

# FALL 2018 CLASS SCHEDULES

Updated: August 13, 2018

## GROUP EXERCISE

EFFECTIVE: August 20 - December 8



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

- 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.

**Hip Hop Cardio**  
8:00 p.m.  
Marthy

KEY
Pool
Multipurpose B
Multipurpose D
Cycling Studio

- **Ab Attack:** A 30-minute, core-sculpting workout
- **Barre Circuit:** A mix of Pilates, 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
<b>Vinyasa Flow</b> 12:00 p.m. Adriana	<b>Restorative</b> 6:30 a.m. Adriana	<b>Vinyasa Flow</b> 12:00 p.m. Adriana	<b>Slow Flow</b> 6:30 a.m. Adriana	<b>Vinyasa Flow</b> 12:00 p.m. Carmen	<b>Vinyasa Flow</b> 10:00 a.m. Tina
<b>Vinyasa Flow</b> 5:30 p.m. Adriana	<b>Hatha Flow</b> 12:30 p.m. Martha	<b>Power Flow</b> 5:30 p.m. Tina	<b>Hatha Flow</b> 12:30 p.m. Martha	<b>Vinyasa Flow</b> 5:45 p.m. Tina	<b>Beginner/Gentle</b> 12:30 p.m. Anamaria/Tina
<b>Beginner/Gentle</b> 6:30 p.m. Tina	<b>Vinyasa Vibes</b> 5:30 p.m. Danielle	<b>Vinyasa Vibes</b> 6:30 p.m. Danielle	<b>Mindful Yoga</b> 5:30 p.m. Adriana	<b>SATURDAY</b>	
				<b>Hatha Flow</b> 9:00 a.m. Martha	<b>Vinyasa Flow</b> 5:15 p.m. Anastasia
				<b>Power Flow</b> 12:00 p.m. Carmen	<b>KEY</b>
				<b>Multipurpose A</b>	
				<b>Multipurpose C</b>	



#BeTheBestU

UNIVERSITY OF MIAMI  
PATTI & ALLAN HERBERT  
WELLNESS CENTER



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.

Member Status	Full Semester August 20 - Dec. 8	1st Prorate Sept. 24, 2018	2nd Prorate Nov. 5, 2018	One-Time Pass
Student Member	\$60	\$40	\$30	\$7
Non-Student Member	\$96	\$60	\$48	\$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.

