

# SUMMER 2018 CLASS SCHEDULES

Updated: April 25, 2018

## GROUP EXERCISE

EFFECTIVE: May 7 - August 19



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

- 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.

KEY
<b>Pool</b>
<b>Multipurpose B</b>
<b>Multipurpose D</b>
<b>Cycling Studio</b>

## YOGA

EFFECTIVE: May 7 - August 19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
<b>Vinyasa Flow (C)</b> 12:00 - 1:15 p.m. Adriana	<b>Restorative (C)</b> 6:30 a.m. Sam	<b>Vinyasa Flow (C)</b> 12:00 - 1:15 p.m. Adriana	<b>Slow Flow (A)</b> 6:30 - 7:45 a.m. Adriana	<b>Vinyasa Flow (C)</b> 12:00 - 1:15 p.m. Mary Joe	<b>Vinyasa Flow (A)</b> 10:45 - 12:00 p.m. Tina
<b>Vinyasa Flow (A)</b> 6:00 - 7:15 p.m. Adriana	<b>Hatha (C)</b> 12:30 - 1:45 p.m. Martha	<b>Power (A)</b> 6:00 - 7:15 p.m. Tina	<b>Hatha (B)</b> 12:30 - 1:45 p.m. Martha	<b>Vinyasa Flow (A)</b> 5:30 p.m. Tina	<b>Beginner/Gentle (C)</b> 12:30 - 1:45 p.m. Anamaria
	<b>Vinyasa Flow (A)</b> 5:30 p.m. Anamaria		<b>Mindful Yoga (A)</b> 5:30 p.m. Adriana		<b>Vinyasa Flow (A)</b> 5:15 - 6:30 p.m. Mary Joe
	<b>Beginner/Gentle (A)</b> 7:00 p.m. Tina			<b>SATURDAY</b>	
				<b>Hatha (A)</b> 9:00 - 10:15 a.m. Martha	
				<b>Power (A)</b> 12:00 - 1:15 p.m. Carmen	

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

KEY
<b>Multipurpose A</b>
<b>Multipurpose B</b>
<b>Multipurpose C</b>





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# GROUP EXERCISE



- **Ab Attack:** A 30-minute, core-sculpting workout
- **HIIT:** A cardio-based workout that progresses through short, intense intervals
- **Gutts-N-Butts:** Focuses on toning the lower body and core through various body-weight exercises and equipment
- **Hip Hop Cardio:** Break it down and sweat it out with easy-to-learn dance moves and your favorite hip-hop music
- **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
- **Arms & Abs:** A 30-minute, core and upper body strengthening workout
- **Music Video:** Indoor cycle class set to music videos
- **Studio Cycle:** Indoor cycle class that guides riders through hills, intervals, jumps & sprints

*A projector may be used in cycling classes to display moving images or music videos.  
Please use caution if you are prone to motion sickness or seizures.*

# YOGA



- **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:** Get ready for the week ahead with 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 May 8 - Aug. 19	Summer 1 May 8 - July 2	Summer 2 July 2 - August 19	One-Time Pass
Student Member	\$60	\$40	\$40	\$7
Non-Student Member	\$96	\$60	\$60	\$10
Non-Member	N/A	N/A	N/A	\$10 + Facility Guest Fee

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