

SUMMER 2026 GROUP FITNESS SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
6:15 A.M.	Pilates Sculpt Noosha Multi D	Vinyasa Yoga Jacey Multi A	Total Body Conditioning Jacey Multi B	Power Yoga Noosha Multi A	Mat Pilates Noosha Multi D	9:15 A.M. Aqua Fit Aprile / Angie Pool	9:00 A.M. Gentle Yoga Noosha Multi A
6:30 A.M.	Aqua Fit Clara Pool				Aqua Fit Clara Pool	10:00 A.M. Vinyasa Yoga Adriana Multi A	9:30 A.M. Total Body Conditioning Leyla Multi B
NOON	Yoga & Mediation Adriana Multi A	Hatha Yoga Tina Multi A	Barre Carmen Multi D	Mindful Yoga Adriana Multi A	Mat Pilates Gio Multi A	11:00 A.M. Smooth Sculpting Eduardo Multi B	10:30 A.M. Mat Pilates Gabi Multi A
5:00 P.M.	Arms & Abs Leyla Multi B	Mat Pilates Gio Multi A				NOON Core Blast Eduardo Multi B	NOON Stretch & Flexibility Elizabeth Multi A
5:30 P.M.	Buns & Bellies Leyla Multi B	HIIT Josip Multi B	Vinyasa Yoga Tina Multi A	Barre Carmen Multi D	Buns & Bellies Sandra Multi B	1:00 P.M. HIIT Eduardo Multi B	
6:00 P.M.	Aqua Fit Jasmine Pool	Studio Cycle Bianca Cycle Studio	Total Body Conditioning Ramona Multi B	Zumba Julie Multi B	Vinyasa Yoga Tina Multi A		
6:30 P.M.	Vinyasa Yoga Tina Multi A	Zumba Josip Multi B	Mat Pilates Gabi Multi A	Studio Cycle Mackenzie Cycle Studio			
7:00 P.M.	Studio Cycle Deirdre Cycle Studio	Hatha Yoga Ava Multi A	Studio Cycle Mackenzie Cycle Studio	Hatha Yoga Ava Multi A			

LOCATION:



FOR THE MOST RECENT
SCHEDULES VISIT US:
miami.edu/wellness



May 11 – August 15
CLOSED: May 25, June 19, July 4

SUMMER 2026 GROUP FITNESS CLASS DESCRIPTIONS

Aqua Fit:

Experience a low-impact, water-based class designed to enhance joint stability, coordination, heart health, and strength. This class combines cardio and strength exercises using a variety of pool-friendly equipment such as water dumbbells and aqua noodles. Aqua Fit welcomes participants of all fitness levels and provides modifications to suit individual needs.

Arms & Abs:

Arms & Abs is a 30-minute upper body and core workout utilizing dumbbells, resistance bands, and bodyweight exercises to enhance strength, definition, and posture. The class is structured for all fitness levels, providing modifications and progressions to match your abilities and goals.

Barre:

Join us for an invigorating Barre fitness class that blends ballet, Pilates, and yoga for a dynamic, full-body workout. Using a ballet barre and light hand weights, you'll perform low-impact yet high-intensity movements that target your core, arms, legs, and glutes. The class focuses on building strength, flexibility, and balance. Suitable for all fitness levels, with modifications and progressions offered for everyone.

Buns & Bellies:

This is a high-intensity class focused on strengthening your core and glute muscles. Through a combination of floor-based exercises, resistance bands, and bodyweight movements, you'll develop functional strength and endurance. This class welcomes all fitness levels and offers modifications to accommodate both beginners and advanced participants.

Core Blast:

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

Gentle Yoga:

Gentle Yoga is a calming practice focused on relaxation, flexibility, and mindful movement. Participants will enjoy easy-to-follow poses, breathwork, and guided stretching designed to reduce stress and enhance overall well-being. This class is suitable for all fitness levels, including beginners, and offers modifications to ensure everyone feels comfortable and supported.

Hatha Yoga:

Enjoy a gentle yoga practice focused on developing strength, flexibility, and the connection between body, mind, and breath. Participants will explore fundamental postures, basic alignment, breathing, and relaxation techniques. This moderate- to low-intensity class is appropriate for both newcomers and experienced yogis, with modifications provided for all levels.

HIIT (High Intensity Interval Training):

Challenge yourself with short intervals of maximum effort followed by rest, using equipment such as dumbbells, resistance bands, and bodyweight exercises. HIIT is designed to boost cardiovascular fitness and muscle endurance. All levels are encouraged to join, with suggested modifications to match your experience and goals.

Mat Pilates:

Mat Pilates is a core-focused class that uses precise, controlled movements to build strength, flexibility, and body awareness. Participants perform exercises on a mat, often incorporating props such as resistance rings or light weights to enhance the workout. All fitness levels are welcome, and modifications are provided to ensure a safe and effective experience for everyone.

Mindful Yoga:

Mindful Yoga offers a slow-flowing, hatha-inspired practice that promotes mindfulness, self-reflection, and relaxation. Movements are gentle and accessible, focusing on breath awareness and alignment. All experience levels are welcome, and instructors provide modifications to ensure everyone feels supported and included.

Power Yoga:

This dynamic and more vigorous yoga class is designed for those seeking to challenge themselves, with an emphasis on flexibility, balance, and concentration. Flow through a sequence of strength-building postures using your own bodyweight. All fitness levels are welcome, with variations and supportive guidance offered to newcomers and experienced practitioners alike.

Pilates Sculpt:

Pilates Sculpt combines traditional Pilates mat exercises with strength training for a challenging and effective full-body workout. Using props like resistance bands, light weights, and rings, you'll target your core, arms, legs, and glutes while improving flexibility and muscle tone. The class is suitable for all fitness levels, offering modifications and progressions so everyone can build strength and stability at their own pace.

Smooth Sculpting:

This all-levels, low-impact full body sculpting class uses various equipment, including resistance bands and light weights, to help you tone and strengthen your muscles. Smooth Sculpting focuses on controlled movements and proper form, ensuring a safe and effective workout for everyone.

Stretch & Flexibility:

Enjoy a rejuvenating class designed to enhance your range of motion, flexibility, and overall wellness. Through a blend of gentle stretches, mobility work, and light calisthenics, you'll release muscle tension and improve posture. This class is perfect for all fitness levels, with personalized options to meet your individual needs. Everyone is welcome, regardless of experience or ability.

Studio Cycle:

Have fun and burn calories in this high-energy indoor cycling class set to the beat of an exciting playlist. Each session includes interval training, sprints, and endurance rides. Studio Cycle is suitable for all fitness levels, and the instructor offers resistance and intensity modifications to ensure a challenging yet accessible experience for everyone.

Total Body Conditioning (TBC):

TBC is a comprehensive full-body workout that incorporates weights, bars, and bands to strengthen and condition every major muscle group. Each class offers a blend of cardio and resistance training, and is adaptable to all fitness levels, with modifications provided to ensure safety and effectiveness for every participant.

Vinyasa Yoga:

Challenge your body and mind with this moderate- to high-intensity yoga practice emphasizing smooth transitions between postures guided by your breath. Vinyasa Yoga improves flexibility, strength, and body awareness. The class is open to all levels, with variations and supportive instruction for both beginners and experienced yogis.

Yoga & Meditation:

This class offers a complete mind-body experience, combining mindful movement with guided meditation and breathwork. Suitable for all levels, participants will enjoy both gentle yoga sequences and moments for intentional reflection. Instructors provide options to ensure everyone is comfortable and engaged.

Zumba®:

Zumba® is a lively fitness program that blends Latin and international music with dance and interval-based routines. Moves alternate between fast and slow rhythms combined with resistance training to offer a fun cardio and toning workout. Zumba® is open to all levels—no dance experience required, just a willingness to move and have fun!

CLASS LENGTH

60 minute classes: Stretch & Flexibility, Aqua Fit, Yoga | 50 Minute: All Other Classes