## GROUP EXERCISE

### 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
- **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
Closed for Thanksgiving

### FRI
- **Barre Fusion**
  - 9:05 - 9:45 a.m.
  - Virginia
- **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**
  - 9:15 - 10:00 a.m.
  - Noosha
- **Total Body Conditioning**
  - 10:00 - 11:15 a.m.
  - Leyla
- **Zumba®**
  - 6:00 p.m.
  - Rachel

### KEY
- **Multipurpose B**
- **Multipurpose C**
- **Multipurpose D**
- **Cycling Studio**

### Schedule Information
- 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.

### Class Descriptions
- **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
- **H2O 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, bar and bands to tone from head to toe
- **Total Body Conditioning**: A 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
YOGA

**MON**
- Vinyasa Flow
  - 12:00 p.m.
  - Adriana
- Vinyasa Flow
  - 5:30 p.m.
  - Jacqueline
- Beginner/Gentle
  - 6:30 p.m.
  - Tina

**TUE**
- Slow Flow
  - 6:30 a.m.
  - Adriana
- Mindful Meditation
  - 7:45 - 8:15 a.m.
  - Adriana
- Hatha Flow
  - 12:30 p.m.
  - Mia
- Vinyasa Flow
  - 5:30 p.m.
  - Rachel
- Hatha Flow
  - 7:00 p.m.
  - Tina

**WED**
- Power Flow
  - 5:30 p.m.
  - Tina

**THU**
- Closed for Thanksgiving

**FRI**
- Vinyasa Flow
  - 5:30 p.m.
  - Tina
- Hatha Flow
  - 9:00 a.m.
  - Martha
- Power Flow
  - 12:00 p.m.
  - Carmen

**SAT**
- Vinyasa Flow
  - 10:00 a.m.
  - Tina
- Beginner/Gentle
  - 12:30 p.m.
  - Anamaria

**SUN**
- Vinyasa Flow
  - 12:00 p.m.
  - Adriana
- Vinyasa Flow
  - 5:30 p.m.
  - Jacqueline
- Hatha Flow
  - 9:00 a.m.
  - Martha
- Power Flow
  - 12:00 p.m.
  - Carmen

**KEY**
- 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.

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

## Membership Fees

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<tr>
<th>Member Status</th>
<th>Monthly Fee</th>
<th>One-Time Pass</th>
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<tr>
<td>Student Member</td>
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<td>$7</td>
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<tr>
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<td>$10</td>
</tr>
<tr>
<td>Non-Member</td>
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<td>$10 + Facility Guest Fee</td>
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- 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.