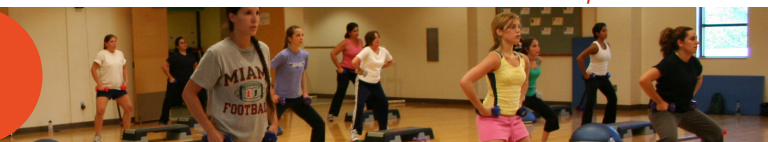


# SPRING 2018 CLASS SCHEDULES

Last updated: 1/8/2018

## GROUP EXERCISE

EFFECTIVE: JANUARY 16 - MAY 6



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Studio Cycle</b> 6:30 a.m. Chris	<b>Super Sculpt (B)</b> 6:30 a.m. Kristen	<b>Music Video Cycle</b> 6:30 a.m. Liz	<b>Total Body Conditioning (B)</b> 6:30 a.m. Lexi	<b>TRX Circuit (B)</b> 6:30 a.m. Liz	<b>Aquatic Exercise</b> 9:15 a.m. Barbara
<b>Aquatic Exercise</b> 6:30 a.m. Clara M.	<b>Total Body Conditioning (D)</b> 9:30 a.m. Maru	<b>Aquatic Exercise</b> 6:30 a.m. Angie	<b>Super Sculpt</b> 9:30 a.m. Maru	<b>Aquatic Exercise</b> 6:30 a.m. Barbara	<b>Total Body Conditioning (B)</b> 9:30 - 10:45 a.m. Jamie
<b>Music Video Cycle</b> 9:30 a.m. Sam	<b>Music Video Cycle</b> 12:00 - 12:45 p.m. Lexi	<b>Studio Cycle</b> 9:30 a.m. Stacey	<b>Music Video Cycle</b> 12:00 - 12:45 p.m. Brian	<b>Music Video Cycle</b> 9:30 a.m. Michelle	<b>Studio Cycle</b> 11:00 a.m. Kayla
<b>Ab Attack (D)</b> 10:30 - 11:00 a.m. Sam	<b>Arms &amp; Abs (D)</b> 12:50 - 1:20 p.m. Lexi	<b>Super Sculpt (B)</b> 12:00 - 12:45 p.m. Lexi	<b>Arms &amp; Abs (D)</b> 12:50 - 1:20 p.m. Brian	<b>Ab Attack (D)</b> 10:30 - 11:00 a.m. Michelle	
<b>Super Sculpt (B)</b> 12:00 - 12:45 p.m. Brian	<b>Studio Cycle</b> 5:15 - 6:00 p.m. Lauren	<b>Ab Attack (B)</b> 4:45 - 5:15 p.m. Sam	<b>Music Video Cycle</b> 5:15 - 6:00 p.m. Claire	<b>Total Body Conditioning (B)</b> 12:00 - 12:45 p.m. Brian	<b>SUNDAY</b> <b>Total Body Conditioning (B)</b> 10:00 - 11:15 a.m. Leyla
<b>Upper Body Sculpt (B)</b> 4:45 - 5:15 p.m. Leyla	<b>Total Body Conditioning (D)</b> 5:45 p.m. Kayla	<b>Gutts-N-Butts (B)</b> 5:30 p.m. Sam	<b>Total Body Conditioning (D)</b> 5:45 p.m. Guido	<b>Super Sculpt (B)</b> 1:00 - 1:45 p.m. Brian	<b>Music Video Cycle</b> 11:00 a.m. Jamie
<b>Gutts-N-Butts (B)</b> 5:30 p.m. Leyla	<b>Hip Hop Cardio (B)</b> 6:00 p.m. Benji	<b>Zumba® (D)</b> 5:45 p.m. Courtney	<b>Zumba® (B)</b> 6:00 p.m. Benji	<b>Ab Attack (B)</b> 4:45 - 5:15 p.m. Sam	<b>Zumba® (B)</b> 5:30 p.m. Kayla
<b>Zumba® (D)</b> 5:45 p.m. Kayla	<b>Ab Attack (D)</b> 6:50-7:20 p.m. Kayla	<b>Studio Cycle</b> 5:30 - 6:15 p.m. Lexi	<b>Ab Attack (D)</b> 6:50 - 7:20 p.m. Guido	<b>Zumba® (B)</b> 5:30 p.m. Paul	<b>Studio Cycle</b> 6:30 - 7:15 p.m. Clara S.
<b>Studio Cycle</b> 5:30 - 6:15 p.m. Bryan	<b>Music Video Cycle</b> 7:00 - 7:45 p.m. Liz	<b>Aquatic Exercise</b> 6:00 p.m. Kristen	<b>Music Video Cycle</b> 7:00 - 7:45 p.m. Jamie	<b>Studio Cycle</b> 5:45 - 6:30 p.m. Sam	<b>Total Body Conditioning (B)</b> 7:30 p.m. Clara S.
<b>Aquatic Exercise</b> 6:00 p.m. Bethany	<b>Gutts-N-Butts (B)</b> 8:00 p.m. Jamie	<b>Super Sculpt</b> 6:45 p.m. Guido	<b>Super Sculpt (B)</b> 8:00 p.m. Jamie		
<b>TRX Circuit (B)</b> 6:45 p.m. Liz		<b>Music Video Cycle</b> 7:15 - 8:00 p.m. Kayla			
<b>Studio Cycle</b> 7:15 - 8:00 p.m. Deirdre		<b>Zumba® (B)</b> 8:00 p.m. Hayley			
<b>Zumba® (B)</b> 8:00 p.m. Hayley					

- 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.




[@umiamiwellness](https://www.instagram.com/umiamiwellness)

### KEY

**Pool**

**Multipurpose B**

**Multipurpose D**

**Cycling Studio**

- **Ab Attack:** A 30-minute, core-sculpting workout.
- **Arms & Abs:** A 30-minute core and upper body strengthening workout.
- **Bootcamp:** A total body workout that incorporates a mix of lifting, jumping, sprinting, hurdles and performing drills.
- **Gutts-N-Butts:** Focuses on toning the lower body and core through various body-weight exercises and equipment.
- **HIIT:** A cardio-based workout that progresses through short, intense intervals.
- **Hip Hop Cardio:** Break it down and sweat it out with easy-to-learn dance moves and your favorite hip-hop music.
- **Music Video:** Indoor cycle class set to music videos.
- **STRONG by Zumba:** High intensity interval training using fitness moves and synced music choreographed by Zumba.
- **Studio Cycle:** Indoor cycle class that guides riders through hills, intervals, jumps and 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.
- **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.
- **Aquatic Exercise:** Low impact combo of cardio, strength and stretching exercises in the pool using water exercise weights.



# YOGA

EFFECTIVE: JANUARY 16 - MAY 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
<b>Vinyasa Flow (A)</b> 12:00 p.m. Adriana	<b>Restorative (C)</b> 6:30 a.m. Angie	<b>Vinyasa Flow (A)</b> 12:00 p.m. Adriana	<b>Slow Flow (A)</b> 6:30 a.m. Adriana	<b>Vinyasa Flow (A)</b> 12:00 p.m. Sam	<b>Vinyasa Flow (A)</b> 10:00 a.m. Tina
<b>Vinyasa Flow (A)</b> 5:30 p.m. Adriana	<b>Hatha (A)</b> 12:30 p.m. Martha	<b>Beginner/Gentle (A)</b> 5:30 p.m. Tina	<b>Hatha (A)</b> 12:30 p.m. Martha	<b>Vinyasa Flow (A)</b> 5:30 p.m. Tina	<b>Beginner/Gentle (C)</b> 12:30 p.m. Anamaria
<b>Beginner/Gentle (C)</b> 6:45 p.m. Tina	<b>Vinyasa Flow (A)</b> 5:30 p.m. Anamaria	<b>Vinyasa Flow (C)</b> 6:45 p.m. Isabella	<b>Mindful Yoga (A)</b> 5:30 p.m. Adriana	<b>SATURDAY</b> <b>Hatha (A)</b> 9:00 a.m. Martha	<b>Vinyasa Flow (C)</b> 5:15 p.m. Tina
	<b>Vinyasa Flow (A)</b> 7:00 p.m. Tina			<b>Power (A)</b> 12:00 p.m. Carmen	
					<b>KEY</b> <b>Multipurpose A</b> <b>Multipurpose C</b>

Schedule subject to change • Yoga is a fee-based program • Classes are 1 hour & 15 minutes in length, unless noted • Please bring your own yoga mat

- **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:** 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 the breath. Appropriate for all levels.
- **Restorative:** Learn to relax the nervous system, find clarity of the mind and restore your body's energy through these relaxation techniques. Many of these poses will help to reduce back pain and increase range of motion of the shoulders, hips and lower back.
- **Mindful Yoga:** This class consists of slowly going through the sequence of Hatha yoga postures with great emphasis on mindfulness and approaching one's current limits with gentleness.
- **Beginner/Gentle:** This class is specifically geared towards beginners or those wishing to pursue a gentler, restorative yoga practice.

	Full Semester <i>Jan. 16 - May 6</i>	First Prorate <i>Feb. 19</i>	Second Prorate <i>Mar. 26</i>	One-Time Pass
Student Member	\$60	\$45	\$30	\$7
Non-Student Member	\$96	\$72	\$48	\$10
Non-Member	N/A	N/A	N/A	\$10 + Facility Guest

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

