### FALL 2018 CLASS SCHEDULES

**Updated: July 30, 2018**

**GROUP EXERCISE**

**EFFECTIVE: August 20 - December 8**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Studio Cycle</strong> 6:30 a.m. Elena</td>
<td><strong>Total Body Conditioning 6:30 a.m. Chris</strong></td>
<td><strong>Music Video Cycle 6:30 a.m. Liz</strong></td>
<td><strong>Super Sculpt 6:30 a.m. Chris</strong></td>
<td><strong>TRX Circuit 6:30 a.m. Liz</strong></td>
<td><strong>Aquatic Exercise 9:15 a.m. Barbara</strong></td>
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<tr>
<td><strong>Aquatic Exercise 6:30 a.m. Clara</strong></td>
<td><strong>Barre Circuit 9:30 a.m. Maru</strong></td>
<td><strong>Aquatic Exercise 6:30 a.m. Chris</strong></td>
<td><strong>TRX Circuit 9:30 a.m. Jamie</strong></td>
<td><strong>Aquatic Exercise 6:30 a.m. Barbara</strong></td>
<td><strong>Strength, Stretch &amp; Restore 9:30 - 10:45 a.m. Jamie</strong></td>
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<tr>
<td><strong>Music Video Cycle 9:30 a.m.</strong></td>
<td><strong>Music Video Cycle 12:00 - 12:15 p.m. Chris</strong></td>
<td><strong>Studio Cycle 9:30 a.m. Stacey</strong></td>
<td><strong>Music Video Cycle 9:30 a.m. Diana</strong></td>
<td><strong>Music Video Cycle 11:00 a.m. Lexi</strong></td>
<td><strong>Music Video Cycle 11:00 a.m. Kristen</strong></td>
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<tr>
<td><strong>Ab Attack 10:30 - 11:00 a.m. Jamie</strong></td>
<td><strong>Arms &amp; Abs 12:30 - 12:15 p.m. Lexi</strong></td>
<td><strong>Ab Attack 12:50 - 1:20 p.m. Lexi</strong></td>
<td><strong>Ab Attack 10:30 - 11:00 a.m. Jamie</strong></td>
<td><strong>Ab Attack 1:30 - 2:15 p.m. Rachel</strong></td>
<td><strong>Ab Attack 10:30 - 11:00 a.m. Jamie</strong></td>
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<tr>
<td><strong>TRX Circuit 12:00 p.m. Jamie</strong></td>
<td><strong>Total Body Conditioning 5:45 p.m. Sam</strong></td>
<td><strong>Gutts-N-Butts 5:30 p.m. Guido</strong></td>
<td><strong>Cardio Kickboxing 5:45 p.m. Diana</strong></td>
<td><strong>Hip Hop Cardio 6:00 p.m. Marthy</strong></td>
<td><strong>Studio Cycle 6:30 - 7:15 p.m. Brittany S.</strong></td>
</tr>
<tr>
<td><strong>Arms &amp; Abs 4:45 - 5:15 p.m. Kristen</strong></td>
<td><strong>Studio Cycle 4:15 - 5:00 p.m. Lexi</strong></td>
<td><strong>Zumba® 6:00 p.m. Benji</strong></td>
<td><strong>Ab Attack 4:45 - 5:15 p.m. Guido</strong></td>
<td><strong>Zumba® 5:30 p.m. Rachel</strong></td>
<td><strong>Bootcamp 7:30 p.m. Brittany S.</strong></td>
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<tr>
<td><strong>Gutts &amp; Butts 5:30 p.m. Kristen</strong></td>
<td><strong>Ab Attack 6:50 - 7:20 p.m. Sam</strong></td>
<td><strong>Studio Cycle 5:30 - 6:15 p.m. Guido</strong></td>
<td><strong>Super Sculpt 5:45 p.m. Guido</strong></td>
<td><strong>Super Sculpt 5:45 p.m. Kristen</strong></td>
<td><strong>Bootcamp 8:00 p.m. Brittany B.</strong></td>
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<td><strong>Studio Cycle 5:30 - 6:15 p.m. Bryan</strong></td>
<td><strong>Music Video Cycle 7:00 - 7:15 p.m. Liz</strong></td>
<td><strong>Aquatic Exercise 6:00 p.m. Guido</strong></td>
<td><strong>Total Body Conditioning 6:45 p.m. Brittany B.</strong></td>
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<td><strong>Aquatic Exercise 6:00 p.m. Brittany B.</strong></td>
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<td><strong>Hip Hop Cardio 5:45 p.m. Benji</strong></td>
<td><strong>Gutts-N-Butts 8:00 p.m. Heidi</strong></td>
<td><strong>Music Video Cycle 8:00 p.m. Guido</strong></td>
<td><strong>ASSIA 7:15 - 8:00 p.m. Brittany B.</strong></td>
<td><strong>Studio Cycle 7:30 - 8:00 p.m. Brittany B.</strong></td>
<td><strong>Aquatic Exercise 6:30 a.m. Barbara</strong></td>
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<td><strong>Aquatic Exercise 6:00 p.m. Heidi</strong></td>
<td><strong>TRX Circuit 6:45 p.m. Liz</strong></td>
<td><strong>Super Sculpt 8:00 p.m. Brittany B.</strong></td>
<td><strong>Total Body Conditioning 8:00 p.m. Brittany B.</strong></td>
<td><strong>Barre Circuit 9:30 - 10:00 a.m. Jamie</strong></td>
<td><strong>Strength, Stretch &amp; Restore 9:30 - 10:45 a.m. Jamie</strong></td>
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<tr>
<td><strong>TRX Circuit 6:45 p.m. Liz</strong></td>
<td><strong>Studio Cycle 7:15 - 8:00 p.m. Deirdre</strong></td>
<td><strong>Bootcamp 8:15 - 9:00 p.m. Brittany B.</strong></td>
<td><strong>Ab Attack 8:00 p.m. Brittany B.</strong></td>
<td><strong>Total Body Conditioning 10:00 a.m. Kristen</strong></td>
<td><strong>Breakfast Volleyball 8:30 - 9:30 a.m. Liz</strong></td>
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<tr>
<td>** Studio Cycle 7:15 - 8:00 p.m. Deirdre**</td>
<td><strong>Ab Attack 8:00 p.m. Heidi</strong></td>
<td><strong>Barre Circuit 12:00 - 12:15 p.m. Jamie</strong></td>
<td><strong>Ab Attack 10:30 - 11:00 a.m. Jamie</strong></td>
<td><strong>Studio Cycle 6:30 - 7:15 p.m. Brittany B.</strong></td>
<td><strong>Breakfast Volleyball 8:30 - 9:30 a.m. Liz</strong></td>
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### KEY

- **Pool**
- **Multipurpose B**
- **Multipurpose D**
- **Cycling Studio**

- **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.**

- **Ab Attack:** A 30-minute, core-sculpting workout
- **Barre Circuit:** A mix of Pilates, Dance, Yoga, and functional training elements choreographed to motivating music.
- **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
- **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 Cycle:** Indoor cycle class set to music videos
- **Studio Cycle:** Indoor cycle class that guides riders through hills, intervals, jumps & sprints
**Yoga**  
**Effective: August 20 - December 8**

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<tr>
<th>MONDAY</th>
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<th>SUNDAY</th>
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</table>
| Vinyasa Flow  
12:00 p.m.  
Adriana | Restorative  
6:30 a.m.  
Adriana | Vinyasa Flow  
12:00 p.m.  
Adriana | Slow Flow  
6:30 a.m.  
Adriana | Vinyasa Flow  
12:00 p.m.  
Carmen | Vinyasa Flow  
10:00 a.m.  
Tina |
| Vinyasa Flow  
5:30 p.m.  
Adriana | Hatha Flow  
12:30 p.m.  
Martha | Power Flow  
5:30 p.m.  
Tina | Hatha Flow  
12:30 p.m.  
Martha | Beginner/Gentle  
12:30 p.m.  
Tina | Beginner/Gentle  
5:15 p.m.  
Anastasia |
| Beginner/Gentle  
6:30 p.m.  
Tina | Vinyasa Vibes  
5:30 p.m.  
Danielle | Vinyasa Vibes  
6:30 p.m.  
Danielle | Mindful Yoga  
5:30 p.m.  
Adriana | Power Flow  
12:00 p.m.  
Carmen | |

**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:** 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.

| Member Status | Full Semester  
August 20 - Dec. 8 | 1st Prorate  
Sept. 24, 2018 | 2nd Prorate  
Nov. 5, 2018 | One-Time Pass |
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<tbody>
<tr>
<td>Student Member</td>
<td>$60</td>
<td>$40</td>
<td>$30</td>
<td>$7</td>
</tr>
<tr>
<td>Non-Student Member</td>
<td>$96</td>
<td>$60</td>
<td>$48</td>
<td>$10</td>
</tr>
<tr>
<td>Non-Member</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>$10 + Facility Guest Fee</td>
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Visit www.miami.edu/wellness for more information about our Group Exercise, Studio Cycling & Yoga programs.