### 12/30 - 1/5 CLASS SCHEDULES

#### GROUP EXERCISE

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
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</thead>
<tbody>
<tr>
<td><strong>Landlubbers</strong>&lt;br&gt;6:15 a.m. Clara</td>
<td><strong>Closed for New Year’s Eve</strong></td>
<td><strong>Closed for New Year’s Day</strong></td>
<td><strong>Super Sculpt</strong>&lt;br&gt;6:30 a.m. Chris</td>
<td><strong>TRX Circuit</strong>&lt;br&gt;6:30 a.m. Liz</td>
<td><strong>Total Body Conditioning</strong>&lt;br&gt;9:30 - 10:45 a.m. Noosha</td>
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<tr>
<td><strong>Barre Fusion</strong>&lt;br&gt;9:05 - 9:45 a.m. Virginia</td>
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<td></td>
<td><strong>Studio Cycle</strong>&lt;br&gt;4:30 - 5:15 p.m. Guido</td>
<td><strong>Barre Fusion</strong>&lt;br&gt;9:05 - 9:45 a.m. Virginia</td>
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<tr>
<td><strong>Arms &amp; Abs</strong>&lt;br&gt;4:45 - 5:15 p.m. Leyla</td>
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<td><strong>Arms &amp; Abs</strong>&lt;br&gt;4:30 - 5:00 p.m. Katherine</td>
<td><strong>Arms &amp; Abs</strong>&lt;br&gt;4:30 - 5:00 p.m. Katherine</td>
<td><strong>Zumba®</strong>&lt;br&gt;6:00 p.m. Rachel</td>
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<tr>
<td><strong>Gutts-N-Butts</strong>&lt;br&gt;5:30 p.m. Leyla</td>
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<td><strong>Gutts-N-Butts</strong>&lt;br&gt;5:00 p.m. Katherine</td>
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<tr>
<td><strong>Cardio Kickboxing</strong>&lt;br&gt;6:00 p.m. Katherine</td>
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<td><strong>Cardio Kickboxing</strong>&lt;br&gt;5:15 p.m. Guido</td>
<td></td>
<td><strong>Studio Cycle</strong>&lt;br&gt;9:15 - 10:00 a.m. Noosha</td>
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<tr>
<td><strong>TRX Circuit</strong>&lt;br&gt;6:45 p.m. Liz</td>
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<td></td>
<td><strong>Ab Attack</strong>&lt;br&gt;6:30 p.m. Guido</td>
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<td><strong>Total Body Conditioning</strong>&lt;br&gt;10:00 - 11:15 a.m. Leyla</td>
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<tr>
<td><strong>Ab Attack</strong>&lt;br&gt;7:00 - 7:30 p.m. Katherine</td>
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<td><strong>Zumba®</strong>&lt;br&gt;6:00 p.m. Hannah</td>
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<tr>
<td><strong>Studio Cycle</strong>&lt;br&gt;7:15 - 8:00 p.m. Deirdre</td>
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<tr>
<td><strong>Zumba®</strong>&lt;br&gt;8:00 p.m. Hannah</td>
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- **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 cardiovascular 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**: 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

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- 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.
### YOGA

#### Mon
- **Vinyasa Flow**
  - 12:00 p.m.
  - Adriana
- **Vinyasa Flow**
  - 5:30 p.m.
  - Adriana
- **Beginner/Gentle**
  - 6:30 p.m.
  - Tina
- **Mindful Meditation**
  - 6:45 p.m.
  - Adriana

#### Tue
- **Closed for New Year’s Eve**
- **Closed for New Year’s Day**

#### Wed
- **Slow Flow**
  - 6:30 a.m.
  - Adriana
- **Mindful Meditation**
  - 7:45 - 8:15 a.m.
  - Adriana
- **Hatha Flow**
  - 12:30 p.m.
  - Carmen
- **Hatha Flow**
  - 5:30 p.m.
  - Adriana

#### Thu
- **Vinyasa Flow**
  - 5:30 p.m.
  - Tina
- **Mindful Meditation**
  - 7:45 - 8:15 a.m.
  - Adriana
- **Hatha Flow**
  - 12:30 p.m.
  - Carmen
- **Hatha Flow**
  - 5:30 p.m.
  - Adriana

#### Fri
- **Vinyasa Flow**
  - 9:00 a.m.
  - Martha
- **Power Flow**
  - 12:00 p.m.
  - Carmen
- **Beginner/Gentle**
  - 12:30 p.m.
  - Anamaria

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

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

### KEY
- **Multipurpose A**
- **Multipurpose C**

### Schedule
- **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.

### Member Status

<table>
<thead>
<tr>
<th>Member Status</th>
<th>Monthly Fee</th>
<th>One-Time Pass</th>
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<tbody>
<tr>
<td>Student Member</td>
<td>$10</td>
<td>$7</td>
</tr>
<tr>
<td>Non-Student Member</td>
<td>$20</td>
<td>$10</td>
</tr>
<tr>
<td>Non-Member</td>
<td>N/A</td>
<td>$10 + Facility Guest Fee</td>
</tr>
</tbody>
</table>

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