FALL 2018 CLASS SCHEDULES

GROUP EXERCISE
EFFECTIVE: August 20 - December 8

- 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.

**MONDAY**

**Studio Cycle**
6:30 a.m.
Elena

**Aquatic Exercise**
6:30 a.m.
Clara

**Music Video Cycle**
9:30 a.m.
Jamie

**Ab Attack**
10:30 - 11:00 a.m.
Jamie

**TRX Circuit**
12:00 p.m.
Jamie

**Arms & Abs**
4:45 - 5:15 p.m.
Kristen

**Ab Attack**
6:50 - 7:20 p.m.
Heidi

**TRX Circuit**
6:45 p.m.
Liz

**Studio Cycle**
7:15 - 8:00 p.m.
Deirdre

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

**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

**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**
12:30 - 1:20 p.m.
Lexi

**Total Body Conditioning**
5:45 p.m.
Sam

**Super Sculpt**
12:00 - 12:45 p.m.
Lexi

**Ab Attack**
4:45 - 5:15 p.m.
Liz

**Heart Attack**
6:00 p.m.
Benji

**Zumba®**
6:00 p.m.
Benji

**Music Video Cycle**
7:00 - 7:45 p.m.
Liz

**Gutts-N-Butts**
8:00 p.m.
Heidi

**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

**WEDNESDAY**

**Super Sculpt**
6:30 a.m.
Liz

**Aquatic Exercise**
6:30 a.m.
Chris

**Studio Cycle**
9:30 a.m.
Stacey

**Arms & Abs**
12:50 - 1:20 p.m.
Liza

**Super Sculpt**
9:30 a.m.
Jamie

**Music Video Cycle**
9:30 a.m.
Diana

**Ab Attack**
3:00 - 3:30 p.m.
Guido

**Studio Cycle**
9:30 a.m.
Stacey

**Ab Attack**
4:45 - 5:15 p.m.
Guido

**Cardio Kickboxing**
5:45 p.m.
Guido

**Ab Attack**
4:45 - 5:15 p.m.
Kristen

**Zumba®**
5:45 p.m.
Rachel

**Hip Hop Cardio**
6:00 p.m.
Marthy

**Music Video Cycle**
6:30 - 7:15 p.m.
Stacey

**Bootcamp**
6:15 - 7:00 p.m.
Brittany

**THURSDAY**

**TRX Circuit**
6:30 a.m.
Liz

**Aquatic Exercise**
6:30 a.m.
Chris

**Studio Cycle**
12:00 - 12:45 p.m.
Diana

**Arms & Abs**
12:50 - 1:20 p.m.
Diana

**Studio Cycle**
12:00 - 12:45 p.m.
Diana

**Ab Attack**
10:30 - 11:00 a.m.
Jamie

**Barre Circuit**
12:00 - 12:45 p.m.
Kristen

**Ab Attack**
10:30 - 11:00 a.m.
Marthy

**Music Video Cycle**
11:00 a.m.
Lexi

**Zumba®**
5:30 p.m.
Rachel

**Studio Cycle**
6:30 - 7:15 p.m.
Karai

**Bootcamp**
7:30 p.m.
Chris

**FRIDAY**

**TRX Circuit**
6:30 a.m.
Liz

**Aquatic Exercise**
6:30 a.m.
Chris

**Super Sculpt**
9:30 a.m.
Jamie

**Music Video Cycle**
9:30 a.m.
Diana

**Ab Attack**
10:30 - 11:00 a.m.
Jamie

**Super Sculpt**
9:30 a.m.
Jamie

**Music Video Cycle**
9:30 a.m.
Diana

**Ab Attack**
10:30 - 11:00 a.m.
Jamie

**SUNDAY**

**Total Body Conditioning**
10:00 a.m.
Kristen

**Music Video Cycle**
11:00 a.m.
Lexi

**Zumba®**
5:30 p.m.
Rachel

**Studio Cycle**
6:30 - 7:15 p.m.
Karai

**Bootcamp**
7:30 p.m.
Chris

**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.
Jamie

**Total Body Conditioning**
10:00 a.m.
Jamie

**Music Video Cycle**
12:00 - 12:45 p.m.
Lexi

**Zumba®**
5:45 p.m.
Rachel

**Studio Cycle**
5:30 - 6:15 p.m.
Kara

**Ab Attack**
6:15 - 6:45 p.m.
Brittany

**Music Video Cycle**
6:30 - 8:00 p.m.
Brittany

**Bootcamp**
8:15 - 9:00 p.m.
Brittany

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

*Updated: August 13, 2018*
YOGA
EFFECTIVE: August 20 – December 8

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.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SUNDAY</th>
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</thead>
<tbody>
<tr>
<td>Vinyasa Flow</td>
<td>12:00 p.m.</td>
<td>Adriana</td>
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<td>12:00 p.m.</td>
<td>Adriana</td>
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<tr>
<td>Vinyasa Flow</td>
<td>5:30 p.m.</td>
<td>Adriana</td>
<td>Hatha Flow</td>
<td>12:30 p.m.</td>
<td>Martha</td>
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<tr>
<td>Hatha Flow</td>
<td>6:30 p.m.</td>
<td>Adriana</td>
<td>Power Flow</td>
<td>5:30 p.m.</td>
<td>Martha</td>
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<tr>
<td>Power Flow</td>
<td>6:30 p.m.</td>
<td>Adriana</td>
<td>Hatha Flow</td>
<td>12:30 p.m.</td>
<td>Carmen</td>
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<tr>
<td>Vinyasa Flow</td>
<td>5:30 p.m.</td>
<td>Adriana</td>
<td>Vinyasa Flow</td>
<td>10:00 a.m.</td>
<td>Carmen</td>
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</tbody>
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**KEY**

- Multipurpose A
- Multipurpose C

Visit www.miami.edu/wellness for more information about our Group Exercise, Studio Cycling & Yoga programs.