals. Being the best you means taking risks, finding your wellness fit, and dedicating time to focus on yourself.

I’m happy to announce that starting this fall semester, our studio cycling classes are now free for members. You are no longer required to purchase a cycling card or pass in order to reap the many benefits of studio cycling. You’ll find a list of studio cycling classes in the group exercise schedule.

Also new this semester is College Survival Cooking, a series of classes tailored to help students gain the necessary skills to make delicious and nutritious meals. We’re also re-introducing our Supervised Exercise program for employees who are not active and need to engage in physical activity under the supervision of exercise professionals.

I hope you use this booklet as a guide to becoming the best you. On behalf of the Department of Wellness and Recreation, I wish everyone a healthy, exciting and successful semester.

Go ‘Canes!

Scott R. Levin
Executive Director

Become the Best U at the Herbert Wellness Center

VISION STATEMENT
To help people by providing innovative wellness and recreational experiences.
FACILITIES

FLOOR 1
1. Information Desk
   - Guest Sign-in
   - One-day Passes
2. William R. Butler Atrium
   - Wireless Internet Access
3. Fitness Room
   - Cardio and Strength Training
   - Free Weights
   - Ibis Express 15-Min Circuit
   - Personal Training
4. Centre Court
   - 360° Gymnasium
5. Outdoor Courts
   - Basketball, Volleyball
6. Intramural Fields and Building
7. Indoor Aquatics
   - 25-Yard Lap Swimming Pool
   - Heated Whirlpool
   - 2 Saunas
8. Men’s and Women’s Locker Rooms
   - Private Showers
   - Free Daily Lockers
9. Pro Shop
   - Fitness Apparel and Accessories
   - Daily Locker, Equipment and Towel Check-out
   - Court Reservations
10. Courtside Eatery
    - Smoothies, Wraps, Bagels, Muffins, Salads
11. Racquetball and Squash Courts
    - Reservations at Pro Shop
12. Multipurpose Room A

FLOOR 2
13. Wellness Enrichment Suite and Sales Office
    - Purchase Membership Program and Class Registration
    - Massage Therapy
    - Fitness Lab Services
    - Personal Training Registration
14. Classrooms/Instructional Kitchen
    - CPR and First Aid Courses
    - Cooking Classes
    - Meeting Space
15. BOD-POD
    - Body Composition Analysis
16. Fitness Lab
    - Fitness Evaluations
    - CHAMP and CV Wellness Programs
17. Studio Cycling Room
    - 26 Spinner Bikes
    - Video and Non-Video Classes
18. Multipurpose Room B, C & D
19. Pilates Studio
    - 5 Reformer Machines
    - Group and Individual Instruction
20. Main Gymnasium
    - 3 Basketball Courts
    - Badminton
    - Volleyball
    - Sparring Bag
21. Administrative Offices
    - Intramural & Club Sports Registration
    - Mini Canes Summer Camp Registration

FLOOR 3
22. Stretching Area
    - Warm-up/Cool-down Mats
    - Canes Circuit
23. Jogging/Walking Track
    - 11 Laps to 1 mile
QUICK REFERENCE

Membership Information
Membership to the Patti and Allan Herbert Wellness Center is open to University of Miami students, faculty, staff, alumni, retirees, and members of the Board of Trustees and Citizens Board. Spouses, domestic partners, and dependents of members also may join. A detailed description of membership categories is available at www.miami.edu/wellness/membership.

Membership Rates

<table>
<thead>
<tr>
<th>Category</th>
<th>Single</th>
<th>Member +</th>
<th>Family</th>
</tr>
</thead>
<tbody>
<tr>
<td>UM EMPLOYEES AND RETIREES</td>
<td>$35</td>
<td>$69</td>
<td>$103</td>
</tr>
<tr>
<td>4-12 months</td>
<td>$40</td>
<td>$74</td>
<td>$108</td>
</tr>
<tr>
<td>2-3 months</td>
<td>$44</td>
<td>$78</td>
<td>$112</td>
</tr>
<tr>
<td>1 month</td>
<td>$53</td>
<td></td>
<td></td>
</tr>
<tr>
<td>RECENT ALUMNI</td>
<td>$34</td>
<td>$68</td>
<td>$102</td>
</tr>
<tr>
<td>4-12 months</td>
<td>$38</td>
<td>$72</td>
<td>$106</td>
</tr>
<tr>
<td>2-3 months</td>
<td>$42</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 month</td>
<td>$53</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ALUMNI, TRUSTEES, CITIZENS BOARD MEMBERS</td>
<td>$34</td>
<td>$68</td>
<td>$102</td>
</tr>
<tr>
<td>4-12 months</td>
<td>$38</td>
<td>$72</td>
<td>$106</td>
</tr>
<tr>
<td>2-3 months</td>
<td>$42</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 month</td>
<td>$53</td>
<td></td>
<td></td>
</tr>
<tr>
<td>UM STUDENTS - $152 PER SEMESTER</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Guest Pass Booklet

GUEST PASS BOOKLET (UM Employees Only)

GUEST FEE: One-day pass (Purchase at the front desk)
Student's guest (advance purchase) $5 | All others $10
GUEST PASS BOOKLET (Purchase at the sales office)
Student Non-Student
3-coupon book $15 $30
5-coupon book $25 $50
10-coupon book $50 $75 (25% discount)

SHAPE-UP (UM Employees Only)

SHAPE-UP is an incentive program designed to encourage the development of a healthy lifestyle through participation in fitness and wellness programs. Full-time and regular part-time UM faculty and staff, and their spouses who have UM health insurance, are eligible to earn a 20% rebate on the cost of a membership. More information is available at www.miami.edu/wellness/shapeup.

Towel Service and Locker Rental

All members and their guests must bring a towel into the fitness room or in order to use the equipment. For the convenience of members, daily towel service is available at the pro shop for $1 per day or for purchase in the sales office for $5.50 per month. Free daily lockers are included with all memberships and are available for check out at the pro shop. For the convenience of members, lockers can be reserved in the sales office for $6 per month.

Age Requirements

Children under the age of 13 must enter and remain with a parent or guardian at all times. Individuals must be at least 16 years of age to use the fitness room and at least 13 years of age to participate in group exercise and community classes (excluding youth aquatics).

UHealth Fitness and Wellness Center

Students and full-time UM employees who are members of the Herbert Wellness Center, along with their spouses and dependents (ages 16-26) with membership, are entitled to use the UHealth Fitness and Wellness Center. Fee-based programs and services are not transferable between facilities. For more information, call 305-243-7600.

Complete Policies and Procedures
Visit www.miami.edu/wellness for our complete policies and procedures.

2017 - 2018 HERBERT WELLNESS CENTER PARKING PERMIT INFORMATION

Parking lots on the University of Miami campus are color-coded. Herbert Wellness Center permits are valid in lots designated by YELLOW, GRAY and PURPLE (501 only). Lots around campus are labeled with official Parking and Transportation signs at the entrance to each lot. Permits are not valid in reserved parking spaces.

WHO:
Purchasing permits are offered to current Herbert Wellness Center members, excluding UM students on all campuses and faculty, staff and administrators of Coral Gables and Gables One campuses.

WHAT:
Permits allow for up to 3 hours of parking in YELLOW, GRAY and PURPLE (501 only). Permits are not valid in reserved or metered spaces.

WHEN:
The 2017-2018 permit is valid from 8/16/2017 through 8/15/2018.

WHERE:
Passes can be purchased in the Herbert Wellness Center sales office. Hours: 7:30 a.m. - 8 p.m. M-F.

COST:
$105.00 (Pro-rated throughout the academic year)

Herbert Wellness Center Parking WITHOUT a Permit

- Metered spaces are available in front of the Herbert Wellness Center and are enforced from 8 a.m. to midnight, seven days per week. The cost is $1.50 per hour and the pay station is located in our building to your left after entering the facility.
- San Amaro Drive parking meters are enforced from 9 a.m. to midnight, seven days per week.
- Vehicles displaying a valid handicapped placard may park at any metered space for a maximum of three hours with no charge. A valid UM permit must be displayed along with a handicapped placard in non-metered, handicapped spaces.
- Monthly and day passes are available from the Wellness Center pay machine.
GROUP EXERCISE CLASSES

(free + membership required)

Whether you are just starting an exercise routine or are an avid exerciser looking for a challenge, we offer a variety of group exercise (Group X) classes to keep you engaged and help you meet your wellness needs. Our instructors are nationally certified professionals that are passionate about exercise and excited to get you moving. Group X classes are held in our multipurpose rooms and cycle studio. All classes are one hour in length unless otherwise noted.

NEW! Studio cycling classes are now FREE for members and paying guests. Cycling classes are listed in the schedule below.

FITNESS ROOM

(free + membership required)

Our 18,000-square-foot fitness room is full of well-maintained cardio and weight equipment for a safe, fun and effective workout experience. The room is loosely divided into four areas designed for cardio, stretching, weight machines and free weights. With more than 50 exercise assistants and certified student trainers, our Fitness Room staff is ready to assist you and make your workout experience safe, fun and effective.

CARDIO

The cardio area features more than 100 machines and 20 televisions equipped with cable TV.

STRETCHING/HUMAN SPORT

In the stretching area, visitors can use our independent weight stack machines and check out medicine balls and resistance bands for a diverse workout experience.

SELECTORIZED

With a complete line of selectORIZED weight machines and the Ibis Express pre-designed workout, the fitness room is designed for participants of all fitness levels.

FREE WEIGHS

The free weight area has more than 1.4 tons of weights for use on more than 20 weight benches and squat racks. It even includes an Olympic-style platform for power cleans and deadlifts.

PERSONAL TRAINING (additional fee + membership required)

Personal trainers are University of Miami students typically earning degrees in an exercise related field such as exercise physiology or physical therapy. In addition, each trainer is certified through a nationally recognized organization. Trainers work under the direct supervision of the Assistant Director of Fitness and Personal Training and receive continuing education to stay up-to-date on safe and effective training techniques.

<table>
<thead>
<tr>
<th>SINGLE</th>
<th>BUDDY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Session</td>
<td>8 Sessions</td>
</tr>
<tr>
<td>UM Student Member</td>
<td>$32</td>
</tr>
<tr>
<td>UM Employee and Retiree</td>
<td>$41</td>
</tr>
<tr>
<td>Non-Employee</td>
<td>$46</td>
</tr>
</tbody>
</table>

Purchase more than one eight-session package at a time and receive an additional 3% discount.
The Intramural Sports Program offers UM students, faculty and staff (with membership) the opportunity to play competitively or recreationally in a variety of sports and activities including flag football, soccer, basketball and volleyball, among others. Teams compete against other teams within the UM community, and there are many different divisions within intramurals including Men’s, Women’s, IFC, Panhellenic and co-recreational leagues.

IMLeagues
UM's Intramural Sports program uses IMLeagues as a way for participants to register their teams, manage and find players, see updated schedules and standings, and interact with other players and captains in an online community created just for UM. Visit www.imleagues.com/miami for more information.

SPORT LEAGUES

<table>
<thead>
<tr>
<th>LEAGUE</th>
<th>DEADLINE</th>
<th>ENTRY FEE</th>
<th>PLAY STARTS</th>
<th>REFEREE TRAINING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flag Football</td>
<td>Wednesday, Aug. 30</td>
<td>$20</td>
<td>Tuesday, Sept. 5</td>
<td>Aug. 28 - Aug. 31 @ 7 p.m.</td>
</tr>
<tr>
<td>Volleyball</td>
<td>Wednesday, Sept. 20</td>
<td>$20</td>
<td>Monday, Sept. 25</td>
<td>Sept. 18-21 @ 7 p.m.</td>
</tr>
<tr>
<td>Soccer</td>
<td>Wednesday, Oct. 18</td>
<td>$20</td>
<td>Sunday, Oct. 22</td>
<td>Oct. 16-19 @ 7 p.m.</td>
</tr>
<tr>
<td>3-on-3 Basketball</td>
<td>Wednesday, Oct. 18</td>
<td>$20</td>
<td>Monday, Oct. 23</td>
<td>Oct. 9 &amp; 10 @ 7 p.m.</td>
</tr>
</tbody>
</table>

SPECIAL EVENTS & TOURNAMENTS

<table>
<thead>
<tr>
<th>SPORT</th>
<th>DEADLINE</th>
<th>TEAM FEE</th>
<th>CAPTAINS’ MEETING</th>
<th>TOURNAMENT PLAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Punt/Pass/Kick</td>
<td>On-Site</td>
<td>FREE</td>
<td>On-Site</td>
<td>Week of Sept. 10</td>
</tr>
<tr>
<td>Pre-Season Flag Football</td>
<td>Wednesday, Aug. 30</td>
<td>FREE</td>
<td>On-Site</td>
<td>Sept. 1 @ 3 p.m.</td>
</tr>
<tr>
<td>Fantasy Football</td>
<td>Friday, Sept. 1</td>
<td>FREE</td>
<td>On-Site</td>
<td>Sept. 1 @ 7 p.m.</td>
</tr>
<tr>
<td>NFL Pick ’em</td>
<td>Friday, Sept. 1</td>
<td>FREE</td>
<td>N/A</td>
<td>Sept. 7</td>
</tr>
<tr>
<td>Tennis Singles &amp; Doubles</td>
<td>Wednesday, Sept. 6</td>
<td>FREE</td>
<td>N/A</td>
<td>Based on players’ schedules</td>
</tr>
<tr>
<td>Dodgeball</td>
<td>Wednesday, Oct. 4</td>
<td>FREE</td>
<td>On-Site</td>
<td>Oct. 6 @ 3 p.m.</td>
</tr>
<tr>
<td>Bowl Pick ’em</td>
<td>Monday, Dec. 4</td>
<td>FREE</td>
<td>N/A</td>
<td>Starts Dec. 16</td>
</tr>
</tbody>
</table>

Club sports provide recreational and competitive opportunities for UM students, faculty and staff (with membership) across a broad range of skill levels and experiences. The diverse range of sports include team sports, individual sports, aquatics, extreme sports, dance groups and martial arts. The program promotes opportunities for participants to engage in sporting events, activities, and competitions in the state of Florida, the Southeast, and throughout the United States.

- Akido
- Badminton
- Barton S. Goldberg
- Family Equestrian
- Baseball
- Basketball
- Beach Volleyball
- Boxing
- Brazilian Jiu-Jitsu
- Hockey
- Hurricane Bhangra
- KAOS
- Karate
- Kite Boarding
- L.O.C.K.E.D.
- Men’s Rugby
- Miami Motion
- Muggle Quidditch
- Polo
- Rock Climbing
- Scrapbooking
- Spikeball
- Swimming and Aquatics
- Taekwondo
- Tennis
- Triathlon - TriCanes
- U-Jhoom
- Wakeboarding
- Water Polo
- Wrestling
Our fitness lab provides scientific support to help you meet your exercise and fitness goals, track your progress, and measure the effectiveness of your exercise program.

**FITNESS LAB**

**PRICING: (UM STUDENT MEMBER/MEMBER/NON-MEMBER)**

- **Basic Fitness Assessment (Free/$45/$60)**
  - This assessment provides a “fitness report card” as it tests cardiovascular fitness, body composition, muscular fitness and other health variables.
  - Results are compared to others within age/gender ranges and general exercise recommendations are provided to help improve overall health and wellness.

- **Body Composition ($10/$35/$50)**
  - Using the highly accurate BOD-POD, this assessment determines fat-to-lean body mass ratio and provides guidance on how to achieve fitness goals. This is the same method used to measure the body composition for University of Miami student athletes.

- **Computerized Dietary Analysis ($30/$50/$70)**
  - This assessment provides a detailed breakdown of various dietary nutrients, compares it to US dietary recommendations, and includes a basic consultation on how to improve.

- **Resting Metabolic Rate ($30/$50/$70)**
  - Data collected from this test provides information about daily caloric requirements. A computerized report details exactly how many calories a day are needed to fulfill weight loss/gain goals.

- **VO2 Peak ($50/$80/$110)**
  - This maximal exercise test determines the rate of oxygen consumption, training heart rate zones and ventilatory threshold. VO2 Peak testing is the gold standard for individuals who need specific heart rate training information.

- **Discounts and Group Rates**
  - Purchase two or more services and receive a 10% discount.
  - Non-member group rates are also available for BOD-POD testing.

- **FREE FOR UM STUDENTS**
  - Through the ‘Canes Health Assessment and Motivation Program (CHAMP) endowment supported by the Herbert Wellness Center’s Love Bridge, students are provided with free basic fitness assessments while enrolled at UM.

**Contact the sales office at 305-284-5433 or wellnesscenter@miami.edu to make an appointment.**

**EMERGENCY CARE COURSES**

(Additional fee + open to the public)

The emergency cardiovascular care (ECC) courses offered are conducted in affiliation with the American Red Cross and American Heart Association and include CPR and AED training. Classes take place in our classrooms in the Wellness Enrichment Suite on the second floor of our facility.

**ADULT CPR, AED AND FIRST AID**

**DAY** | **DATES** | **TIME**
---|---|---
Saturday | Sept. 9 | 10 a.m. – 2 p.m.
Saturday | Oct. 7 | 10 a.m. – 2 p.m.
UM Student Member: $50 | Member: $60 | Non-member: $70

**ADULT AND PEDIATRIC CPR AND AED**

**DAY** | **DATES** | **TIME**
---|---|---
Sunday | Sept. 24 | 10 a.m. – 4 p.m.
Sunday | Nov. 5 | 10 a.m. – 4 p.m.
UM Student Member: $60 | Member: $70 | Non-member: $80

**ADULT CPR AND AED**

**DAY** | **DATES** | **TIME**
---|---|---
Monday | Sept. 18 | 5:30 – 7:30 p.m.
Wednesday | Oct. 18 | 5:30 – 7:30 p.m.
Tuesday | Nov. 14 | 5:30 – 7:30 p.m.
UM Student Member: $35 | Member: $40 | Non-member: $45

**ADULT FIRST AID**

**DAY** | **DATES** | **TIME**
---|---|---
Tuesday | Sept. 5 | 5:30 – 7:30 p.m.
Monday | Oct. 2 | 5:30 – 7:30 p.m.
Wednesday | Nov. 8 | 5:30 – 7:30 p.m.
UM Student Member: $35 | Member: $40 | Non-member: $45

**BASIC LIFE SUPPORT (BLS) FOR HEALTHCARE PROVIDERS (HCP):**

**DAY** | **DATES** | **TIME**
---|---|---
Sunday | Oct. 22 | 10 a.m. – 4 p.m.
Sunday | Nov. 12 | 10 a.m. – 4 p.m.
UM Student Member: $60 | Member: $70 | Non-member: $80
HEALTHY LIVING

It takes more than daily physical activity to maintain good health. By committing to a lifestyle of wellness-focused choices, you can live a happy and healthy life.

SPECIALIZED PROGRAMS

COOKING CLASSES with Robyn Webb
(aditional fee + open to the public)
The instructional kitchen provides a classroom setting for a variety of cooking classes. Participants get hands-on experience and are able to sample prepared food.

NEW! COLLEGE SURVIVAL COOKING
(aditional fee + open to UM students only)
Cooking is an essential part of being an adult, but it doesn’t have to be a chore. We are excited to introduce Andreu Silverman, current UM student and chef, who is eager to share his skills with students and teach them how to prepare delicious dishes on a college student’s budget and schedule. These classes are designed with college students in mind and are offered exclusively to students.

LIFE
(additional fee + open to the public)
Living Independently through Fitness and Exercise (LIFE) is a program specially designed for both members and non-members who are 65 years of age or older. The program places an emphasis on resistance exercise, flexibility training and functional activities. With improved strength and flexibility, daily life becomes easier, which allows participants to maintain their independence for as long as possible.

MONDAY/WEDNESDAY/FRIDAY
7 a.m., 8 a.m. & 9 a.m.
Multipurpose Room A
Non-member: $165 for 36 Sessions
Member: $115 for 36 Sessions

MONDAY/WEDNESDAY
4:00 p.m. - 5:00 p.m., POOL
Non-member: $165 for 36 Sessions
Member: $115 for 36 Sessions

SUPERVISED EXERCISE (additional fee + employees only)
The Supervised Exercise Program is for University employees who are not active and need to engage in physical activity supervised by exercise professionals. The program includes strength and cardiovascular training 3 times a week for 12 weeks. Participants are progressed at their own pace throughout the program. Participants are given an initial assessment that is used to create a personalized exercise prescription that includes a series of goals.

The program is available to University employees. To participate, you must possess at least two of the following risk factors:

- Body mass index (BMI) greater than 27
- Waist circumference greater than 40 inches (males) or 35 inches (females)
- Diagnosed with high blood pressure or taking blood pressure medication
- Diagnosed with high cholesterol or taking cholesterol lowering medication
- Diagnosed with pre-diabetes or diabetes
- Exercise less than 90 minutes per week
- Physician’s clearance required prior to program enrollment

MONDAY/WEDNESDAY/FRIDAY
6:30 a.m. and 7:30 a.m.
$300 for the 12-week program
Employees that complete the program receive a 20% rebate and 550 Well ‘Canes points.

SENIOR SPLASH
(additional fee + open to the public)
Ages 65+. Enjoy a low-impact workout in the water without feeling stress on your joints. This class offers an overall fitness workout that challenges you aerobically and uses the water as resistance for strengthening and toning. Excellent for those with bone or joint problems.

MONDAY/WEDNESDAY
4:00 p.m. - 5:00 p.m., POOL
Non-member: $165 for 36 Sessions
Member: $115 for 36 Sessions

CYCLING FOR PARKINSON’S (C4P)
(additional fee + open to the public)
This one hour cycling class is designed specifically for individuals with Parkinson’s disease. Research has shown that cycling may be beneficial for individuals with Parkinson’s disease. For more information, contact Michelle Kasparian at 305-284-8513 or mxk331@miami.edu

TUESDAY/THURSDAY
10:30 a.m. - 11:30 a.m.
$89 for 12 Sessions
MIND AND BODY

YOGA (additional fee + membership required)
The yoga program offers a schedule with Power, Hatha and Vinyasa yoga. With the purchase of a yoga card, there is no limit to the number of classes members may attend within a semester. Yoga membership is only available to Herbert Wellness Center members ages 13 and up. All classes are one hour and 15 minutes in duration unless otherwise specified.

Prices & Prorates

<table>
<thead>
<tr>
<th></th>
<th>First Prorate</th>
<th>Second Prorate</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Nov. 4</td>
<td>Nov. 4</td>
</tr>
<tr>
<td>UM Student Member</td>
<td>$60</td>
<td>$30</td>
</tr>
<tr>
<td>Non-Student Member</td>
<td>$96</td>
<td>$48</td>
</tr>
<tr>
<td>Non-Member</td>
<td>N/A</td>
<td>N/A</td>
</tr>
</tbody>
</table>

YOGA SCHEDULE

<table>
<thead>
<tr>
<th></th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Vinyasa Flow 10:00 a.m.</td>
<td>Restorative 6:30 a.m.</td>
<td>Vinyasa Flow 7:00 - 8:00 a.m.</td>
<td>Slow Flow 6:30 a.m.</td>
<td>Vinyasa Flow 7:00 - 8:00 a.m.</td>
<td>Hatha 9:00 a.m.</td>
</tr>
<tr>
<td></td>
<td>Vinyasa Flow 5:30 a.m.</td>
<td>Hatha 12:30 - 1:45 p.m.</td>
<td>Vinyasa Flow 12:00 p.m.</td>
<td>Hatha 12:30 p.m.</td>
<td>Vinyasa Flow 5:30 p.m.</td>
<td>Power 12:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>Beginner/Gentle 6:30 p.m.</td>
<td>Vinyasa Flow 7:30 p.m.</td>
<td>Beginner/Gentle 5:30 p.m.</td>
<td>Mindful Yoga 9:30 p.m.</td>
<td>Vinyasa Flow 10:00 a.m.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Vinyasa Flow 7:30 p.m.</td>
<td>Vinyasa Flow 5:30 p.m.</td>
<td>Vinyasa Flow 7:30 p.m.</td>
<td>Vinyasa Flow 5:30 p.m.</td>
<td>Vinyasa Flow 7:30 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

WELLNESS ON DEMAND

Student organizations and University of Miami departments are eligible to request free workshops and presentations covering a variety of wellness topics including nutrition, fitness, stress management and more. These programs are facilitated by a wellness professional and can be coordinated by calling 305-284-6524.

MARTIAL ARTS - TAI CHI

Learn the martial art from China that has been practiced for centuries and is famous worldwide for its profound benefits in physical and mental health and longevity. The Taiji principles and theory that will be covered over the course includes breathing techniques, still-standing meditation and stationary postures to build strength, endurance, improve balance and stimulate Chi circulation.

MIND AND BODY

MEDITATION FOR INNER PEACE AND HAPPINESS (FREE + open to the public)

Brought by Sri Chinmoy Centres International, classes are free and open to the public. Please call the sales office at 305-284-5433 or register online to reserve your spot. Additional meditation classes are offered as follow-ups to the scheduled classes - please call for additional information.

MINDFULNESS AND U: Learning Tools For Focus, Stress Reduction & Balance

Facilitated by: Scott Rogers
Date: Thursday, Sept. 12
Time: 12:00 – 1:00 p.m.
Location: Herbert Wellness Center Classroom
This workshop offers participants an engaging introduction to mindfulness. Short exercises will be shared that can be practiced at work, school and home.

MOVING INTO MINDFULNESS

Facilitated by: Carol Kaminsky
Date: Thursday, Oct. 19
Time: 12:00 – 1:00 p.m.
Location: Herbert Wellness Center Classroom
Participants will be guided in mindfulness techniques that incorporate movement and imagery, such as mindful walking, gentle stretching, posture and alignment exercises, and group movement interactions.

NEW: MINDFULNESS-BASED STRESS REDUCTION

In this 8-week program, facilitated by Gus Castellanos, M.D., participants will learn about mindfulness and practices to increase self-awareness, self-regulation and compassion, as well as tools to cope more effectively with both short and long-term stressors. Each week’s 2.5 hour session includes mindfulness discussion along with guided mindfulness practice and group discussion. No prior experience or knowledge about mindfulness is required. Graduates of the course report improved focus, resiliency, and the capacity to recover more quickly from challenging events.

THE SOUND OF THE BELL

Facilitated by: Timothy Conner
Date: Wednesday, Nov. 1
Time: 6:30 – 7:45 p.m.
Location: Herbert Wellness Center Classroom
This workshop offers participants an immersion into mindfulness practice using sound to explore the innate capacity to focus, pay attention, and expand one’s awareness.

MINDFULNESS AND COMPASSION WORKSHOP

Facilitated by: Carol Kaminsky
Date: Thursday, Oct. 19
Time: 12:00 – 1:00 p.m.
Location: Herbert Wellness Center Classroom
Description: This workshop will introduce participants to practicing compassion and mindfulness in everyday activities.

RATES

<table>
<thead>
<tr>
<th></th>
<th>25 mins</th>
<th>50 mins</th>
<th>8-hour pack</th>
</tr>
</thead>
<tbody>
<tr>
<td>UM Student Member</td>
<td>$35</td>
<td>$55</td>
<td>$385</td>
</tr>
<tr>
<td>Non-Student Member</td>
<td>$35</td>
<td>$65</td>
<td>$455</td>
</tr>
<tr>
<td>Non-member</td>
<td>$40</td>
<td>$75</td>
<td>$525</td>
</tr>
</tbody>
</table>
PILATES CLASSES
(additional fee + open to the public)
Group and private Reformer Pilates classes are taught using Peak Pilates MVe reformer and tower systems. These classes focus on building core strength and endurance, increasing flexibility, improving muscle tone, and enhancing concentration. To allow for personalized instruction, there is a maximum of five participants in group classes. Pilates classes are not prorated and missed classes are not available for makeup. Private (available to members only) and group classes are held in the Pilates studio on the second floor of the Herbert Wellness Center.

SESSION 1 REGISTRATION:
August 21 – August 30. SESSION STARTS SEPT. 5
SESSION 2 REGISTRATION:
Oct. 9 – Oct. 18. SESSION STARTS OCT. 23

LEVEL DAYS TIME INSTRUCTOR SESSION 1 SESSION 2

TWO CLASSES PER WEEK

Intermediate Monday/Wednesday 9:00 a.m. Megan 9/6–10/16 10/23–12/24, no class 11/22
Multi Monday/Wednesday 12:00 p.m. Annie 9/6–10/16 10/23–12/24, no class 11/22
Multi Tuesday/Thursday 11:00 a.m. Nikita 9/5–10/12 10/24–12/5, no class 11/23
Multi Tuesday/Thursday 12:15 p.m. Nikita 9/5–10/12 10/24–12/5, no class 11/23
Multi Tuesday/Thursday 5:00 p.m. Ingrid 9/5–10/12 10/24–12/5, no class 11/23
Intermediate Tuesday/Thursday 7:10 p.m. Ingrid 9/5–10/12 10/24–12/5, no class 11/23

ONE CLASS PER WEEK

Multi Monday 6:30 a.m. Leslie 9/11–10/16 10/23–11/27
Multi Monday 11:00 a.m. Megan 9/11–10/16 10/23–11/27
Intermediate Monday 5:00 p.m. Annie 9/11–10/16 10/23–11/27
Multi Monday 7:00 p.m. Annie 9/11–10/16 10/23–11/27
Multi Tuesday 7:30 a.m. Leslie 9/10–10/10 10/24–11/28
Multi Tuesday 9:00 a.m. Annie 9/10–10/10 10/24–11/28
Multi Wednesday 11:00 a.m. Megan 9/10–10/11 10/25–12/6, no class 11/22
Multi Wednesday 5:00 p.m. Ingrid 9/10–10/11 10/25–12/6, no class 11/22
Intermediate Wednesday 6:00 p.m. Ingrid 9/10–10/11 10/25–12/6, no class 11/22
Multi Wednesday 7:00 p.m. Ingrid 9/10–10/11 10/25–12/6, no class 11/22
Multi Thursday 7:30 a.m. Annie 9/7–10/12 10/28–12/7, no class 11/23
Multi Thursday 9:00 a.m. Annie 9/7–10/12 10/28–12/7, no class 11/23
Multi Friday 12:00 p.m. Annie 9/8–10/13 10/27–12/8, no class 11/24
Multi Saturday 11:30 a.m. Nikita 9/9–10/14 10/28–12/9, no class 11/25

BEGINNER 1
No previous tennis experience is necessary for enrollment in this introductory class. Lessons include basic instruction in ground strokes, serves, return of serve, volley, rules, scoring and proper playing etiquette and procedures.

BEGINNER 2
Previous tennis experience/lessons are required to participate in this second-tier class as players must have prior knowledge of the rules, scoring and playing procedures. This class emphasizes refining stroke techniques, making corrections and improvements where necessary, and beginning singles and doubles tactics. This class is rated 1 to 2.5 on the USTA scale.

INTERMEDIATE
For this class, players must be able to rally and know the basic serve, return-of-serve and volley techniques. This upper-level class includes instruction in groundstroke placement, how to approach the net, hitting lobs and overheads, and proper in-game strategy. This class is rated 3 to 3.5 on the USTA scale.

ADVANCED
Players in this advanced class must be able to rally and know the basic serve, return-of-serve and volley techniques. The class builds on the techniques taught in the intermediate class including groundstroke placement, how to approach the net, hitting lobs and overheads, and proper in-game strategy. This class is rated at 3.5 to 4.5 on the USTA scale.

SESSION 1 DATES  SESSION 2 DATES  DAYS  TIME

9/7 - 10/12  10/26 - 12/7  THUR*  6 - 7 p.m.
9/10 -10/15  10/29 - 12/10  SUN**  10 - 11 a.m.

* Non-class Thursday, 11/23
** Non-class Sunday, 11/26

UM Student Member: $55  |  Member: $75
Non-Member: $89

SESSION 1 DATES  SESSION 2 DATES  DAYS  TIME

9/7 - 10/12  10/26 - 12/7  THUR*  7 - 8 p.m.
9/10 -10/15  10/29 - 12/10  SUN**  11 a.m. - 12 p.m.

UM Student Member: $55  |  Member: $75
Non-Member: $89

SESSION 1 DATES  SESSION 2 DATES  DAYS  TIME

9/7 - 10/12  10/26 - 12/7  THUR*  8 - 9:30 p.m.
9/10 -10/15  10/29 - 12/10  SUN**  12 - 1:30 p.m.

UM Student Member: $70  |  Member: $ 90
Non-Member: $108

TENNIS CLASSES
(additional fee + open to the public)
Whether you are new to the sport of tennis or are looking to improve and refine your game, we have the class to fit your needs. All of our tennis classes are held on our outdoor tennis courts.

SESSION 1 REGISTRATION:
Monday, Aug. 28 – Monday, Sept. 11
FREE WEEK: Tuesday, Sept. 5 – Monday, Sept. 11
SESSION 2 REGISTRATION:
Monday, Oct. 16 – Sunday, Oct. 29
FREE WEEK: Monday, Oct. 23 – Sunday, Oct. 29

BEGINNER
No previous tennis experience is necessary for enrollment

BEGINNER 1
No previous tennis experience is necessary for enrollment in this introductory class. Lessons include basic instruction in ground strokes, serves, return of serve, volley, rules, scoring and proper playing etiquette and procedures.

BEGINNER 2
Previous tennis experience/lessons are required to participate in this second-tier class as players must have prior knowledge of the rules, scoring and playing procedures. This class emphasizes refining stroke techniques, making corrections and improvements where necessary, and beginning singles and doubles tactics. This class is rated 1 to 2.5 on the USTA scale.

INTERMEDIATE
For this class, players must be able to rally and know the basic serve, return-of-serve and volley techniques. This upper-level class includes instruction in groundstroke placement, how to approach the net, hitting lobs and overheads, and proper in-game strategy. This class is rated 3 to 3.5 on the USTA scale.

ADVANCED
Players in this advanced class must be able to rally and know the basic serve, return-of-serve and volley techniques. The class builds on the techniques taught in the intermediate class including groundstroke placement, how to approach the net, hitting lobs and overheads, and proper in-game strategy. This class is rated at 3.5 to 4.5 on the USTA scale.

Program Fees:

<table>
<thead>
<tr>
<th>Class/Week</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>UM Student Member</td>
<td>1 Class $69 2 Classes $119</td>
</tr>
<tr>
<td>Non-Student Member</td>
<td>1 Class $79 2 Classes $159</td>
</tr>
<tr>
<td>Non-Member</td>
<td>1 Class $99 2 Classes $199</td>
</tr>
</tbody>
</table>
ADULT AQUATICS

Our variety of adult swim classes are for swimmers looking to build upon their own swim experience. Whether you’ve never taken an aquatics class before or are looking to master your technique, we have a class for your needs. All of our classes are held in our indoor pool.

SESSION 1 REGISTRATION: Monday, Aug. 28 – Monday, Sept. 11
FREE WEEK: Tuesday, Sept. 5 – Monday, Sept. 11
SESSION 2 REGISTRATION: Monday, Oct. 16 – Sunday, Oct. 29
FREE WEEK: Monday, Oct. 23 – Sunday, Oct. 29

ADULT BEGINNER SWIM LESSONS
This class is for those who love the water and have a basic understanding of how to swim but no formal training. The class focuses on the front crawl (freestyle stroke), but it can be customized based on the needs and skill set of class participants. Drills are used to enhance body position in the water and teach techniques for more effective and efficient swimming.

ADULT INTERMEDIATE/ADVANCED SWIM LESSONS
The intermediate portion of the class is for those who have mastered the freestyle stroke and have an understanding of the backstroke. The class is designed to refine both strokes and allows the swimmer to learn additional strokes. The advanced portion of the class is for swimmers proficient in at least two different strokes and want to learn the remaining two. The class will also teach flip turns and focuses on proper drills for swimming as exercise.

MASTER SWIM DRILLS
This master class is designed as a structured swim workout for those who want to build endurance and improve skills. Workouts vary throughout the session to include sprints, distance swimming and stroke drills. The instructor is able to adapt each swimmer’s workout to align with personal goals, while maintaining the benefits of a group workout. This class is perfect for those looking to cross-train for fitness, improve their swimming abilities, or train for a triathlon or other swimming competition. Swimmers should be able to swim multiple laps without stopping and be comfortable swimming at least one mile per class.

YOUTH AQUATICS

Knowing how to swim is an important life skill for children to have, especially in South Florida. We offer weekday and weekend classes for children of all skill levels from 3 to 14 years old. All of our classes are held in our indoor pool.

SESSION 1 REGISTRATION: Monday, Aug. 14 - Friday, Aug. 18 (Fee: $165)
NO FREE WEEK
SESSION 2 REGISTRATION: Monday, Oct. 2 - Friday, Oct. 6 (Fee: $165)
NO FREE WEEK

LEVEL 1 – GUPPIES
Preschool age children 3-6 years old who have never taken a swim class and do not swim at all. They are brand new to the pool. Course will cover the basic safety topics and assist children in gaining confidence with their swimming abilities. The course will include working on being in the water, breathing, front crawl, and floating.

LEVEL 2 – MINNOWS
Preschool age children 3-6 years old with previous swimming experience with shallow water. They are comfortable with the basics of front crawl and floating and will begin to work on stroke technique and refinement of swimming skills.

LEVEL 3 – TROUTS
Children ages 6-10 who can swim well on their own. Children should be able to swim two lengths of the pool. They should know at least two strokes. This course will work on breathing, freestyle, backstroke, breaststroke, and butterfly.

LEVEL 4 – MARLINS
Children ages 6-10 who feel comfortable in the water and must be able to swim two lengths of the pool. They should know at least two strokes. This course will work on breathing, freestyle, backstroke, breaststroke, and butterfly.

LEVEL 5 – DOLPHINS
Children ages 6-10 who can swim well on their own. Children should be comfortable with each stroke and able to swim multiple laps in the large area of the pool. These more advanced swimmers will focus on refining their basic strokes and technique.

LEVEL 6 – SHARKS
Ages 11-14. This is an advanced level course where students will refine all of the strokes and technique.

YOUTH AQUATICS

(Additional fee + open to the public)

Knowing how to swim is an important life skill for children to have, especially in South Florida. We offer weekday and weekend classes for children of all skill levels from 3 to 14 years old. All of our classes are held in our indoor pool.

SESSION 1 REGISTRATION: Monday, Aug. 14 - Friday, Aug. 18 (Fee: $165)
NO FREE WEEK
SESSION 2 REGISTRATION: Monday, Oct. 2 - Friday, Oct. 6 (Fee: $165)
NO FREE WEEK

LEVEL 1 – GUPPIES
Preschool age children 3-6 years old who have never taken a swim class and do not swim at all. They are brand new to the pool. Course will cover the basic safety topics and assist children in gaining confidence with their swimming abilities. The course will include working on being in the water, breathing, front crawl, and floating.

LEVEL 2 – MINNOWS
Preschool age children 3-6 years old with previous swimming experience with shallow water. They are comfortable with the basics of front crawl and floating and will begin to work on stroke technique and refinement of swimming skills.

LEVEL 3 – TROUTS
Children ages 6-10 who can swim well on their own. Children should be able to swim two lengths of the pool. They should know at least two strokes. This course will work on breathing, freestyle, backstroke, breaststroke, and butterfly.

LEVEL 4 – MARLINS
Children ages 6-10 who feel comfortable in the water and must be able to swim two lengths of the pool. They should know at least two strokes. This course will work on breathing, freestyle, backstroke, breaststroke, and butterfly.

LEVEL 5 – DOLPHINS
Children ages 6-10 who can swim well on their own. Children should be comfortable with each stroke and able to swim multiple laps in the large area of the pool. These more advanced swimmers will focus on refining their basic strokes and technique.

LEVEL 6 – SHARKS
Ages 11-14. This is an advanced level course where students will refine all of the strokes and technique.

YOUTH AQUATICS

(Additional fee + open to the public)

Knowing how to swim is an important life skill for children to have, especially in South Florida. We offer weekday and weekend classes for children of all skill levels from 3 to 14 years old. All of our classes are held in our indoor pool.

SESSION 1 REGISTRATION: Monday, Aug. 14 - Friday, Aug. 18 (Fee: $165)
NO FREE WEEK
SESSION 2 REGISTRATION: Monday, Oct. 2 - Friday, Oct. 6 (Fee: $165)
NO FREE WEEK

LEVEL 1 – GUPPIES
Preschool age children 3-6 years old who have never taken a swim class and do not swim at all. They are brand new to the pool. Course will cover the basic safety topics and assist children in gaining confidence with their swimming abilities. The course will include working on being in the water, breathing, front crawl, and floating.

LEVEL 2 – MINNOWS
Preschool age children 3-6 years old with previous swimming experience with shallow water. They are comfortable with the basics of front crawl and floating and will begin to work on stroke technique and refinement of swimming skills.

LEVEL 3 – TROUTS
Children ages 6-10 who can swim well on their own. Children should be able to swim two lengths of the pool. They should know at least two strokes. This course will work on breathing, freestyle, backstroke, breaststroke, and butterfly.

LEVEL 4 – MARLINS
Children ages 6-10 who feel comfortable in the water and must be able to swim two lengths of the pool. They should know at least two strokes. This course will work on breathing, freestyle, backstroke, breaststroke, and butterfly.

LEVEL 5 – DOLPHINS
Children ages 6-10 who can swim well on their own. Children should be comfortable with each stroke and able to swim multiple laps in the large area of the pool. These more advanced swimmers will focus on refining their basic strokes and technique.

LEVEL 6 – SHARKS
Ages 11-14. This is an advanced level course where students will refine all of the strokes and technique.
DANCE CLASSES

ADvanced TRIBAL BELLY DANCE

Although it sounds ancient, Tribal is the newest style of Belly Dance. An eclectic style, drawing on influences from the Middle East, Spanish Flamenco, Indian Dance, and Western Theatrics, this class will challenge students’ technique and push them to find new ways of expressing themselves through dance in a warm, supportive environment. Prerequisite: Belly Dance Basics or instructor approval.

BELLY BEATS

Set to fun, high-energy music, this class will feature technique drills that culminate in an easy-to-remember choreography to help students keep practicing throughout the week! The goal is to provide tools for growth in your dancing while having fun along the way! Prerequisite: Belly Dance Basics or can be taken in conjunction with Belly Dance Basics.

BELLY DANCE BASICS

New to Belly Dance? Start here! This class lays the foundation for every style of Belly Dance. Everyone can take it. You don’t need experience. You don’t need to be a dancer. All of the basic movements of Belly Dance will be broken down step-by-step in a fun, supportive environment. Shimmies, hip drops, snake arms, beautiful veil work. Prepare to get hooked!

MINI ’CANES RECREATIONAL SPORTS CAMP

2018 CAMP DATES
SESSION 1: June 11 - 22
SESSION 2: June 25 - July 6
SESSION 3: July 9 - July 20
SESSION 4: July 23 - August 3
*No camp Wednesday, July 4.

2018 REGISTRATION DEADLINES
Returning Campers & Siblings: February 19 – March 9
New Campers
UM affiliates: March 19 - April 6
Outside community: April 16 until filled

STUDENT EMPLOYMENT

The Herbert Wellness Center is a student-run facility and is one of the largest student employers on the Coral Gables campus. Positions available include everything from front desk and operations assistants to lifeguards and personal trainers.

Student employees gain real-life work experiences, meet a variety of people, and have the opportunity for advancement within the department. For more information about student employment, visit www.miami.edu/wellness.

BESMOKEFREE

(free + open to the public)

The University of Miami’s award-winning smoking cessation program, “BesSmokeFree,” offers free group classes for individuals interested in quitting smoking. Classes are offered in 6-week intervals. With the aid of group classes, led by a certified tobacco treatment specialist, individuals can get the support and tools necessary to become tobacco-free. For more information, visit www.miami.edu/besmokefree.

SESSION 1 DATES: SESSION 2 DATES: DAYS: TIME
9/9 - 12/2: N/A: SAT: 12 - 1 p.m.

UM Student Member: $75
Member: $99
Non-member: $150

SESSION 1 DATES: SESSION 2 DATES: DAYS: TIME
9/9 - 12/2: N/A: SAT: 1 - 2 p.m.

UM Student Member: $75
Member: $99
Non-member: $150

* No class 11/25

MISCELLANEOUS
MISSION STATEMENT

The Department of Wellness and Recreation strives to foster a lifestyle of responsible choices supporting the mind, the body, and the spirit in educational, wellness, and recreational programs through services and facilities for the University community.