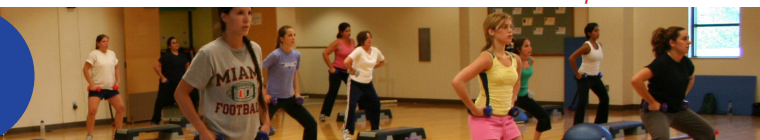


WINTER CLASS SCHEDULES

Last updated: 12/5/17

GROUP EXERCISE

EFFECTIVE: December 16 - January 15



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Studio Cycle 6:30 a.m. Chris	Total Body Conditioning (B) 6:30 a.m. Chris	Music Video Cycle 6:30 a.m. Liz	TRX Circuit (B) 6:30 a.m. Liz	Total Body Conditioning (B) 6:30 a.m. Clara S.	Aquatic Exercise 9:15 a.m. Barbara	
Aquatic Exercise 6:30 a.m. Clara M.	Music Video Cycle 12:00 - 12:45 p.m. Brian	Aquatic Exercise 6:30 a.m. Angie	Music Video Cycle 12:00 - 12:45 p.m. Lexi	Aquatic Exercise 6:30 a.m. Chris	Total Body Conditioning (B) 9:30 - 10:45 a.m. Jamie *12/16 & 1/13 only	
Total Body Conditioning (B) 12:00 - 12:45 p.m. Brian	Total Body Conditioning (D) 5:45 p.m. Lexi	Studio Cycle 12:00 - 12:45 p.m. Lexi	Total Body Conditioning (D) 5:45 p.m. Clara S.	Total Body Conditioning (B) 12:00 - 12:45 p.m. Lexi	Studio Cycle 11:00 a.m. Liz	
Gutts-N-Butts (B) 5:30 p.m. Kayla	Zumba® (B) 6:00 p.m. Kayla	Gutts-N-Butts (B) 5:30 p.m. Lexi	Zumba® (B) 6:00 p.m. Benji	Zumba® (B) 5:30 p.m. Kayla		
Studio Cycle 5:30 - 6:15 p.m. Bryan	Studio Cycle 7:00 - 7:45 p.m. Clara S.	Studio Cycle 5:30 - 6:15 p.m. Bryan	Studio Cycle 7:00 - 7:45 p.m. Clara S.	Studio Cycle 5:45 - 6:30 p.m. Clara S.		Music Video Cycle 11:00 a.m. Angie
Hip Hop Cardio (D) 5:45 p.m. Benji		Total Body Conditioning (B) 6:45 p.m. Clara S.				Zumba® (B) 5:30 p.m. Kayla
TRX Circuit (B) 6:45 p.m. Liz						
Studio Cycle 7:15 - 8:00 p.m. Deirdre						

Winter Facility Hours 12/18 - 1/15:

Weekdays 6 a.m. - 9 p.m.

Weekends 8 p.m. - 8 p.m.

CLOSED 12/24, 12/25, 12/31, 1/1

- 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.




[@umiamiwellness](https://www.instagram.com/umiamiwellness)

KEY

Pool

Multipurpose B

Multipurpose D

Cycling Studio

- **Ab Attack:** A 30-minute, core-sculpting workout.
- **Arms & Abs:** A 30-minute core and upper body strengthening workout.
- **Bootcamp:** A total body workout that incorporates a mix of lifting, jumping, sprinting, hurdles and performing drills.
- **Gutts-N-Butts:** Focuses on toning the lower body and core through various body-weight exercises and equipment.
- **HIIT:** A cardio-based workout that progresses through short, intense intervals.
- **Hip Hop Cardio:** Break it down and sweat it out with easy-to-learn dance moves and your favorite hip-hop music.
- **Music Video:** Indoor cycle class set to music videos.
- **STRONG by Zumba:** High intensity interval training using fitness moves and synced music choreographed by Zumba.
- **Studio Cycle:** Indoor cycle class that guides riders through hills, intervals, jumps and sprints.
- **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.
- **Aquatic Exercise:** Low impact combo of cardio, strength and stretching exercises in the pool using water exercise weights.



YOGA

EFFECTIVE: December 16 - January 15



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
Vinyasa Flow (A) 12:00 p.m. Adriana	Restorative (C) 6:30 a.m. Angie	Vinyasa Flow (A) 12:00 p.m. Adriana	Slow Flow (A) 6:30 a.m. Adriana	Vinyasa Flow (A) 5:30 p.m. Tina	Vinyasa Flow (A) 10:00 a.m. Tina
Vinyasa Flow (A) 5:30 p.m. Adriana	Hatha (A) 12:30 p.m. Martha	Beginner/Gentle (A) 5:30 p.m. Tina	Hatha (A) 12:30 p.m. Martha		Beginner/Gentle (C) 12:30 p.m. Annamaria
	Vinyasa Flow (A) 5:30 p.m. Tina		Mindful Yoga (A) 5:30 p.m. Adriana	SATURDAY	
				Hatha (A) 9:00 a.m. Martha	
				Power (A) 12:00 p.m. Carmen	

KEY

Multipurpose A

Multipurpose C

Fall semester Yoga passes expire Monday, January 15, 2018.

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

- **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:** 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 <i>Aug. 21 - Dec. 15</i>	First Prorate <i>Sept. 25</i>	Second Prorate <i>Nov. 6</i>	One-Time Pass
Student Member	\$60	\$45	\$30	\$7
Non-Student Member	\$96	\$72	\$48	\$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.

