GROUP EXERCISE

MON
- 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: 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
- Music Video Cycle: 7:00 - 7:45 p.m. Chiara

WED
- Music Video Cycle: 6:30 a.m. Liz
- 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
- Super Sculpt: 6:30 a.m. Chris
- Studio Cycle: 4:30 - 5:15 p.m. Virginia
- Ab Attack: 4:30 - 5:00 p.m. Katherine
- Gutts-N-Butts: 5:00 p.m. Katherine
- Cardio Kickboxing: 5:15 p.m. Guido
- Ab Attack: 6:30 p.m. Katherine
- Total Body Conditioning: 6:45 p.m. Guido

FRI
- TRX Circuit: 6:30 a.m. Liz
- Barre Fusion: 9:05 - 9:45 a.m. Virginia
- Arms & Abs: 4:30 - 5:00 p.m. Katherine
- Gutts-N-Butts: 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

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
- 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, bars 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

• 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.
### Monthly Fee

<table>
<thead>
<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>$10</td>
</tr>
<tr>
<td>Non-Member</td>
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<td>$10 + Facility Guest Fee</td>
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Visit [www.miami.edu/wellness](http://www.miami.edu/wellness) for more information about our Group Exercise & Yoga programs.