<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
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</thead>
<tbody>
<tr>
<td>Studio Cycle 6:30 a.m. Elena</td>
<td>Total Body Conditioning 6:30 a.m.</td>
<td>Music Video Cycle 6:30 a.m. Liz</td>
<td>Super Sculpt 6:30 a.m. Chris</td>
<td>TRX Circuit 6:30 a.m. Liz</td>
<td>Aquatic Exercise 9:15 a.m. Barbara</td>
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<td>Aquatic Exercise 6:30 a.m. Clara</td>
<td>Studio Cycle 9:30 - 10:15 a.m. Steph</td>
<td>Studio Cycle 9:00 a.m. Stacey</td>
<td>Studio Cycle 9:30 - 10:15 a.m. Steph</td>
<td>Barre Fusion 9:00 - 9:45 a.m. Virginia</td>
<td>Total Body Conditioning 9:30 - 10:45 a.m. Noosha</td>
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<tr>
<td>Barre Fusion 9:00 - 9:45 a.m. Virginia</td>
<td>Studio Cycle 4:30 - 5:15 p.m. Guido</td>
<td>Barre Fusion 9:00 - 9:45 a.m. Virginia</td>
<td>Studio Cycle 4:30 - 5:15 p.m. Guido</td>
<td>Arms &amp; Abs 4:30 - 5:00 p.m. Katherine</td>
<td>Arms &amp; Abs 5:30 - 6:15 p.m. Rachel</td>
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<tr>
<td>Arms &amp; Abs 4:45 - 5:15 p.m. Leyla</td>
<td>Ab Attack 4:30 - 5:00 p.m. Katherine</td>
<td>Studio Cycle 12:00 - 12:45 p.m. Karai</td>
<td>Arms &amp; Abs 4:30 - 5:00 p.m. Katherine</td>
<td>T.K.O. 5:00 p.m. Katherine</td>
<td>Aquatic Exercise 6:00 p.m. Rachel</td>
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<tr>
<td>H2O Pulse Cardio 5:00 p.m. Niki</td>
<td>Step Aerobics 5:00 p.m. Katherine</td>
<td>Ab Attack 4:45 - 5:15 p.m. Guido</td>
<td>H2O Pulse Cardio 5:00 p.m. Niki</td>
<td>Gutts-N-Butts 5:00 p.m. Guido</td>
<td>Total Body Conditioning 9:30 - 10:45 a.m. Noosha</td>
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<tr>
<td>Studio Cycle 5:30 p.m. Steph</td>
<td>Total Body Conditioning 5:30 p.m. Guido</td>
<td>Studio Cycle 5:30 - 6:15 p.m. Karai</td>
<td>Gutts-N-Butts 5:30 p.m. Guido</td>
<td>Zumba® 6:00 p.m. Carolina</td>
<td>Aquatic Exercise 6:00 p.m. Delaney</td>
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<tr>
<td>Gutts-N-Butts 5:30 p.m. Leyla</td>
<td>Studio Cycle 5:30 - 6:15 p.m. Karai</td>
<td>Zumba® 6:00 p.m. Carolina</td>
<td>Studio Cycle 5:30 - 6:15 p.m. Guido</td>
<td>Ab Attack 6:00 p.m. Guido</td>
<td>Total Body Conditioning 10:00 - 11:15 a.m. Leyla</td>
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<tr>
<td>Cardio Kickboxing 6:00 p.m. Katherine</td>
<td>Zumba® 6:00 p.m. Chiara</td>
<td>Music Video Cycle 5:30 - 6:15 p.m. Andrey</td>
<td>Zumba® 6:00 p.m. Guido</td>
<td>Aquatic Exercise 6:00 p.m. Delaney</td>
<td>Zumba® 6:00 p.m. Rachel</td>
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<td>Aquatic Exercise 6:00 p.m. Delaney</td>
<td>TRX Circuit 6:45 p.m. Guido</td>
<td>Aquatic Exercise 6:00 p.m. Guido</td>
<td>Aquatic Exercise 6:00 p.m. Guido</td>
<td>Aquatic Exercise 6:00 p.m. Rachel</td>
<td>Studio Cycle 8:30 a.m. Noosha</td>
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<td>TRX Circuit 6:45 p.m. Liz</td>
<td>Dance Cardio 9:00 p.m. Benji</td>
<td>Dance Cardio 9:00 p.m. Benji</td>
<td>Aquatic Exercise 6:00 p.m. Guido</td>
<td>Aquatic Exercise 6:00 p.m. Guido</td>
<td>Total Body Conditioning 9:30 - 10:45 a.m. Noosha</td>
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<tr>
<td>Ab Attack 7:00 - 7:30 p.m. Katherine</td>
<td>Studio Cycle 7:15 - 8:00 p.m. Deirdre</td>
<td>Studio Cycle 7:15 - 8:00 p.m. Deirdre</td>
<td>Aquatic Exercise 6:00 p.m. Delaney</td>
<td>Studio Cycle 9:00 a.m. Stacey</td>
<td>Aquatic Exercise 6:00 p.m. Rachel</td>
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<tr>
<td>Studio Cycle 7:15 - 8:00 p.m. Deirdre</td>
<td>Zumba® 8:00 p.m. Hannah</td>
<td>Zumba® 8:00 p.m. Hannah</td>
<td>Studio Cycle 9:00 a.m. Stacey</td>
<td>Studio Cycle 7:15 - 8:00 p.m. Deirdre</td>
<td>Aquatic Exercise 6:00 p.m. Rachel</td>
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**KEY**
- Pool
- Multipurpose B
- Multipurpose C
- Multipurpose D
- Cycling Studio

- **Ab Attack**: A 30-minute, core sculpting workout.
- **Aquatic Exercise**: A dynamic aqua workout to improve overall fitness.
- **Arms & Abs**: A 30-minute, core and upper body strengthening workout.
- **Barre Fusion**: A 45-minute toning class to build your core and sculpt your total body.
- **Cardio Kickboxing**: Combines boxing techniques with fast-paced cardio movements.
- **Gutts-N-Butts**: Focuses on toning the lower body and core through various body-weight exercises and equipment.
- **H2O Pulse Cardio**: A 30-minute, core-sculpting workout.
- **Music Video Cycle**: Indoor cycle class set to music videos.
- **Step Aerobics**: An 80’s Classic using a step platform to a choreographed routine for a fun, cardio workout!
- **Studio Cycle**: Indoor cycle class that guides riders through hills, intervals, jumps & sprints.
- **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.
- **Total Knockout (T.K.O.)**: Torch fat with intense intervals of boxing, weight lifting, and conditioning drills! *8-12 oz boxing gloves recommended. No boxing experience required!*
- **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.

- 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.
YOGA

MON
- Vinyasa Flow 12:00 p.m. Adriana
- Vinyasa Flow 5:30 p.m. Adriana
- Beginners/Gentle 6:30 p.m. Tina
- Mindful Meditation 6:45 p.m. Adriana

TUE
- Slow Flow 6:30 a.m. Adriana
- Mindful Meditation 7:45 - 8:15 a.m. Adriana
- Hatha Flow 12:30 p.m. Rachel
- Vinyasa Flow 5:30 p.m. Rachel
- Hatha Flow 7:00 p.m. Tina

WED
- Power Yoga 6:30 - 7:30 a.m. Anamaria
- Vinyasa Flow 12:00 p.m. Adriana
- Power Flow 5:30 p.m. Tina
- Power Vinyasa 6:30 p.m. Lina
- Hatha Flow 7:00 p.m. Tina

THU
- Slow Flow 6:30 a.m. Adriana
- Mindful Meditation 7:45 - 8:15 a.m. Adriana
- Power Flow 5:30 p.m. Tina
- Hatha Flow 12:30 p.m. Carmen
- Hatha Flow 5:30 p.m. Adriana

FRI
- Vinyasa Flow 5:30 p.m. Tina
- Budokon Yoga 6:30 p.m. Noosha
- Power Flow 12:00 p.m. Carmen

SAT
- Hatha Flow 9:00 a.m. Martha
- Budokon Yoga 6:30 p.m. Noosha
- Beginners/Gentle 12:30 p.m. Anamaria

SUN
- Vinyasa Flow 10:00 a.m. Tina
- Beginners/Gentle 12:30 p.m. Anamaria

KEY
- Multipurpose A
- Multipurpose C

- Beginner/Gentle: This class is specifically geared towards beginners or those wishing to pursue a gentler, restorative yoga practice.
- 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 Flow: 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: A slow-moving, yin yoga inspired class. Poses will be held longer and emphasis will be on the movement of breath. Appropriate for all levels.

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

Member Status | Monthly Fee | One-Time Pass
---|---|---
Student Member | $10 | $7
Non-Student Member | $20 | $10
Non-Member | N/A | $10 + Facility Guest Fee

- Schedule subject to change.
- Yoga is a fee-based program.
- All classes are 1 hour & 15 minutes in length, unless noted.
- Please bring your own yoga mat.