

SUMMER 2017 CLASS SCHEDULES

GROUP EXERCISE

EFFECTIVE: May 8 - August 20



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Studio Cycle 6:30 a.m. Chris	Total Body Conditioning (B) 6:30 a.m. Chris	Studio Cycle 6:30 a.m. Liz	Super Sculpt (B) 6:30 a.m. Sam/Chris	TRX Circuit (B) 6:30 a.m. Liz	Aquatic Exercise 9:15 a.m. Barbara
Aquatic Exercise 6:30 a.m. Clara	Music Video Cycle 12:00 - 12:45 p.m. Jamie	Aquatic Exercise 6:30 a.m. Chris	Music Video Cycle 12:00 - 12:45 p.m. Jamie	Aquatic Exercise 6:30 a.m. Angie	Total Body Conditioning (B) 9:30 - 10:45 a.m. Jamie
TRX Circuit (B) 12:00 p.m. Jamie	Ab Attack (D) 12:50 - 1:20 p.m. Jamie	Gutts-N-Butts (B) 12:00 p.m. Leah	Ab Attack (D) 12:50 - 1:20 p.m. Jamie	Total Body Conditioning (B) 12:00 p.m. Jamie	Studio Cycle 11:00 a.m. Liz
Upper Body Sculpt (B) 4:45 - 5:15 p.m. Leyla	Hip Hop Cardio (B) 5:30 p.m. Brandy	Ab Attack (B) 4:45-5:15 p.m. Sam	Zumba® (B) 5:30 p.m. Benji	Ab Attack (B) 4:45 - 5:15 p.m. Sam	SUNDAY
Gutts-N-Butts (B) 5:30 p.m. Leyla	Total Body Conditioning (D) 5:45 p.m. Leyla	Gutts-N-Butts (B) 5:30 p.m. Sam	Total Body Conditioning (D) 5:45 p.m. Sam	Zumba® (B) 5:30 p.m. Hayley	Super Sculpt (B) 10:00 a.m. Leyla
Studio Cycle 5:45 - 6:30 p.m. Bryan	Ab Attack (D) 6:50-7:20 p.m. Leyla	Studio Cycle 5:45 - 6:30 p.m. Bryan	Studio Cycle 6:00 - 6:45 p.m. Bryan	HIIT (D) 5:30 - 6:15 p.m. Sam	Music Video Cycle 11:00 a.m. Jamie
Aquatic Exercise 6:00 p.m. Aprile	Music Video Cycle 7:00 - 7:45 p.m. Jamie	Aquatic Exercise 6:00 p.m. Bethany	Ab Attack (D) 6:50 - 7:20 p.m. Sam		Studio Cycle 6:00 p.m. Chris
TRX Circuit (B) 6:45 p.m. Liz		HIIT (B) 6:45 - 7:30 p.m. Sam			
Zumba® (D) 7:30 p.m. Hayley		Zumba® (D) 7:30 p.m. Courtney			

- Schedule subject to change.
- Classes are FREE!
- All classes are 1 hour in length, unless noted.
- Classes are on a first-come, first-served basis.

KEY
Pool
Multipurpose B
Multipurpose D
Cycling Studio

Updated: April 20, 2017

YOGA

EFFECTIVE: May 8 - August 20



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
Sivananda (C) 12:00 p.m. Adriana	Restorative (C) 6:30 a.m. Angie	Vinyasa Flow (C) 7:00 - 8:00 a.m. Keiko	Sivananda (A) 6:30 a.m. Adriana	Sivananda (C) 12:00 p.m. Adriana	Power (C) 10:45 a.m. Tina
Sivananda (A) 6:00 p.m. Adriana	Hatha (C) 12:30 p.m. Martha	Sivananda (C) 12:00 p.m. Adriana	Hatha (C) 12:30 p.m. Martha	Vinyasa Flow (A) 5:30 p.m. Tina	Beginner/Gentle (C) 12:30 p.m. Annmaria
	Vinyasa Flow (A) 5:30 p.m. Julia	Beginner/Gentle (A) 6:00 p.m. Tina	Mindful Yoga (A) 5:30 p.m. Adriana		Slow Flow (A) 5:15 p.m. Sam
				SATURDAY	
				Hatha (A) 9:00 a.m. Martha	
				Power (A) 12:00 p.m. Carmen	

- Yoga is a fee-based program (Prices on back)
- Schedule subject to change
- Classes are 1 hour & 15 minutes in length, unless noted
- Please bring your own yoga mat

KEY
Multipurpose A
Multipurpose C



#FoundMyFit

UNIVERSITY OF MIAMI
PATTI & ALLAN HERBERT
WELLNESS CENTER



GROUP EXERCISE

- **Ab Attack:** A 30-minute, core-sculpting workout
- **HIIT:** A cardio-based workout that progresses through short, intense intervals
- **Gutts-N-Butts:** Focuses on toning the lower body and core through various body-weight exercises and equipment
- **Hip Hop Cardio:** Break it down and sweat it out with easy-to-learn dance moves and your favorite hip-hop music
- **Super Sculpt:** Get a total body workout using the step, weights, bars and bands to tone from head to toe
- **Total Body Conditioning:** A full-body workout with a mixture of cardio, strength, and core
- **TRX Circuit:** A circuit style class that incorporates the TRX suspension trainer (limit 20)
- **Zumba:** Combines high energy and motivating Latin music with unique moves and combinations
- **Upper Body Sculpt:** A class strictly devoted to your upper body musculature

STUDIO CYCLING

- **Music Video:** Indoor cycle class set to music videos
- **Studio Cycle:** Indoor cycle class that guides riders through hills, intervals, jumps & sprints

A projector may be used in classes to display moving images or music videos. Please use caution if you are prone to motion sickness or seizures.

**ALL STUDIO CYCLING
CLASSES ARE NOW FREE
FOR MEMBERS!**

YOGA

- **Sivananda:** Increase your strength, flexibility and balance through a variety of yoga postures. Deepen your relaxation skills, refine your ability to focus, and improve your self-awareness using breathing techniques.
- **Hatha/Vinyasa Flow:** Vinyasa is a step-by-step progression that has a beginning, middle and end. The classes progress in a flow-like wave with each asana flowing into the next.
- **Power:** Power yoga may be appropriate for those who are looking for a more strenuous practice that want to add flexibility, balance and concentration to their exercise routines.
- **Slow Flow:** Get ready for the week ahead with a slow –moving, yin yoga inspired class. Poses will be held longer and emphasis will be on the movement of the breath. Appropriate for all levels.
- **Restorative:** Learn to relax the nervous system, find clarity of the mind and restore your body's energy through these relaxation techniques. Many of these poses will help to reduce back pain and increase range of motion of the shoulders, hips and lower back.
- **Mindful Yoga:** This class consists of slowly going through the sequence of Hatha yoga postures with great emphasis on mindfulness and approaching one's current limits with gentleness.
- **Beginner/Gentle:** This class is specifically geared towards beginners or those wishing to pursue a gentler, restorative yoga practice.

	Full Semester May 8 - Aug. 21	Summer 1 May 8 - June 26	Summer 2 June 27 - Aug. 21	One-Time Pass
Student Member	\$60	\$40	\$40	\$7
Non-Student Member	\$96	\$60	\$60	\$10
Non-Member	N/A	N/A	N/A	\$10 + Facility Guest

Visit www.miami.edu/wellness for more information about our Group Exercise, Studio Cycling & Yoga programs.