GROUP EXERCISE

MON
- Landlubbers
  6:15 a.m.
  Clara
- Music Video Cycle
  6:30 a.m.
  Liz
- 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

TUE
- Closed for Christmas Eve

WED
- Closed for Christmas
- 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.
  Katherine
- Cardio Kickboxing
  5:15 p.m.
  Guido
- Ab Attack
  6:30 p.m.
  Katherine

THU
- 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.
  Katherine
- Cardio Kickboxing
  5:15 p.m.
  Guido
- Ab Attack
  6:30 p.m.
  Katherine

FRI
- Arms & Abs
  4:30 - 5:00 p.m.
  Katherine
- T.K.O.
  5:00 p.m.
  Noosha

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.
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<tr>
<td></td>
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<td>Closed for Christmas Eve</td>
<td>Closed for Christmas</td>
<td>Hatha Flow 12:30 p.m. Carmen</td>
<td>Vinyasa Flow 5:30 p.m. Jacqueline</td>
<td>Hatha Flow 9:00 a.m. Carmen</td>
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<td>Vinyasa Flow 12:00 p.m. Jacqueline</td>
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<td>Vinyasa Flow 5:30 p.m. Nikki</td>
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<td>Power Flow 12:00 p.m. Carmen</td>
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<td>Beginner/Gentle 6:30 p.m. Tina</td>
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- **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.

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**Member Status** | **Monthly Fee** | **One-Time Pass**
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Student Member | $10 | $7
Non-Student Member | $20 | $10
Non-Member | N/A | $10 + Facility Guest Fee

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