# FALL 2018 CLASS SCHEDULES

**GROUP EXERCISE**

**EFFECTIVE: August 20 - December 8**

## MONDAY
- **Studio Cycle**
  - 6:30 a.m.
  - Elena
- **Aquatic Exercise**
  - 6:30 a.m.
  - Clara
- **TRX Circuit**
  - 12:00 p.m.
  - Maru
- **Arms & Abs**
  - 4:45 - 5:15 p.m.
  - Leyla
- **Gutts & Butts**
  - 5:30 p.m.
  - Aprilia
- **Studio Cycle**
  - 5:30 - 6:15 p.m.
  - Bryan
- **Aquatic Exercise**
  - 6:00 p.m.
  - April
- **TRX Circuit**
  - 6:45 p.m.
  - Liz
- **Studio Cycle**
  - 7:15 - 8:00 p.m.
  - Deirdre
- **Hip Hop Cardio**
  - 8:00 p.m.
  - Marthy

## TUESDAY
- **Total Body Conditioning**
  - 6:30 a.m.
  - Chris
- **Super Sculpt**
  - 9:30 a.m.
  - Guido
- **Music Video Cycle**
  - 12:00 - 12:45 p.m.
  - Lexi
- **Arms & Abs**
  - 12:50 - 1:20 p.m.
  - Leyla
- **Studio Cycle**
  - 4:15 - 5:00 p.m.
  - Guido
- **Total Body Conditioning**
  - 5:45 p.m.
  - Guido
- **Hip Hop Cardio**
  - 6:00 p.m.
  - Benji
- **Ab Attack**
  - 6:50 - 7:20 p.m.
  - Chris
- **Music Video Cycle**
  - 7:00 - 7:45 p.m.
  - Liz
- **Gutts-N-Butts**
  - 8:00 p.m.
  - Chris

## WEDNESDAY
- **Music Video Cycle**
  - 6:30 a.m.
  - Liz
- **Aquatic Exercise**
  - 6:30 a.m.
  - Chris
- **Super Sculpt**
  - 12:00 - 12:45 p.m.
  - Stacey
- **Studio Cycle**
  - 9:30 a.m.
  - Karai
- **Super Sculpt**
  - 12:00 - 12:45 p.m.
  - Lexi
- **Ab Attack**
  - 4:45 - 5:15 p.m.
  - Guido
- **Gutts-N-Butts**
  - 5:30 p.m.
  - Guido
- **Zumba®**
  - 5:45 p.m.
  - Rachel
- **Studio Cycle**
  - 5:30 - 6:15 p.m.
  - Karai
- **Aquatic Exercise**
  - 6:00 p.m.
  - Delaney
- **Total Body Conditioning**
  - 6:45 p.m.
  - Guido
- **Music Video Cycle**
  - 7:15 - 8:00 p.m.
  - Brittany
- **Bootcamp**
  - 8:15 - 9:00 p.m.
  - Brittany

## THURSDAY
- **Super Sculpt**
  - 6:30 a.m.
  - Chris
- **Bootcamp**
  - 9:30 a.m.
  - Shereen
- **Aquatic Exercise**
  - 6:30 a.m.
  - Barbara
- **Studio Cycle**
  - 12:00 - 12:45 p.m.
  - Karai
- **Arms & Abs**
  - 12:50 - 1:20 p.m.
  - Lexi
- **Studio Cycle**
  - 9:30 a.m.
  - Elena
- **Studio Cycle**
  - 12:00 - 12:45 p.m.
  - Elena
- **Ab Attack**
  - 10:30 - 11:00 a.m.
  - Elena
- **Barre Circuit**
  - 12:00 - 12:45 p.m.
  - Lexi
- **Studio Cycle**
  - 5:45 - 6:30 p.m.
  - Amy
- **Barre Circuit**
  - 12:00 - 12:45 p.m.
  - Amy

## FRIDAY
- **TRX Circuit**
  - 6:30 a.m.
  - Liz
- **Aquatic Exercise**
  - 6:30 a.m.
  - Barbara
- **Bootscamp**
  - 9:30 - 10:45 a.m.
  - Jamie
- **Aquatic Exercise**
  - 11:00 a.m.
  - Andrey

## SATURDAY
- **Aquatic Exercise**
  - 9:15 a.m.
  - Barbara
- **Strength, Stretch & Restore**
  - 9:30 - 10:45 a.m.
  - Jamie
- **Music Video Cycle**
  - 11:00 a.m.
  - Andrey

## SUNDAY
- **Total Body Conditioning**
  - 10:00 a.m.
  - Leyla
- **Music Video Cycle**
  - 11:00 a.m.
  - Jamie
- **Zumba®**
  - 5:30 p.m.
  - Rachel
- **Studio Cycle**
  - 6:30 - 7:15 p.m.
  - Chris
- **Bootcamp**
  - 7:30 p.m.
  - Chris

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- **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.**

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

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**Definitions:**
- **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

MONDAY
Vinyasa Flow
12:00 p.m.
Adriana
Vinyasa Flow
5:30 p.m.
Adriana

TUESDAY
Restorative
6:30 a.m.
Martha
Hatha Flow
12:30 p.m.
Tina
Vinyasa Vibes
5:30 p.m.
Danielle

WEDNESDAY
Vinyasa Flow
12:00 p.m.
Adriana
Power Flow
5:30 p.m.
Tina
Vinyasa Vibes
6:30 p.m.
Danielle

THURSDAY
Slow Flow
6:30 a.m.
Adriana
Hatha Flow
12:30 p.m.
Martha
Mindful Yoga
5:30 p.m.
Adriana/Carmen

FRIDAY
Vinyasa Flow
12:00 p.m.
Carmen
Vinyasa Flow
5:45 p.m.
Tina

SUNDAY
Vinyasa Flow
10:00 a.m.
Tina
Beginner/Gentle
12:30 p.m.
Anamaria/Tina

SUNDAY
Vinyasa Flow
5:15 p.m.
Anastasia

KEY
Multipurpose A
Multipurpose C

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.
- **Vinyasa Vibes**: A traditional Vinyasa class set to current music.
- **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.

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<th>2nd Prorate: Nov. 5, 2018</th>
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Visit www.miami.edu/wellness for more information about our Group Exercise, Studio Cycling & Yoga programs.