### FALL 2019 CLASS SCHEDULES

**GROUP EXERCISE**

**EFFECTIVE:** August 19, 2019  
**UPDATED:** September 25, 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.

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

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

- **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
- Hatha Flow 7:00 p.m. Tina

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

WED
- Vinyasa Flow 12:00 p.m. Adriana
- Power Flow 5:30 p.m. Tina
- Mindful Meditation 7:45 - 8:15 a.m. Adriana
- Hatha Flow 12:30 p.m. Carmen
- Hatha Flow 5:30 p.m. Adriana

THU
- Slow Flow 6:30 a.m. Adriana
- Mindful Meditation 7:45 - 8:15 a.m. Adriana
- 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
- Power Flow 12:00 p.m. Carmen
- Beginner/Gentle 12:30 p.m. Anamaria

SUN
- Vinyasa Flow 10:00 a.m. Tina

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.

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

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