

SUMMER 2024 GROUP FITNESS SCHEDULE

May 13 - August 17 • Valid membership required for participation • All classes are 50 minutes unless otherwise noted

	MON	TUE	WED	THU	FRI		SAT
6:30 a.m.	Aqua Fit (60) Clara Pool	Yoga & Meditation (60) Adriana Multi A	HIIT Chris Multi D	Yoga & Meditation (60) Adriana Multi A	Aqua Fit (60) Clara Pool	9:30 a.m.	Aqua Fit (60) Aprile Pool
6:45 a.m.	Cycle & Jam Noosha Cycle Studio				Cycle & Jam Noosha Cycle Studio	10:00 a.m.	Cycle & Jam Noosha Cycle Studio
Noon	Hatha Yoga (60) Tina Multi A		Hatha Yoga (60) Tina Multi A		Yoga & Meditation (60) Adriana Multi A	10:30 a.m.	Hatha Yoga (60) Heather Multi A
5:00 p.m.	Power Up Leyla Multi D					11:00 a.m.	Smooth Sculpting Eduardo Multi D
5:30 p.m.	Core to Floor Leyla Multi D	Cycle & Jam Carmen Cycle Studio	Xtrim Noosha Multi B	Total Body Conditioning Guido Multi D	Hatha Yoga (60) Tina Multi A	Noon	Core Blast Eduardo Multi D
5:45 p.m.	Aqua Fit Ramona Pool						
6:00 p.m.	Zumba Julie Multi B	HIIT Sandra Multi D					SUN
6:30 p.m.	Vinyasa Yoga (60) Cheyenne Multi A	Candlelight Yoga (60) Carmen Multi A	Vinyasa Yoga (60) Cheyenne Multi A	Cycle & Jam Guido Cycle Studio		9:30 a.m.	Total Body Conditioning Leyla Multi D
7:00 p.m.		Zumba Josip Multi B		Zumba Jermaine Multi B		Noon	Mindful Yoga (60) Heather Multi A
7:30 p.m.	Cycle & Jam Deirdre Cycle Studio		Cycle & Jam Ramona Cycle Studio	Mindful Yoga (60) Heather Multi A			

Location:

Multi A

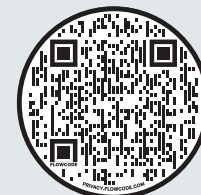
Multi B

Multi D

Cycle Studio

Pool

for the most recent
schedules visit us:
miami.edu/wellness



GROUP FITNESS CLASS DESCRIPTIONS

Aqua Fit:

This low-impact water-based class is designed to help improve joint stability, coordination, heart health, and strength. The class will incorporate cardio and strength, using a variety of pool-friendly equipment.

Candle Light Yoga:

This class combines elements from various styles of yoga to deliver a relaxing and engaging practice that will strengthen your body and improve your flexibility. The soft candlelight will create a soothing atmosphere to relax and revitalize following your practice. This yoga format is low in intensity.

Core to Floor:

Core to Floor (Guts N Butts) is a core and glute focused high intensity workout for all levels. Get ready to work up a sweat and burn those glute muscles.

Core Blast:

Improve core strength, balance, stability, & posture while engaging in a fun-filled, high-energy class.

Cycle and Jam:

Have fun and burn calories as you complete this high-energy indoor cycling class to the beat of an exciting playlist.

Gentle Yoga:

This class is designed for those seeking a more gentle and restorative yoga practice. This class will begin with deep stretching and restorative yoga poses, then finish with a guided meditation focusing on relaxing the body and drawing attention within. This class is moderate to low in intensity.

Glute Camp:

Glute Camp is a high energy lower body focused class determined to shape and strengthen the glute muscles and torch calories.

Hatha Yoga:

This gentler style yoga practice will guide attendees through movement that develops strength, flexibility, and develop the connection between, body, mind & breath. Deepen your understanding of the postures & basic alignment in the body, breathing, and relaxation techniques. This yoga format is moderate to low in intensity.

HIIT:

High Intensity Interval Training (HIIT) focuses on short intervals of max-effort work, followed by subsequent rest intervals. This class will challenge and motivate you for an intense workout using a variety of equipment.

Kickboxing and Core:

Combine martial arts with face-paced cardio to burn calories and build lean muscle. This workout challenges beginners and elite athletes to build stamina, improve coordination and flexibility.

Mindful Yoga:

Mindful yoga is a slow flowing hatha-inspired practice that promotes mindfulness and inward reflection. This yoga format is low in intensity.

Power Up:

A 30-minute upper body and core workout. This class is appropriate for all fitness levels, while focusing on strength, core definition, and posture.

ReggaeTONE Pilates:

This Pilates class combines the core, stability, and muscle toning elements of Pilates with the energetic beat of international music and afro beats.

Smooth Sculpting:

Smooth Sculpting is an all-levels full body sculpting class with a low impact focus. Using various equipment this class will sculpt and tone your full body.

Total Body Conditioning:

TBC is a full body workout class featuring weights, bars, and bands. This class will strengthen & condition you from head to toe!

Vinyasa Yoga:

Challenge your body and increase your awareness in this yoga practice designed to emphasize sequential movement between postures guided by your breath. This yoga format is moderate to high in intensity.

X-Trim:

Experience a full body mindfulness workout that focuses on strength, agility, and mobility. The goals here is to push yourself to new possibilities!

Yoga and Meditation:

Enjoy a complete mind/body experience. A portion of the class is dedicated to mindful movement, and the other portion is dedicated to intentionally tuning into the breath & body through meditation.

Zumba:

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — and resistance training.