# FALL 2019 CLASS SCHEDULES

**GROUP EXERCISE**

**UPDATED: September 9, 2019**

**EFFECTIVE: August 19, 2019**

- 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.

## MON
- **Aquatic Exercise**
  - 6:15 a.m.
  - Clara
- **Studio Cycle**
  - 6:30 a.m.
  - Elena
- **Barre Fusion**
  - 9:00 - 9:45 a.m.
  - Virginia
- **Arms & Abs**
  - 4:45 - 5:15 p.m.
  - Leyla
- **H2O Pulse Cardio**
  - 5:00 p.m.
  - Niki
- **Studio Cycle**
  - 5:30 p.m.
  - Steph
- **Gutts-N-Butts**
  - 5:30 p.m.
  - Karai
- **Cardio Kickboxing**
  - 6:00 p.m.
  - Katherine
- **Aquatic Exercise**
  - 6:00 p.m.
  - Delaney
- **TRX Circuit**
  - 6:45 p.m.
  - Liz
- **Ab Attack**
  - 7:00 - 7:30 p.m.
  - Katherine
- **Studio Cycle**
  - 7:15 - 8:00 p.m.
  - Deirdre
- **Zumba®**
  - 8:00 p.m.
  - Hannah

## TUE
- **Total Body Conditioning**
  - 6:30 a.m.
  - Chris
- **Studio Cycle**
  - 9:30 - 10:15 a.m.
  - Steph
- **Barre Fusion**
  - 9:00 - 9:45 a.m.
  - Virginia
- **Total Body Conditioning**
  - 4:30 - 5:15 p.m.
  - Guido
- **Ab Attack**
  - 4:30 - 5:00 p.m.
  - Katherine
- **Step Aerobics**
  - 5:00 p.m.
  - Katherine
- **Total Body Conditioning**
  - 5:30 p.m.
  - Guido
- **Zumba®**
  - 6:00 p.m.
  - Chiara
- **Music Video Cycle**
  - 7:00 - 7:45 p.m.
  - Barbara

## WED
- **Music Video Cycle**
  - 6:30 a.m.
  - Liz
- **Studio Cycle**
  - 9:00 a.m.
  - Stacey
- **Barre Fusion**
  - 9:00 - 9:45 a.m.
  - Virginia
- **Studio Cycle**
  - 12:00 - 12:45 p.m.
  - Karai
- **Ab Attack**
  - 4:45 - 5:15 p.m.
  - Guido
- **H2O Pulse Cardio**
  - 5:00 p.m.
  - Niki
- **Gutts-N-Butts**
  - 5:30 p.m.
  - Guido
- **Music Video Cycle**
  - 5:30 - 6:15 p.m.
  - Andrey
- **Zumba®**
  - 6:00 p.m.
  - Carolina

## THU
- **Super Sculpt**
  - 6:30 a.m.
  - Chris
- **Studio Cycle**
  - 9:30 - 10:15 a.m.
  - Steph
- **Barre Fusion**
  - 9:00 - 9:45 a.m.
  - Virginia
- **Total Body Conditioning**
  - 5:30 - 6:15 p.m.
  - Guido
- **Ab Attack**
  - 4:45 - 5:15 p.m.
  - Guido
- **Cardio Kickboxing**
  - 5:15 p.m.
  - Guido
- **Gutts-N-Butts**
  - 5:00 p.m.
  - Katherine
- **Zumba®**
  - 6:00 p.m.
  - Carolina
- **Studio Cycle**
  - 6:15 - 7:00 p.m.
  - Amy
- **Ab Attack**
  - 6:30 p.m.
  - Guido

## FRI
- **TRX Circuit**
  - 6:30 a.m.
  - Liz
- **Barre Fusion**
  - 9:00 - 9:45 a.m.
  - Virginia
- **Arms & Abs**
  - 4:30 - 5:00 p.m.
  - Katherine
- **T.K.O.**
  - 5:00 p.m.
  - Katherine
- **Studio Cycle**
  - 5:30 - 6:15 p.m.
  - Andrey
- **Aquatic Exercise**
  - 9:15 a.m.
  - Barbara
- **Studio Cycle**
  - 9:00 a.m.
  - Stacey
- **Arms & Abs**
  - 4:45 - 5:15 p.m.
  - Katherine
- **H2O Pulse Cardio**
  - 5:00 p.m.
  - Niki
- **Gutts-N-Butts**
  - 5:30 p.m.
  - Guido
- **Cardio Kickboxing**
  - 5:15 p.m.
  - Guido
- **Zumba®**
  - 6:00 p.m.
  - Rachel
- **Ab Attack**
  - 6:30 p.m.
  - Guido

## SAT
- **Aquatic Exercise**
  - 9:15 a.m.
  - Barbara
- **Total Body Conditioning**
  - 9:30 - 10:45 a.m.
  - Noosha
- **Studio Cycle**
  - 8:30 a.m.
  - Noosha
- **Total Body Conditioning**
  - 10:00 - 11:15 a.m.
  - Leyla
- **Zumba®**
  - 6:00 p.m.
  - Rachel

## SUN
- **Studio Cycle**
  - 9:00 a.m.
  - Stacey
- **Total Body Conditioning**
  - 10:00 - 11:15 a.m.
  - Deirdre
- **Zumba®**
  - 6:00 p.m.
  - Rachel

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

**ABBREVIATIONS**

- **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
YOGA

**MON**
- Vinyasa Flow
  - 12:00 p.m.
  - Adriana
- Vinyasa Flow
  - 5:30 p.m.
  - Adriana
- Beginner/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

**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

**FRI**
- Vinyasa Flow
  - 5:30 p.m.
  - Tina
- Budokon Yoga
  - 6:30 p.m.
  - Noosha

**SAT**
- Hatha Flow
  - 9:00 a.m.
  - Martha
- Power Flow
  - 12:00 p.m.
  - Carmen

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

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**KEY**
- **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.

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**Member Status**

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