## Group Exercise

**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.**

### Mon
- **Landlubbers**
  - 6:15 a.m.
  - Clara
- **Barre Fusion**
  - 9:05 - 9:45 a.m.
  - Virginia
- **Arms & Abs**
  - 4:45 - 5:15 p.m.
  - Leyla
- **Gutts-N-Butts**
  - 5:30 p.m.
  - Leyla
- **Cardio Kickboxing**
  - 6:00 p.m.
  - Katherine
- **TRX Circuit**
  - 6:45 p.m.
  - Liz
- **Ab Attack**
  - 7:00 - 7:30 p.m.
  - Katherine
- **Studio Cycle**
  - 7:15 - 8:00 p.m.
  - Deirdre
- **Zumba®**
  - 8:00 p.m.
  - Hannah

### Tue
- **Total Body Conditioning**
  - 6:30 a.m.
  - Chris
- **Studio Cycle**
  - 9:30 - 10:15 a.m.
  - Steph
- **Studio Cycle**
  - 4:30 - 5:15 p.m.
  - Guido
- **Ab Attack**
  - 4:30 - 5:00 p.m.
  - Katherine
- **Step Aerobics**
  - 5:00 p.m.
  - Katherine
- **Total Body Conditioning**
  - 5:30 p.m.
  - Guido
- **Studio Cycle**
  - 5:30 - 6:15 p.m.
  - Karai
- **Zumba®**
  - 6:00 p.m.
  - Carolina
- **Music Video Cycle**
  - 7:00 - 7:45 p.m.
  - Chiara

### Wed
- **Music Video Cycle**
  - 6:30 a.m.
  - Liz
- **Super Sculpt**
  - 6:30 a.m.
  - Chris
- **Barre Fusion**
  - 9:05 - 9:45 a.m.
  - Virginia
- **Studio Cycle**
  - 12:00 - 12:45 p.m.
  - Karai
- **Ab Attack**
  - 4:45 - 5:15 p.m.
  - Guido
- **Gutts-N-Butts**
  - 5:30 p.m.
  - Guido
- **Zumba®**
  - 6:00 p.m.
  - Rachel
- **Total Body Conditioning**
  - 6:45 p.m.
  - Guido
- **Dance Cardio**
  - 8:00 p.m.
  - Benji

### Thu
- **Total Body Conditioning**
  - 6:30 a.m.
  - Liz
- **Super Sculpt**
  - 6:30 a.m.
  - Chris
- **Studio Cycle**
  - 9:30 - 10:15 a.m.
  - Steph
- **Studio Cycle**
  - 4:30 - 5:15 p.m.
  - Guido
- **Arms & Abs**
  - 4:30 - 5:00 p.m.
  - Katherine
- **Gutts-N-Butts**
  - 5:00 p.m.
  - Guido
- **Zumba®**
  - 6:00 p.m.
  - Carolina
- **Cardio Kickboxing**
  - 5:15 p.m.
  - Guido
- **Total Body Conditioning**
  - 5:30 p.m.
  - Guido
- **Dance Cardio**
  - 8:00 p.m.
  - Benji

### Fri
- **Total Body Conditioning**
  - 6:30 a.m.
  - Liz
- **TRX Circuit**
  - 6:45 p.m.
  - Guido
- **Arms & Abs**
  - 4:30 - 5:00 p.m.
  - Katherine
- **T.K.O.**
  - 5:00 p.m.
  - Katherine

### Sat
- **Total Body Conditioning**
  - 9:30 - 10:45 a.m.
  - Noosha

### Sun
- **Studio Cycle**
  - 12:00 - 12:45 p.m.
  - Karai
- **Ab Attack**
  - 4:45 - 5:15 p.m.
  - Guido
- **Gutts-N-Butts**
  - 5:30 p.m.
  - Guido
- **Total Body Conditioning**
  - 6:45 p.m.
  - Guido
- **Zumba®**
  - 6:00 p.m.
  - Carolina
- **Ab Attack**
  - 6:30 p.m.
  - Guido

### Key
- **Ab Attack**: A 30-minute, core-sculpting workout
- **Aquatic Exercise**: A dynamic aqua workout to improve overall fitness
- **Arms & Abs**: A 30-minute, core and upper body strengthening workout
- **Barre Fusion**: A 45-minute toning class to build your core and sculpt your total body
- **Cardio Kickboxing**: Combines boxing techniques with fast-paced cardio movements
- **Gutts-N-Butts**: Focuses on toning the lower body and core through various body-weight exercises and equipment
- **H20 Pulse Cardio**: A 30-minute, core-sculpting workout
- **Music Video Cycle**: Indoor cycle class set to music videos
- **Step Aerobics**: An 80’s classic using a step platform to a choreographed routine for a fun, cardio workout!
- **Studio Cycle**: Indoor cycle class that guides riders through hills, intervals, jumps & sprints
- **Super Sculpt**: Get a total body workout using the step, weights, bars and bands to tone from head to toe
- **Total Body Conditioning**: Full body workout with a mixture of cardio, strength, and core
- **Total Knockout (T.K.O.)**: Torch fat with intense intervals of boxing, weight lifting, and conditioning drills! *8-12 oz boxing gloves recommended. No boxing experience required!
- **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
• **Beginner/Gentle**: This class is specifically geared towards beginners or those wishing to pursue a gentler, restorative yoga practice.
• **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 Flow**: 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 breath. Appropriate for all levels.

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

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<th>Member Status</th>
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Visit [www.miami.edu/wellness](http://www.miami.edu/wellness) for more information about our Group Exercise & Yoga programs.