

FALL 2017

PROGRAMS AND SERVICES GUIDE



UNIVERSITY OF MIAMI

**PATTI & ALLAN HERBERT
WELLNESS CENTER**



VOLUME 4, ISSUE 1

Become the Best U at the Herbert Wellness Center



Welcome back to another great semester at The U. If you are new to the University, welcome! If you are returning, I hope you had a relaxing and rewarding summer break.

Last year, the Patti and Allan Herbert Wellness Center encouraged the University of Miami community to "Find Your Fit." We hope you tried a new group exercise class, changed up your workout routine, or learned how to manage your stress at one of our meditation and mindfulness workshops.

This year, we are determined to help you be the best you. Whether that means learning how to whip up a new dish in one of our cooking classes, practicing a new style of yoga, or simply trying a

new workout machine in the fitness room, the Herbert Wellness Center is here to help you achieve your goals. Being the best you means taking risks, finding your wellness fit, and dedicating time to focus on yourself.

I'm happy to announce that starting this fall semester, our studio cycling classes are now free for members. You are no longer required to purchase a cycling card or pass in order to reap the many benefits of studio cycling. You'll find a list of studio cycling classes in the group exercise schedule.

Also new this semester is College Survival Cooking, a series of classes tailored to help students gain the necessary skills to make delicious and nutritious meals. We're also re-introducing our Supervised Exercise program for employees who are not active and need to engage in physical activity under the supervision of exercise professionals.

I hope you use this booklet as a guide to becoming the best you. On behalf of the Department of Wellness and Recreation, I wish everyone a healthy, exciting and successful semester.

Go 'Canes!

Scott R. Levin
Executive Director

VISION STATEMENT
To help people by providing innovative wellness and recreational experiences.

STAFF



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Budget Analyst



Dave Broadstone
Assistant Director of
Recreational Sports
and Camp



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Senior Maintenance
Mechanic



Celso Dagting
Senior Maintenance
Mechanic



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Senior Administrative
Assistant



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Assistant Director of
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Nikki Reifschneider
Assistant Director
of Fitness and
Personal Training



Tom Soria
Associate Director of
Recreational Sports,
Director of Camp



Patty Swift
Director of Business
Operations



Christina WooChing
Assistant Director of
Wellness

Patti and Allan Herbert Wellness Center

The Patti and Allan Herbert Wellness Center opened its doors in 1996 and has continued to provide a wide range of fitness, wellness and recreational programs and services to thousands of patrons each year. In our 140,000-square-foot facility, we are fit to serve the wellness needs of all shapes, sizes, ages, and activity levels.

FALL HOURS

BUILDING HOURS

Monday – Friday: 6 a.m. – midnight
Saturday & Sunday: 8 a.m. - 10 p.m.

SALES OFFICE HOURS

Monday – Friday: 7:30 a.m. – 8 p.m.
Saturday & Sunday: Closed

ADMINISTRATIVE OFFICE HOURS

Monday – Friday: 7:30 a.m. – 6 p.m.
Saturday & Sunday: Closed
Semester break hours will vary.

IMPORTANT NUMBERS

General Information: 305-284-8500

Administrative Office: 305-284-3253

Fitness Lab: 305-284-5433

Fitness Room: 305-284-8507

Intramural Hotline: 305-284-8501

Mini Canes Camp: 305-284-8510

Pro Shop: 305-284-3261

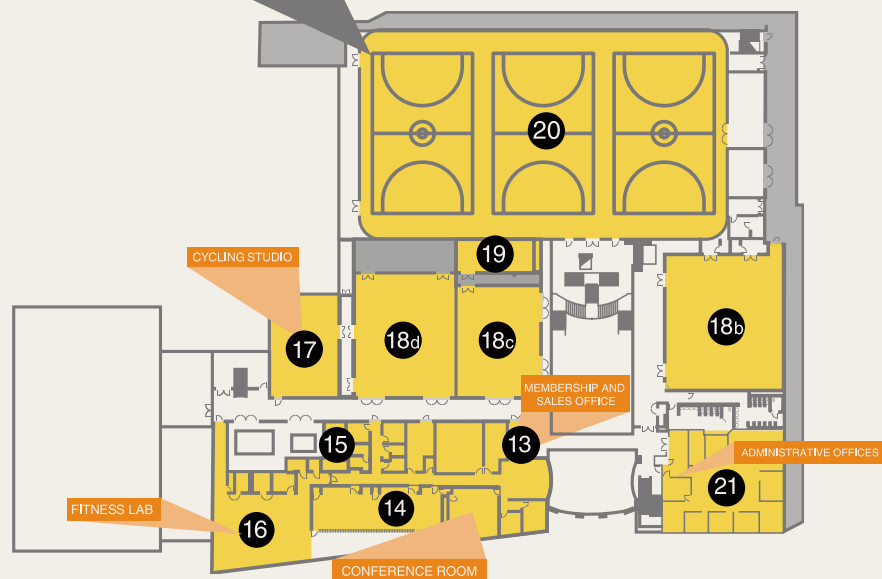
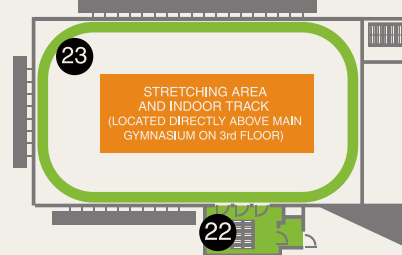
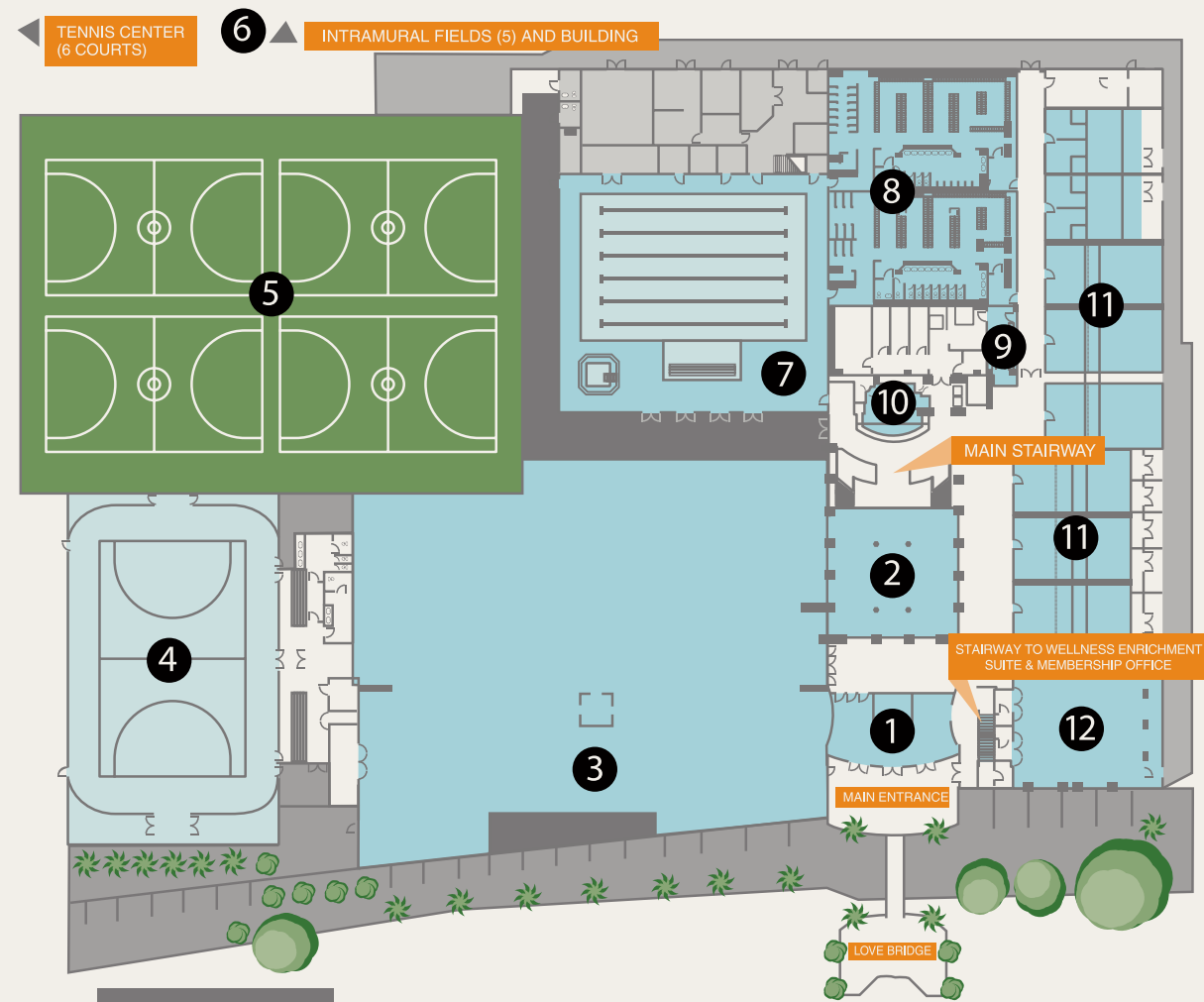
Sales Office: 305-284-5433

Wellness Suite: 305-284-5433

TABLE OF CONTENTS

Facilities	2-3
Parking	5
Group Exercise Classes	6
Fitness Room	7
IM Sports & Tournaments	8
Club Sports	9
Fitness Lab	10
Emergency Care Classes	11
Healthy Living (Cooking Classes)	12
Specialized Programs (LIFE, C4P, Supervised Exercise, Senior Splash)	13
Martial Arts	14
Mind and Body (Meditation, Yoga, Massage)	14-15
Pilates Classes	16
Tennis Classes	17
Youth/Adult Aquatics	18-19
BeSmokeFree	21

FACILITIES



FLOOR 1

- 1 Information Desk**
Guest Sign-in
One-day Passes
- 2 William R. Butler Atrium**
Wireless Internet Access
- 3 Fitness Room**
Cardio and Strength Training
Free Weights
Ibis Express 15-Min Circuit
Personal Training
- 4 Centre Court**
360° Gymnasium
- 5 Outdoor Courts**
Basketball, Volleyball
- 6 Intramural Fields and Building**
- 7 Indoor Aquatics**
25-Yard Lap Swimming Pool
Heated Whirlpool
2 Saunas
- 8 Men's and Women's Locker Rooms**
Private Showers
Free Daily Lockers
- 9 Pro Shop**
Fitness Apparel and Accessories
Daily Locker, Equipment and Towel Checkout
Court Reservations
- 10 Courtside Eatery**
Smoothies, Wraps, Bagels, Muffins, Salads
- 11 Racquetball and Squash Courts**
Reservations at Pro Shop
- 12 Multipurpose Room A**

FLOOR 2

- 13 Wellness Enrichment Suite and Sales Office**
Purchase Membership Program and Class Registration
Massage Therapy
Fitness Lab Services
Personal Training
Registration
- 14 Classrooms/Instructional Kitchen**
CPR and First Aid Courses
Cooking Classes
Meeting Space
- 15 BOD-POD**
Body Composition Analysis
- 16 Fitness Lab**
Fitness Evaluations
CHAMP and CV Wellness Programs
- 17 Studio Cycling Room**
26 Spinner Bikes
Video and Non-Video Classes
- 18 Multipurpose Room B, C & D**
- 19 Pilates Studio**
5 Reformer Machines
Group and Individual Instruction
- 20 Main Gymnasium**
3 Basketball Courts
Badminton
Volleyball
Sparring Bag
- 21 Administrative Offices**
Intramural & Club Sports Registration
Mini Canes Summer Camp Registration

FLOOR 3

- 22 Stretching Area**
Warm-up/Cool-down Mats
Cardio Equipment
Canes Circuit
- 23 Jogging/Walking Track**
11 Laps to 1 mile



QUICK REFERENCE

Membership Information

Membership to the Patti and Allan Herbert Wellness Center is open to University of Miami students, faculty, staff, alumni, retirees, and members of the Board of Trustees and Citizens Board. Spouses, domestic partners, and dependents of members also may join. A detailed description of membership categories is available at www.miami.edu/wellness/membership.

Membership Rates

UM EMPLOYEES AND RETIREES

	4-12 months	2-3 months	1 month
Single	\$35	\$40	\$44
Member +1	\$69	\$74	\$78
Family	\$103	\$108	\$112

RECENT ALUMNI

	4-12 months	2-3 months	1 month
Single	\$34	\$38	\$42
Member +1	\$68	\$72	\$76
Family	\$102	\$106	\$110

ALUMNI, TRUSTEES, CITIZENS BOARD MEMBERS

	4-12 months	2-3 months	1 month
Single	\$44	\$49	\$53
Member +1	\$78	\$83	\$87
Family	\$112	\$117	\$121

UM STUDENTS - \$152 PER SEMESTER

Student spouse/domestic partners and dependents are eligible to purchase membership at the student rate.

GUEST FEES: ONE-DAY PASS (Purchase at the front desk.)

Student's guest (advance purchase) \$5 | All others \$10

GUEST PASS BOOKLET (Purchase at the sales office)

	Student	Non-Student
3-coupon book	\$15	\$30
5-coupon book	\$25	\$50
10-coupon book	\$50	\$75 (25% discount)

SHAPE-UP (UM Employees Only)

SHAPE-UP is an incentive program designed to encourage the development of a healthy lifestyle through participation in fitness and wellness programs. Full-time and regular part-time UM faculty and staff, and their spouses who have UM health insurance, are eligible to earn a 20% rebate on the cost of a membership. More information is available at www.miami.edu/wellness/shapeup.

Towel Service and Locker Rental

All members and their guests must bring a towel into the fitness room in order to use the equipment. For the convenience of members, daily towel service is available at the pro shop for \$1 per day or for purchase in the sales office for \$5.50 per month. Free daily lockers are included with all memberships and are available for check out at the pro shop. For the convenience of members, lockers can be reserved in the sales office for \$8 per month.

Age Requirements

Children under the age of 13 must enter and remain with a parent or guardian at all times. Individuals must be at least 16 years of age to use the fitness room and at least 13 years of age to participate in group exercise and community classes (excluding youth aquatics).

UHealth Fitness and Wellness Center

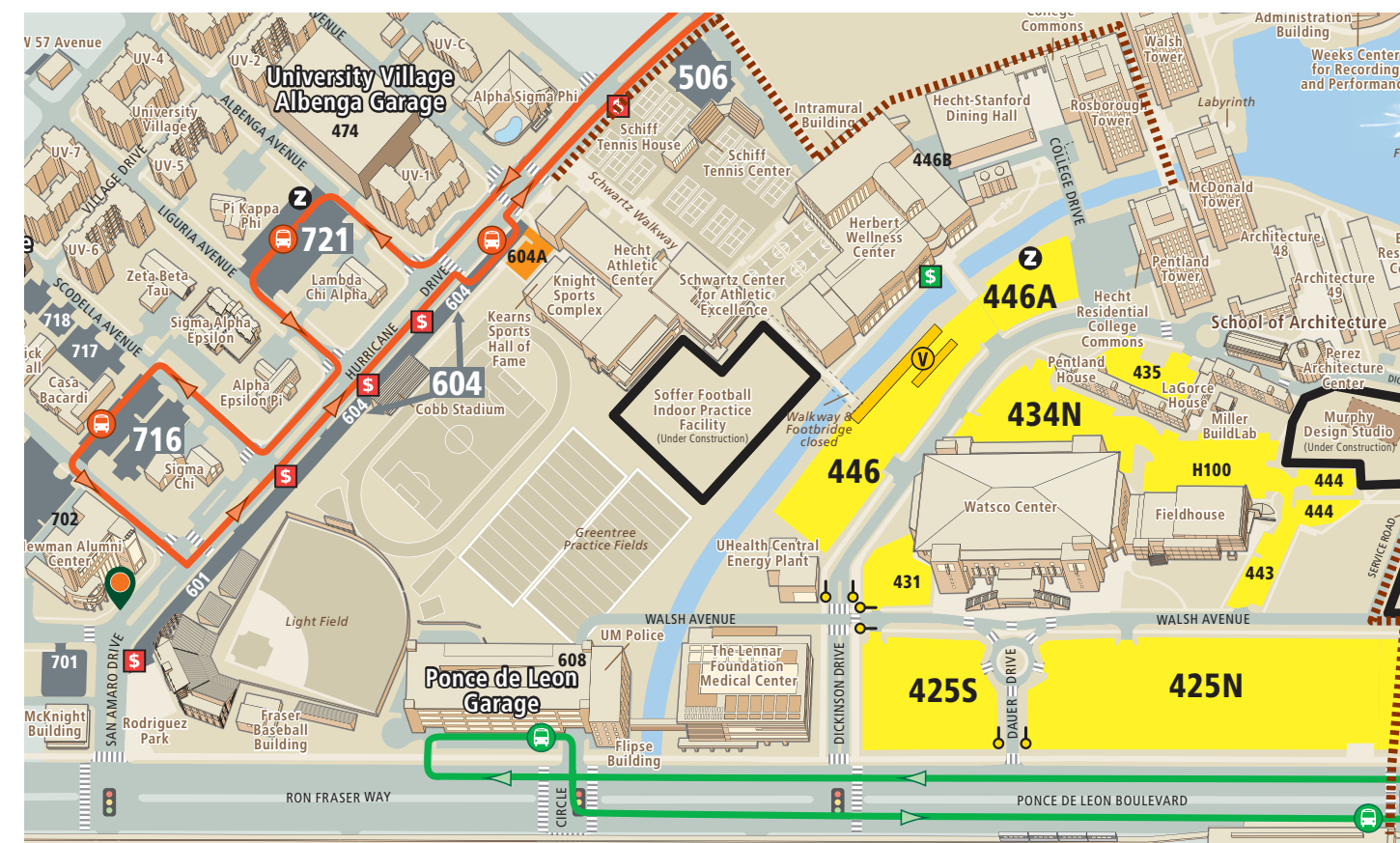
Students and full-time UM employees who are members of the Herbert Wellness Center, along with their spouses and dependents (ages 16-26) with membership, are entitled to use the UHealth Fitness and Wellness Center. Fee-based programs and services are not transferable between facilities. For more information, call 305-243-7600.



2017 - 2018 HERBERT WELLNESS CENTER PARKING PERMIT INFORMATION

Parking lots on the University of Miami campus are color-coded. Herbert Wellness Center permits are valid in lots designated by **YELLOW**, **GRAY** and **PURPLE (501 only)**. Lots around campus are labeled with official Parking and Transportation signs at the entrance to each lot. Permits are not valid in reserved parking spaces.

- WHO:** Parking permits are offered to current Herbert Wellness Center members, **excluding** UM students on all campuses and faculty, staff and administrators of Coral Gables and Gables One campuses.
- WHAT:** Permits allow for up to 3-hours of parking in **YELLOW**, **GRAY** and **PURPLE (501)** lots only. Permits are not valid in reserved or metered spaces.
- WHEN:** The 2017-2018 permit is valid from 8/16/2017 through 8/15/2018.
- WHERE:** Passes can be purchased in the Herbert Wellness Center sales office. Hours: 7:30 a.m. - 8 p.m. M-F.
- COST:** \$105.00 (Pro-rated throughout the academic year.)



Herbert Wellness Center Parking **WITHOUT** a Permit

- Metered spaces are available in front of the Herbert Wellness Center and are enforced from 8 a.m. to midnight, seven days per week. The cost is \$1.50 per hour and the pay station is located in our building to your left after entering the facility.
- San Amaro Drive parking meters are enforced from 9 a.m. to midnight, seven days per week.
- Vehicles displaying a valid handicapped placard may park at any metered space for a maximum of three hours with no charge. A valid UM permit must be displayed along with a handicapped placard in non-metered, handicapped spaces.
- Hourly and day passes are available from the Wellness Center pay machine.

GROUP EXERCISE CLASSES

(free + membership required)

Whether you are just starting an exercise routine or are an avid exerciser looking for a challenge, we offer a variety of group exercise (Group X) classes to keep you engaged and help you meet your wellness needs. Our instructors are nationally certified professionals that are passionate about exercise and excited to get you moving. Group X classes are held in our multipurpose rooms and cycle studio. All classes are one hour in length unless otherwise noted.

NEW! Studio cycling classes are now FREE for members and paying guests. Cycling classes are listed in the schedule below.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Studio Cycle 6:30 a.m.	Total Body Conditioning 6:30 a.m.	Music Video Cycle 6:30 a.m.	TRX Circuit 6:30 a.m.	Total Body Conditioning 6:30 a.m.	Aquatic Exercise 9:15 a.m.
Aquatic Exercise 6:30 a.m.	Total Body Conditioning 9:30 a.m.	Aquatic Exercise 6:30 a.m.	Super Sculpt 9:30 a.m.	Aquatic Exercise 6:30 a.m.	Total Body Conditioning 9:30 - 10:45 a.m.
Music Video Cycle 9:30 a.m.	Music Video Cycle 12:00 - 12:45 p.m.	Studio Cycle 9:30 a.m.	Music Video Cycle 12:00 - 12:45 p.m.	Music Video Cycle 9:30 a.m.	Studio Cycle 11:00 a.m.
Ab Attack 10:30 a.m. - 11:00 a.m.	STRONG by Zumba® 12:15 - 1:00 p.m.	Studio Cycle 12:00 - 12:45 p.m.	HIIT 12:15 - 1:00 p.m.	Ab Attack 10:30 a.m. - 11:00 a.m.	Hip Hop Cardio 12:00 p.m.
TRX Circuit 12:00 - 12:45 p.m.	Arms & Abs 12:50 - 1:20 p.m.	Ab Attack 4:45 - 5:15 p.m.	Arms & Abs 12:50 - 1:20 p.m.	Total Body Conditioning 12:00 - 12:45 p.m.	SUNDAY
Arms & Abs 4:45 - 5:15 p.m.	Studio Cycle 4:15 - 5:00 p.m.	Gutts-N-Butts 5:30 p.m.	Studio Cycle 4:15 - 5:00 p.m.	Super Sculpt 1:00 p.m. - 1:45 p.m.	Total Body Conditioning 10 - 11:15 a.m.
Gutts-N-Butts 5:30 p.m.	Total Body Conditioning 5:45 p.m.	Studio Cycle 5:30 - 6:15 p.m.	Total Body Conditioning 5:45 p.m.	Ab Attack 4:45 - 5:15 p.m.	Music Video Cycle 11 a.m.
Studio Cycle 5:30 - 6:15 p.m.	Zumba® 6:00 p.m.	Cardio Dance Interval 5:45 p.m.	Zumba® 6:00 p.m.	Zumba® 5:30 p.m.	Zumba® 5:30 p.m.
Hip Hop Cardio 5:45 p.m.	Ab Attack 6:50 - 7:20 p.m.	Aquatic Exercise 6:00 p.m.	Ab Attack 6:50 - 7:20 p.m.	Studio Cycle 5:45 - 6:30 p.m.	Studio Cycle 6:30 - 7:15 p.m.
Aquatic Exercise 6:00 p.m.	Studio Cycle 7:00 - 7:45 p.m.	Total Body Conditioning 6:45 p.m.	Studio Cycle 7:00 - 7:45 p.m.		Bootcamp 7:30 p.m.
TRX Circuit 6:45 p.m.	Gutts-N-Butts 8:00 p.m.	Music Video Cycle 7:15 - 8:00 p.m.	Super Sculpt 8:00 p.m.		
Studio Cycle 7:15 - 8 p.m.		Zumba® 8:00 p.m.			
Zumba® 8 p.m.					

■ Pool ■ Multipurpose B ■ Multipurpose D ■ Cycle Studio

FITNESS ROOM

(FREE + membership required)

Our 18,000-square-foot fitness room is full of well-maintained cardio and weight equipment for a safe, fun and effective workout experience. The room is loosely divided into four areas designed for cardio, stretching, weight machines and free weights. With more than 50 exercise assistants and certified student trainers, our Fitness Room staff is ready to assist you and make your workout experience safe, fun and effective.

CARDIO

The cardio area features more than 100 machines and 20 televisions equipped with cable TV.

STRETCHING/HUMAN SPORT

In the stretching area, visitors can use our independent weight stack machines and check out medicine balls and resistance bands for a diverse workout experience.

SELECTORIZED

With a complete line of selectorized weight machines and the Ibis Express pre-designed workout, the fitness room is designed for participants of all fitness levels.

FREE WEIGHTS

The free weight area has more than 1.4 tons of weights for use on more than 20 weight benches and squat racks. It even includes an Olympic-style platform for power cleans and deadlifts.

PERSONAL TRAINING (additional fee + membership required)

Personal trainers are University of Miami students typically earning degrees in an exercise related field such as exercise physiology or physical therapy. In addition, each trainer is certified through a nationally recognized organization. Trainers work under the direct supervision of the Assistant Director of Fitness and Personal Training and receive continuing education to stay up-to-date on safe and effective training techniques.

	SINGLE		BUDDY	
	1 Session	8 Sessions	1 Session	8 Sessions
UM Student Member	\$32	\$224	\$41	\$287
UM Employee and Retiree	\$41	\$287	\$52	\$364
Non-Employee	\$46	\$322	\$58	\$406

Purchase more than one eight-session package at a time and receive an additional 5% discount.



IM SPORTS AND TOURNAMENTS

The Intramural Sports Program offers UM students, faculty and staff (with membership) the opportunity to play competitively or recreationally in a variety of sports and activities including flag football, soccer, basketball and volleyball, among others. Teams compete against other teams within the UM community, and there are many different divisions within intramurals including Men's, Women's, IFC, Panhellenic and co-recreational leagues.



IMLeagues

UM's Intramural Sports program uses IMLeagues as a way for participants to register their teams, manage and find players, see updated schedules and standings, and interact with other players and captains in an online community created just for UM. Visit www.imleagues.com/miami for more information.

SPORT LEAGUES

LEAGUE	DEADLINE	ENTRY FEE	PLAY STARTS	REFEREE TRAINING
Flag Football	Wednesday, Aug. 30	\$20	Tuesday, Sept. 5	Aug. 28 - Aug. 31 @ 7 p.m.
Volleyball	Wednesday, Sept. 20	\$20	Monday, Sept. 25	Sept. 18-21 @ 7 p.m.
Soccer	Wednesday, Oct. 18	\$20	Sunday, Oct. 22	Oct. 16-19 @ 7 p.m.
3-on-3 Basketball	Wednesday, Oct. 18	\$20	Monday, Oct. 23	Oct. 9 & 10 @ 7 p.m.

SPECIAL EVENTS & TOURNAMENTS

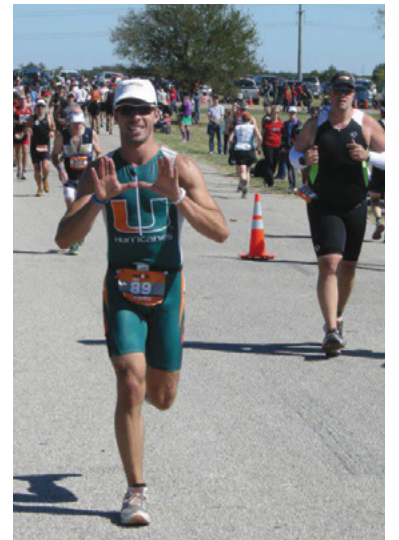
SPORT	DEADLINE	TEAM FEE	CAPTAINS' MEETING	TOURNAMENT PLAY
Punt/Pass/Kick	On-Site	FREE	On-Site	Week of Sept. 10
Pre-Season Flag Football	Wednesday, Aug. 30	FREE	On-Site	Sept. 1 @ 3 p.m.
Fantasy Football	Friday, Sept. 1	FREE	Draft: Friday, Sept. 1 @ 7 p.m.	Sept. 7
NFL Pick 'em	Friday, Sept. 1	FREE	N/A	Sept. 7
Tennis Singles & Doubles	Wednesday, Sept. 6	FREE	N/A	Based on players' schedules
Dodgeball	Wednesday, Oct. 4	FREE	On-Site	Oct. 6 @ 3 p.m.
Bowl Pick 'em	Monday, Dec. 4	FREE	N/A	Starts Dec. 16

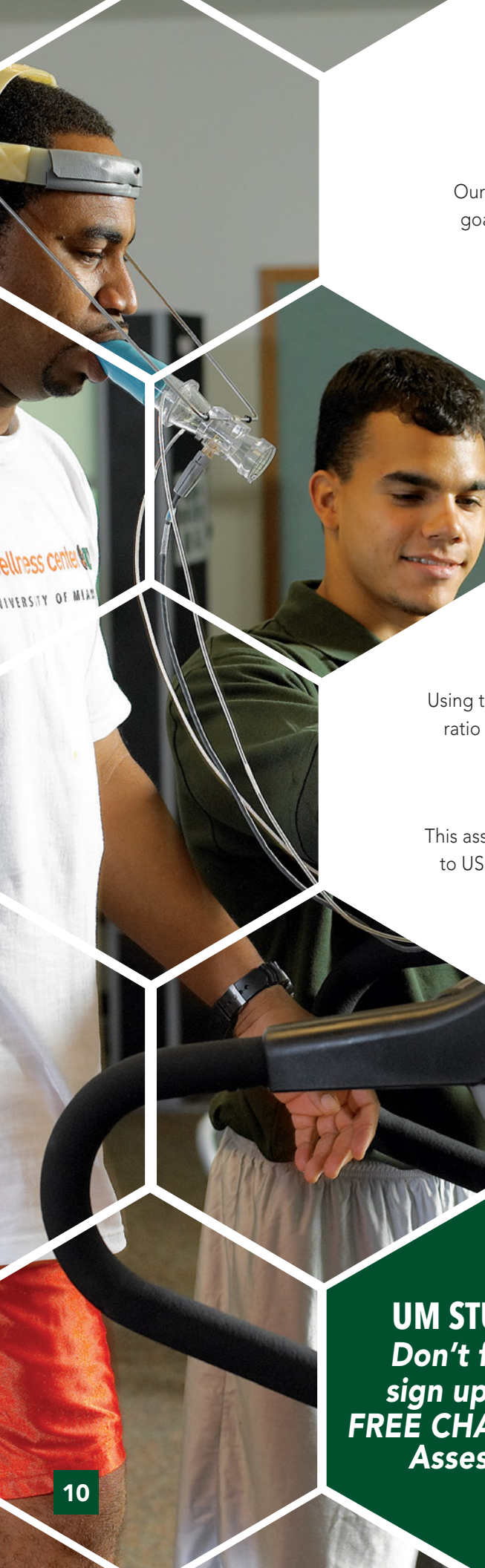
CLUB SPORTS

Club sports provide recreational and competitive opportunities for UM students, faculty and staff (with membership) across a broad range of skill levels and experiences. The diverse range of sports include team sports, individual sports, aquatics, extreme sports, dance groups and martial arts. The program promotes opportunities for participants to engage in sporting events, activities, and competitions in the state of Florida, the Southeast, and throughout the United States.

- Aikido
- Badminton
- Barton S. Goldberg
- Family Equestrian
- Baseball
- Basketball
- Beach Volleyball
- Boxing
- Brazilian Jiu-Jitsu
- Hockey
- Hurricane Bhangra
- KAOS
- Karate
- Kite Boarding
- L.O.C.K.E.D.
- Men's Lacrosse
- Women's Lacrosse
- Miami Motion
- Muggle Quidditch
- Polo
- Rock Climbing
- Men's Rugby
- Women's Rugby
- Running
- Sailing
- SCUBA
- Men's Soccer
- Women's Soccer
- Spikeball
- SwaggeRaas
- Swimming and Aquatics
- Table Tennis
- Tae Kwon Do
- Tennis
- Triathlon - TriCanes
- U-Jhoom
- Men's Ultimate Frisbee
- Women's Ultimate Frisbee
- Volleyball
- Wakeboarding
- Water Polo
- Wrestling

For more information about Club Sports or to contact a sport's president, please visit www.miami.edu/wellness/club.





FITNESS LAB

(Open to the public)

Our fitness lab provides scientific support to help you meet your exercise and fitness goals, track your progress, and measure the effectiveness of your exercise program.

PRICING: (UM STUDENT MEMBER/MEMBER/NON-MEMBER)

Basic Fitness Assessment (Free/\$45/\$60)

This assessment provides a "fitness report card" as it tests cardiovascular fitness, body composition, muscular fitness and other health variables.

Results are compared to others within age/gender ranges and general exercise recommendations are provided to help improve overall health and wellness.

FREE FOR UM STUDENTS

Through the 'Canes Health Assessment and Motivation Program (CHAMP) endowment supported by the Herbert Wellness Center's Love Bridge, students are provided with free basic fitness assessments while enrolled at UM.

Body Composition (\$10/\$35/\$50)

Using the highly accurate BOD-POD, this assessment determines fat-to-lean body mass ratio and provides guidance on how to achieve fitness goals. This is the same method used to measure the body composition for University of Miami student athletes.

Computerized Dietary Analysis (\$30/\$50/\$70)

This assessment provides a detailed breakdown of various dietary nutrients, compares it to US dietary recommendations, and includes a basic consultation on how to improve.

Resting Metabolic Rate (\$30/\$50/\$70)

Data collected from this test provides information about daily caloric requirements. A computerized report details exactly how many calories a day are needed to fulfill weight loss/gain goals.

VO2 Peak (\$50/\$80/\$110)

This maximal exercise test determines the rate of oxygen consumption, training heart rate zones and ventilatory threshold. VO2 Peak testing is the gold standard for individuals who need specific heart rate training information.

Discounts and Group Rates

Purchase two or more services and receive a 10% discount. Non-member group rates are also available for BOD-POD testing.

Contact the sales office at
305-284-5433 or
wellnesscenter@miami.edu
to make an appointment.

UM STUDENTS:
Don't forget to
sign up for your
**FREE CHAMP Fitness
Assessment!**

EMERGENCY CARE COURSES

(additional fee + open to the public)

The emergency cardiovascular care (ECC) courses offered are conducted in affiliation with the American Red Cross and American Heart Association and include CPR and AED training. Classes take place in our classrooms in the Wellness Enrichment Suite on the second floor of our facility.

ADULT CPR, AED AND FIRST AID

DAY	DATES	TIME
Saturday	Sept. 9	10 a.m. – 2 p.m.
Saturday	Oct. 7	10 a.m. – 2 p.m.

UM Student Member: \$50 | Member: \$60 | Non-member: \$70

ADULT AND PEDIATRIC CPR AND AED

DAY	DATES	TIME
Sunday	Sept. 24	10 a.m. – 4 p.m.
Sunday	Nov. 5	10 a.m. – 4 p.m.

UM Student Member: \$60 | Member: \$70 | Non-member: \$80

ADULT CPR AND AED

DAY	DATES	TIME
Monday	Sept. 18	5:30 – 7:30 p.m.
Wednesday	Oct. 18	5:30 – 7:30 p.m.
Tuesday	Nov. 14	5:30 – 7:30 p.m.

UM Student Member: \$35 | Member: \$40 | Non-member: \$45

ADULT FIRST AID

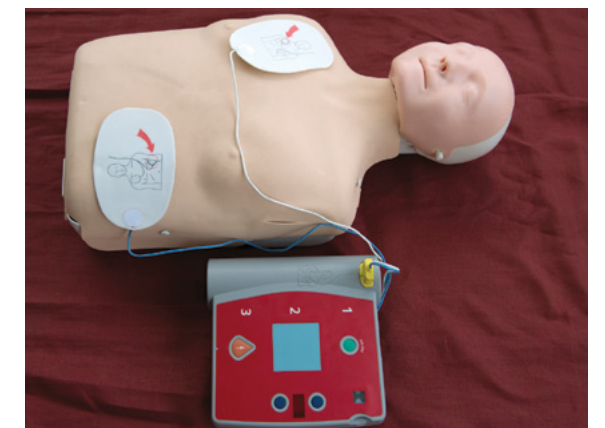
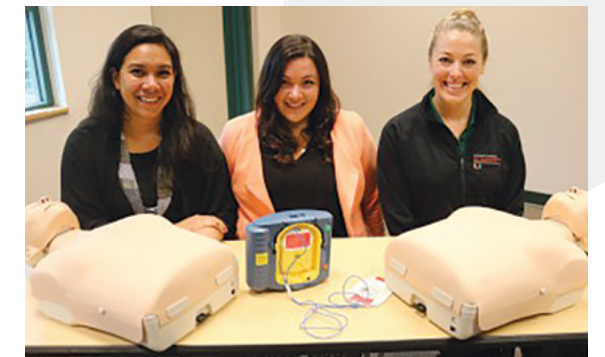
DAY	DATES	TIME
Tuesday	Sept. 5	5:30 – 7:30 p.m.
Monday	Oct. 2	5:30 – 7:30 p.m.
Wednesday	Nov. 8	5:30 – 7:30 p.m.

UM Student Member: \$35 | Member: \$40 | Non-member: \$45

BASIC LIFE SUPPORT (BLS) FOR HEALTHCARE PROVIDERS (HCP):

DAY	DATES	TIME
Sunday	Oct. 22	10 a.m. – 4 p.m.
Sunday	Nov. 12	10 a.m. – 4 p.m.

UM Student Member: \$60 | Member: \$70 | Non-member: \$80



HEALTHY LIVING

It takes more than daily physical activity to maintain good health. By committing to a lifestyle of wellness-focused choices, you can live a happy and healthy life.



COOKING CLASSES with Robyn Webb (additional fee + open to the public)

The instructional kitchen provides a classroom setting for a variety of cooking classes. Participants get hands-on experience and are able to sample prepared food.

NEW! COLLEGE SURVIVAL COOKING (additional fee + open to UM students only)

Cooking is an essential part of being an adult, but it doesn't have to be a chore. We are excited to introduce Andreu Silverman, current UM student and chef, who is eager to share his skills with students and teach them how to prepare delicious dishes on a college student's budget and schedule. These classes are designed with college students in mind and are offered exclusively to students.

COURSE NAME	DATE	TIME	FEES
Healthy on a Budget: Meal Prep 101	Wednesday, Sept. 20th	5:30-7:30 p.m.	\$15
Next Level Ramen	Wednesday, Oct. 4th	5:30-7:30 p.m.	\$15
Gameday Snacks	Wednesday, Oct. 11th	5:30-7:30 p.m.	\$15
Meals in 30 Minutes or Less	Wednesday, Oct. 25th	5:30-7:30 p.m.	\$15
Italian Dinner Night	Wednesday, Nov. 8th	5:30-7:30 p.m.	\$15
Brunch 101	Wednesday, Nov. 15th	5:30-7:30 p.m.	\$15
Healthy Friendly Comfort Foods	Wednesday, Nov. 29th	5:30-7:30 p.m.	\$15

Single Class Series

TYPE	DATE	TIME
Vegetables in Every Pot	Saturday, Dec. 2	11 a.m. – 2 p.m.

UM Students Member: \$30 | Non-Student Member: \$40
Non-Members: \$45

2-Part Cooking Series

TYPE	DATE	TIME
Chinese and Mexican Made Healthy	Saturday, Sept. 16	11 a.m. – 2 p.m.
	Saturday, Sept. 23	11 a.m. – 2 p.m.
Quick and Easy Dinners Cooking for One or Two and Flash in the Pan!	Saturday, Oct. 7	11 a.m. – 2 p.m.
	Saturday, Oct. 14	11 a.m. – 2 p.m.
The Most Flavorful Cuisines on Earth! Flavors of Morocco and Italy	Saturday, Oct. 28	11 a.m. – 2 p.m.
	Saturday, Nov. 4	11 a.m. – 2 p.m.

UM Students Member: \$55* | Non-Student Member: \$70*
Non-Members: \$80*

**Price includes 20% discount for purchasing both classes of the 2-part series. Single classes available at the single class rate.*



SPECIALIZED PROGRAMS

LIFE (additional fee + open to the public)

Living Independently through Fitness and Exercise (LIFE) is a program specially designed for both members and non-members who are 65 years of age or older. The program places an emphasis on resistance exercise, flexibility training and functional activities. With improved strength and flexibility, daily life becomes easier, which allows participants to maintain their independence for as long as possible.



MONDAY/WEDNESDAY/FRIDAY

7 a.m., 8 a.m. & 9 a.m.

Multipurpose Room A

Non-member: \$165 for 36 Sessions

Member: \$115 for 36 Sessions

SUPERVISED EXERCISE (additional fee + employees only)

The Supervised Exercise Program is for University employees who are not active and need to engage in physical activity supervised by exercise professionals. The program includes strength and cardiovascular training 3 times a week for 12 weeks. Participants are progressed at their own pace throughout the program. Participants are given an initial assessment that is used to create a personalized exercise prescription that includes a series of goals.

The program is available to University employees. To participate, you must possess at least two of the following risk factors:

- Body mass index (BMI) greater than 27
- Waist circumference greater than 40 inches (males) or 35 inches (females)
- Diagnosed with high blood pressure or taking blood pressure medication
- Diagnosed with high cholesterol or taking cholesterol lowering medication
- Diagnosed with pre-diabetes or diabetes
- Exercise less than 90 minutes per week
- Physician's clearance required prior to program enrollment

MONDAY/WEDNESDAY/FRIDAY

6:30 a.m. and 7:30 a.m.

\$300 for the 12-week program

Employees that complete the program receive a 20% rebate and 550 Well 'Canes points.

SENIOR SPLASH (additional fee + open to the public)

Ages 65+. Enjoy a low-impact workout in the water without feeling stress on your joints. This class offers an overall fitness workout that challenges you aerobically and uses the water as resistance for strengthening and toning. Excellent for those with bone or joint problems.

MONDAY/WEDNESDAY

4:00 p.m. - 5:00 p.m., POOL

Non-member: \$165 for 36 Sessions

Member: \$115 for 36 Sessions

CYCLING FOR PARKINSON'S (C4P) (additional fee + open to the public)

This one hour cycling class is designed specifically for individuals with Parkinson's disease. Research has shown that cycling may be beneficial for individuals with Parkinson's disease. For more information, contact Michelle Kasparian at 305-284-8513 or mxk331@miami.edu

TUESDAY/THURSDAY

10:30 a.m. - 11:30 a.m.

\$89 for 12 Sessions

MIND AND BODY

YOGA (additional fee + membership required)

The yoga program offers a schedule with Power, Hatha and Vinyasa yoga. With the purchase of a yoga card, there is no limit to the number of classes members may attend within a semester. Yoga membership is only available to Herbert Wellness Center members ages 13 and up. All classes are one hour and 15 minutes in duration unless otherwise specified.

Prices & Prorates

	Full Semester Aug. 21 - Dec. 15	First Prorate Sept. 25
UM Student Member	\$60	\$45
Non-Student Member	\$96	\$72
Non-Member	N/A	N/A

	Second Prorate Nov. 6	One Time Pass
UM Student Member	\$30	\$7
Non-Student Member	\$48	\$10
Non-Member	N/A	\$10 + Facility Guest Fee

MARTIAL ARTS - TAI CHI

Learn the martial art from China that has been practiced for centuries and is famous worldwide for its profound benefits in physical and mental health and longevity. The Taiji principles and theory that will be covered over the course includes breathing methods, still-standing meditation and stationary postures to build strength, endurance, improve balance and stimulate Chi circulation.

SESSION 1 DATES	SESSION 2 DATES	DAYS	TIME
9/10 - 10/15	10/29 - 12/10*	SUN	4 - 5 p.m.

* No class 11/26

UM Student Member: \$45 | Member: \$55 | Non-member: \$75

YOGA SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Vinyasa Flow 12:00 p.m.	Restorative 6:30 a.m.	Vinyasa Flow 7:00 - 8:00 a.m.	Slow Flow 6:30 a.m.	Vinyasa Flow 12:00 p.m.	Hatha 9:00 a.m.	Vinyasa Flow 10:00 a.m.
Vinyasa Flow 5:30 p.m.	Hatha 12:30 - 1:45 p.m.	Vinyasa Flow 12:00 p.m.	Hatha 12:30 p.m.	Vinyasa Flow 5:30 p.m.	Power 12:00 p.m.	Beginner/Gentle 12:30 p.m.
Beginner/Gentle 6:30 p.m.	Vinyasa Flow 5:30 p.m.	Beginner/Gentle 5:30 p.m.	Mindful Yoga 5:30 p.m.			Vinyasa Flow 5:15 p.m.
	Vinyasa Flow 7 p.m.	Vinyasa Flow 6:30 p.m.				

■ Multipurpose A ■ Multipurpose C



WELLNESS ON DEMAND

Student organizations and University of Miami departments are eligible to request free workshops and presentations covering a variety of wellness topics including nutrition, fitness, stress management and more. These programs are facilitated by a wellness professional and can be coordinated by calling 305-284-6524.

MINDFUL MEDITATION (FREE + open to the public)

Monday & Thursday 6:45 - 7:15 p.m.
Friday 1:30 - 2:30 p.m.
Multipurpose A
Aug. 21 - Dec. 15

MIND AND BODY

MEDITATION FOR INNER PEACE AND HAPPINESS (FREE + open to the public)

Brought by Sri Chinmoy Centres International, classes are free and open to the public. Please call the sales office at 305-284-5433 or register online to reserve your spot. Additional meditation classes are offered as follow-ups to the scheduled classes - please call for additional information.

MASSAGE THERAPY (additional fee + open to the public)

Staying stress-free is an important component of living well. That's why the Herbert Wellness Center offers massages by licensed massage therapists. In addition to a traditional Swedish massage, other specialized techniques are available upon request. To schedule a massage appointment, please call the sales office at 305-284-5433. Special discounts are available for UM employees.



UMINDFULNESS PROGRAMMING

MINDFULNESS AND U: Learning Tools For Focus, Stress Reduction And Balance

Facilitated by: Scott Rogers
Date: Thursday, Sept. 12
Time: 12:00 - 1:00 p.m.

Location: Herbert Wellness Center Classroom
This workshop offers participants an engaging introduction to mindfulness. Short exercises will be shared that can be practiced at work, school and home.

MOVING INTO MINDFULNESS

Facilitated by: Carol Kaminsky
Date: Thursday, Oct. 19
Time: 12:00 - 1:00 p.m.

Location: Herbert Wellness Center Classroom
Participants will be guided in mindfulness techniques that incorporate movement and imagery, such as mindful walking, gentle stretching, posture and alignment exercises, and group movement interactions.

NEW! MINDFULNESS-BASED STRESS REDUCTION

In this 8-week program, facilitated by Gus Castellanos, M.D., participants will learn about mindfulness and practices to increase self-awareness, self-regulation and compassion, as well as tools to cope more effectively with both short and long-term stressors. Each week's 2.5 hour session includes mindfulness discussion along with guided mindfulness practice and group discussion. No prior experience or knowledge about mindfulness is required. Graduates of the course report improved focus, resiliency, and the capacity to recover more quickly from challenging events.

8-Week Course
Sept. 24 - Nov. 19
SUNDAYS: 10:00 a.m. - 12:30 p.m.

UM Student Member: \$250
Member: \$350
Non-Member: \$400

DAY/DATE	TIME
Thursday, Aug. 17	7:30 p.m.
Wednesday, Sept. 13	7:30 p.m.
Tuesday, Oct. 17	7:30 p.m.
Tuesday, Nov. 14	7:30 p.m.
Wednesday, Dec. 6	7:30 p.m.

RATES

	25 mins	50 mins	8-hour pack
UM Student Member:	\$35	\$55	\$385
Non-Student Member:	\$35	\$65	\$455
Non-member:	\$40	\$75	\$525

MINDFULNESS AND COMPASSION WORKSHOP

Facilitated by: Scott Rogers
Date: Tuesday, Oct. 17
Time: 12:00 - 1:00 p.m.

Location: Herbert Wellness Center Classroom
Description: This workshop will introduce participants to practicing compassion and mindfulness in everyday activities.

THE SOUND OF THE BELL

Facilitated by: Timothy Conner
Date: Wednesday, Nov. 1
Time: 6:30 - 7:45 p.m.

Location: Herbert Wellness Center Classroom
This workshop offers participants an immersion into mindfulness practice using sound to explore the innate capacity to focus, pay attention, and expand one's awareness.

PILATES CLASSES

(additional fee + open to the public)

Group and private Reformer Pilates classes are taught using Peak Pilates MVe reformer and tower systems. These classes focus on building core strength and endurance, increasing flexibility, improving muscle tone, and enhancing concentration. To allow for personalized instruction, there is a maximum of five participants in group classes. Pilates classes are not prorated and missed classes are not available for makeup. Private (available to members only) and group classes are held in the Pilates studio on the second floor of the Herbert Wellness Center.

SESSION 1 REGISTRATION:

August 21 - August 30: **SESSION STARTS SEPT. 5**

SESSION 2 REGISTRATION:

Oct. 9 - Oct. 18: **SESSION STARTS OCT. 23**



PROGRAM FEES	Class/Week	Fees
UM Student Member	1 Class	\$69
	2 Classes	\$139
Non-Student Member	1 Class	\$79
	2 Classes	\$159
Non-Member	1 Class	\$99
	2 Classes	\$199

LEVEL	DAYS	TIME	INSTRUCTOR	SESSION 1	SESSION 2
TWO CLASSES PER WEEK					
Intermediate	Monday/Wednesday	9:00 a.m.	Megan	9/6-10/16	10/23-12/4, no class 11/22
Multi	Monday/Wednesday	10:00 a.m.	Megan	9/6-10/16	10/23-12/4, no class 11/22
Multi	Monday/Wednesday	12:00 p.m.	Anne	9/6-10/16	10/23-12/4, no class 11/22
Multi	Tuesday/Thursday	6:30 a.m.	Leslie	9/5-10/12	10/24-12/5, no class 11/23
Multi	Tuesday/Thursday	11:00 a.m.	Nikita	9/5-10/12	10/24-12/5, no class 11/23
Multi	Tuesday/Thursday	12:15 p.m.	Nikita	9/5-10/12	10/24-12/5, no class 11/23
Multi	Tuesday/Thursday	5:00 p.m.	Ingrid	9/5-10/12	10/24-12/5, no class 11/23
Multi	Tuesday/Thursday	6:00 p.m.	Ingrid	9/5-10/12	10/24-12/5, no class 11/23
Intermediate	Tuesday/Thursday	7:00 p.m.	Ingrid	9/5-10/12	10/24-12/5, no class 11/23
ONE CLASS PER WEEK					
Multi	Monday	6:30 a.m.	Leslie	9/11-10/16	10/23-11/27
Multi	Monday	11:00 a.m.	Megan	9/11-10/16	10/23-11/27
Multi	Monday	5:00 p.m.	Anne	9/11-10/16	10/23-11/27
Intermediate	Monday	6:00 p.m.	Anne	9/11-10/16	10/23-11/27
Multi	Monday	7:00 p.m.	Anne	9/11-10/16	10/23-11/27
Multi	Tuesday	7:30 a.m.	Leslie	9/5-10/10	10/24-11/28
Multi	Tuesday	9:00 a.m.	Anne	9/5-10/10	10/24-11/28
Multi	Wednesday	11:00 a.m.	Megan	9/6-10/11	10/25-12/6, no class 11/22
Multi	Wednesday	5:00 p.m.	Ingrid	9/6-10/11	10/25-12/6, no class 11/22
Intermediate	Wednesday	6:00 p.m.	Ingrid	9/6-10/11	10/25-12/6, no class 11/22
Multi	Wednesday	7:00 p.m.	Ingrid	9/6-10/11	10/25-12/6, no class 11/22
Multi	Thursday	7:30 a.m.	Anne	9/7-10/12	10/26-12/7, no class 11/23
Multi	Thursday	9:00 a.m.	Anne	9/7-10/12	10/26-12/7, no class 11/23
Multi	Friday	12:00 p.m.	Anne	9/8-10/13	10/27-12/8, no class 11/24
Multi	Saturday	11:30 a.m.	Nikita	9/9-10/14	10/28-12/9, no class 11/25

TENNIS CLASSES

(additional fee + open to the public)

Whether you are new to the sport of tennis or are looking to improve and refine your game, we have the class to fit your needs. All of our tennis classes are held on our outdoor tennis courts.

SESSION 1 REGISTRATION:

Monday, Aug. 28 – Monday, Sept. 11

FREE WEEK: Tuesday, Sept. 5 – Monday, Sept. 11

SESSION 2 REGISTRATION:

Monday, Oct. 16 – Sunday, Oct. 29

FREE WEEK: Monday, Oct. 23 – Sunday, Oct. 29



BEGINNER 1

No previous tennis experience is necessary for enrollment in this introductory class. Lessons include basic instruction in ground strokes, serves, return of serve, volley, rules, scoring and proper playing etiquette and procedures.

BEGINNER 2

Previous tennis experience/lessons are required to participate in this second-tier class as players must have prior knowledge of the rules, scoring and playing procedures. This class emphasizes refining stroke techniques, making corrections and improvements where necessary, and beginning singles and doubles tactics. This class is rated 1 to 2.5 on the USTA scale.

INTERMEDIATE

For this class, players must be able to rally and know the basic serve, return-of-serve and volley techniques. This upper-level class includes instruction in groundstroke placement, how to approach the net, hitting lobs and overheads, and proper in-game strategy. This class is rated 3 to 3.5 on the USTA scale.

ADVANCED

Players in this advanced class must be able to rally and know the basic serve, return-of-serve and volley techniques. The class builds on the techniques taught in the intermediate class including groundstroke placement, how to approach the net, hitting lobs and overheads, and proper in-game strategy. This class is rated at 3.5 to 4.5 on the USTA scale.

SESSION 1 DATES	SESSION 2 DATES	DAYS	TIME
9/7 - 10/12	10/26 - 12/7	THUR*	6 - 7 p.m.
9/10 - 10/15	10/29 - 12/10	SUN**	9 - 10 a.m.

UM Student Member: \$55 | Member: \$75

Non-Member: \$89

SESSION 1 DATES	SESSION 2 DATES	DAYS	TIME
9/10 - 10/15	10/29 - 12/10	SUN**	10 - 11 a.m.

UM Student Member: \$55 | Member: \$75

Non-Member: \$89

SESSION 1 DATES	SESSION 2 DATES	DAYS	TIME
9/7 - 10/12	10/26 - 12/7	THUR*	7 - 8 p.m.
9/10 - 10/15	10/29 - 12/10	SUN**	11 a.m. - 12 p.m.

UM Student Member: \$55 | Member: \$75

Non-Member: \$89

SESSION 1 DATES	SESSION 2 DATES	DAYS	TIME
9/7 - 10/12	10/26 - 12/7	THUR*	8 - 9:30 p.m.
9/10 - 10/15	10/29 - 12/10	SUN**	12 - 1:30 p.m.

UM Student Member: \$70 | Member: \$90

Non-Member: \$108

* No class Thursday, 11/23
** No class Sunday, 11/26

ADULT AQUATICS

(additional fee + open to the public)

Our variety of adult swim classes are for swimmers looking to build upon their own swim experience. Whether you've never taken an aquatics class before or are looking to master your technique, we have a class for your needs. All of our classes are held in our indoor pool.

SESSION 1 REGISTRATION:

Monday, Aug. 28 – Monday, Sept. 11

FREE WEEK: Tuesday, Sept. 5 – Monday, Sept. 11

SESSION 2 REGISTRATION:

Monday, Oct. 16 – Sunday, Oct. 29

FREE WEEK: Monday, Oct. 23 – Sunday, Oct. 29



ADULT BEGINNER SWIM LESSONS

This class is for those who love the water and have a basic understanding of how to swim but no formal training. The class focuses on the front crawl (freestyle stroke), but it can be customized based on the needs and skill set of class participants. Drills are used to enhance body position in the water and teach techniques for more effective and efficient swimming.

ADULT INTERMEDIATE/ADVANCED SWIM LESSONS

The intermediate portion of the class is for those who have mastered the freestyle stroke and have an understanding of the backstroke. The class is designed to refine both strokes and allows the swimmer to learn additional strokes. The advanced portion of the class is for swimmers proficient in at least two different strokes and want to learn the remaining two. The class will also teach flip turns and focuses on proper drills for swimming as exercise.

MASTER SWIM DRILLS

This master class is designed as a structured swim workout for those who want to build endurance and improve skills. Workouts vary throughout the session to include sprints, distance swimming and stroke drills. The instructor is able to adapt each swimmer's workout to align with personal goals, while maintaining the benefits of a group workout. This class is perfect for those looking to cross-train for fitness, improve their swimming abilities, or train for a triathlon or other swimming competition. Swimmers should be able to swim multiple laps without stopping and be comfortable swimming at least one mile per class.

SESSION 1 DATES	SESSION 2 DATES	DAYS	TIME
9/6 - 10/16	10/23 - 12/4*	M/W	7- 8 p.m.

UM Student Member: \$89 | Member: \$115
Non-member: \$145

SESSION 1 DATES	SESSION 2 DATES	DAYS	TIME
9/6 - 10/16	10/23 - 12/4*	M/W	8- 9 p.m.

UM Student Member: \$89 | Member: \$115
Non-member: \$145

SESSION 1 DATES	SESSION 2 DATES	DAYS	TIME
9/5 - 10/12	10/24 - 12/5**	T/TH	7 - 8:30 p.m.

UM Student Member: \$89 | Member: \$115
Non-member: \$145

* No class Wednesday, 11/22
** No class Thursday, 11/23

YOUTH AQUATICS

(additional fee + open to the public)

Knowing how to swim is an important life skill for children to have, especially in South Florida. We offer weekday and weekend classes for children of all skill levels from 3 to 14 years old. All of our classes are held in our indoor pool.

SESSION 1 REGISTRATION:

Monday, Aug. 14 - Friday, Aug. 18 (Fee: \$165)

NO FREE WEEK

SESSION 2 REGISTRATION:

Monday, Oct. 2 - Friday, Oct. 6 (Fee: \$165)

NO FREE WEEK



LEVEL 1 – GUPPIES

Preschool age children 3-6 years old who have never taken a swim class and do not swim at all. They are brand new to the pool. Course will cover the basic safety topics and assist children in gaining confidence with their swimming abilities. The course will include working on being in the water, breathing, front crawl, and floating.

SESSION 1 DATES	SESSION 2 DATES	DAYS	TIME
8/22 - 9/28	10/10 - 11/16	T/TH	4 - 4:30 p.m.
8/27 - 11/19*	N/A	SUN	11 - 11:30 a.m.

LEVEL 2 – MINNOWS

Preschool age children 3-6 years old with previous swimming experience with shallow water. They are comfortable with the basics of front crawl and floating and will begin to work on stroke technique and refinement of swimming skills.

SESSION 1 DATES	SESSION 2 DATES	DAYS	TIME
8/22 - 9/28	10/10 - 11/16	T/TH	4:30 - 5 p.m.
8/27 - 11/19*	N/A	SUN	11:30 a.m - 12 p.m.

LEVEL 3 – TROUTS

Children ages 5-8 who can complete at least on length of the pool without assistance. They must know free style stroke along with basic knowledge of the others.

SESSION 1 DATES	SESSION 2 DATES	DAYS	TIME
8/22 - 9/28	10/10 - 11/16	T/TH	5 - 5:30 p.m.
8/27 - 11/19*	N/A	SUN	12 - 12:30 p.m.

LEVEL 4 – MARLINS

Children ages 6-10 who feel comfortable in the water and must be able to swim two lengths of the pool. They should know at least two strokes. This course will work on breathing, freestyle, backstroke, breaststroke, and butterfly.

SESSION 1 DATES	SESSION 2 DATES	DAYS	TIME
8/22 - 9/28	10/10 - 11/16	T/TH	5:30 - 6:15 p.m.
8/27 - 11/19*	N/A	SUN	12:30 - 1:15 p.m.

LEVEL 5 – DOLPHINS

Children ages 6-10 who can swim well on their own. Children should be comfortable with each stroke and able to swim multiple laps in the large area of the pool. These more advanced swimmers will focus on refining their basic strokes and technique.

SESSION 1 DATES	SESSION 2 DATES	DAYS	TIME
8/27 - 11/19*	N/A	SUN	1:15 - 2 p.m.

LEVEL 6 – SHARKS

Ages 11-14. This is an advanced level course where students will refine all of the strokes and technique.

SESSION 1 DATES	SESSION 2 DATES	DAYS	TIME
8/27 - 11/19*	N/A	SUN	2 - 2:45 p.m.

* No class 9/3

DANCE CLASSES

(additional fee + open to the public)

SESSION 1 REGISTRATION:

Monday, Aug. 28 – Monday, Sept. 11

FREE WEEK: Tuesday, Sept. 5 – Monday, Sept. 11

SESSION 2 REGISTRATION:

Monday, Oct. 16 – Sunday, Oct. 29

FREE WEEK: Monday, Oct. 23 – Sunday, Oct. 29



ADVANCED TRIBAL BELLY DANCE

Although it sounds ancient, Tribal is the newest style of Belly Dance. An eclectic style, drawing on influences from the Middle East, Spanish Flamenco, Indian Dance, and Western Theatrics, this class will challenge students' technique and push them to find new ways of expressing themselves through dance in a warm, supportive environment. Prerequisite: Belly Dance Basics or instructor approval.

SESSION 1 DATES	SESSION 2 DATES	DAYS	TIME
9/9 - 12/2*	9/9 - 12/2	SAT	10 - 11 a.m.

UM Student Member: \$75
Member: \$99
Non-member: \$150

ADVANCED ORIENTAL BELLY DANCE

This class delves deeper into the art and history of Belly Dance. We will explore new rhythms, folkloric styles, and advance our technique to better interpret more challenging Middle Eastern songs. Get ready to push your dancing to the next level while exploring other cultures through music and movement. Prerequisite: Belly Dance Basics or instructor approval.

SESSION 1 DATES	SESSION 2 DATES	DAYS	TIME
9/9 - 12/2*	N/A	SAT	11 - 12 p.m.

UM Student Member: \$75
Member: \$99
Non-member: \$150

BELLY BEATS

Set to fun, high-energy music, this class will feature technique drills that culminate in an easy-to-remember choreography to help students keep practicing throughout the week! The goal is to provide tools for growth in your dancing while having fun along the way! Prerequisite: Belly Dance Basics or can be taken in conjunction with Belly Dance Basics.

SESSION 1 DATES	SESSION 2 DATES	DAYS	TIME
9/9 - 12/2*	N/A	SAT	12 - 1 p.m.

UM Student Member: \$75
Member: \$99
Non-member: \$150

BELLY DANCE BASICS

New to Belly Dance? Start here! This class lays the foundation for every style of Belly Dance. Everyone can take it. You don't need experience. You don't need to be a dancer. All of the basic movements of Belly Dance will be broken down step-by-step in a fun, supportive environment. Shimmies, hip drops, snake arms, beautiful veil work. Prepare to get hooked!

SESSION 1 DATES	SESSION 2 DATES	DAYS	TIME
9/9 - 12/2*	N/A	SAT	1 - 2 p.m.

UM Student Member: \$75
Member: \$99
Non-member: \$150

* No class 11/25

MISCELLANEOUS

MINI 'CANES RECREATIONAL SPORTS CAMP



Our multi-award-winning Mini 'Canes Recreational Sports Camp is an 8-week summer camp open to children ages 6 through 12 and offers a wide variety of sports and other activities for a fun-filled summer. Our camp, which is divided into two-week sessions, allows campers to swim, play sports, and take part in a variety of other games and activities. Each week of camp features a sport of the week in addition to theme days and special events. Mini 'Canes Camp is run by energetic, well-qualified University of Miami professionals, Miami-Dade County teachers, and college students.

2018 CAMP DATES

SESSION 1: June 11 - 22

SESSION 2: June 25 - July 6

SESSION 3: July 9 - July 20

SESSION 4: July 23 - August 3

*No camp Wednesday, July 4.

2018 REGISTRATION DEADLINES

Returning Campers & Siblings:

February 19 – March 9

New Campers

UM affiliates: March 19 - April 6

Outside community: April 16 until filled

STUDENT EMPLOYMENT

The Herbert Wellness Center is a student-run facility and is one of the largest student employers on the Coral Gables campus. Positions available include everything from front desk and operations assistants to lifeguards and personal trainers.

Student employees gain real-life work experiences, meet a variety of people, and have the opportunity for advancement within the department. For more information about student employment, visit www.miami.edu/wellness.



BESMOKEFREE

(free + open to the public)

The University of Miami's award-winning smoking cessation program, "BeSmokeFree," offers free group classes for individuals interested in quitting smoking. Classes are offered in 6-week intervals. With the aid of group classes, led by a certified tobacco treatment specialist, individuals can get the support and tools necessary to become tobacco-free. For more information, visit www.miami.edu/besmokefree.

TUESDAYS 4:30 – 5:30 PM | UHealth Fitness and Wellness Center

Aug. 29 - Oct. 3

Oct. 10 - Nov. 14

Nov. 21 - Dec. 26

**WEDNESDAYS 12:30 – 1:30 PM & 4:30 - 5:30 PM
Patti and Allan Herbert Wellness Center**

Aug. 23 - Sept. 27

Oct. 4 - Nov. 8

Nov. 15 - Dec. 20

THURSDAYS 11:00 AM – 12:00 PM | UHealth Fitness & Wellness Center

Aug. 24 - Sept. 28

Oct. 5 - Nov. 9

Nov. 16 - Dec. 28



UNIVERSITY OF MIAMI
DIVISION of
STUDENT AFFAIRS



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/HerbertWellnessCenter



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MISSION STATEMENT

The Department of Wellness and Recreation strives to foster a lifestyle of responsible choices supporting the mind, the body, and the spirit in educational, wellness, and recreational programs through services and facilities for the University community.