### Group Exercise

**12-9 - 12/15 Class Schedules**

**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
- **Studio Cycle** 5:30 p.m. Steph
- **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
- **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
- **Zumba®** 6:00 p.m. Carolina
- **Music Video Cycle** 7:00 - 7:45 p.m. Chiara

**WED**
- **Landlubbers** 6:15 a.m. Delaney
- **Music Video Cycle** 6:30 a.m. Liz
- **Barre Fusion** 9:05 - 9:45 a.m. Virginia
- **Studio Cycle** 10:00 - 11:15 a.m. Leyla
- **Arms & Abs** 11:15 - 12:00 p.m. Katherine
- **Gutts-N-Butts** 5:30 p.m. Guido
- **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** 9:30 - 10:15 a.m. Steph
- **Arms & Abs** 11:15 - 12:00 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
- **T.K.O.** 5:00 p.m. Katherine
- **Cardio Kickboxing** 5:15 p.m. Guido
- **Gutts-N-Butts** 5:00 p.m. Guido
- **Zumba®** 6:00 p.m. Carolina
- **Ab Attack** 6:30 p.m. Guido

**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

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**KEY**

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

- **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**: 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.
YOGA

**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.

**Member Status**

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