### FALL 2019 CLASS SCHEDULES

**GROUP EXERCISE**

**UPDATED: October 22, 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.

<table>
<thead>
<tr>
<th></th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SUN</th>
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<tbody>
<tr>
<td></td>
<td>Aquatic Exercise 6:15 a.m.</td>
<td>Total Body Conditioning 6:30 a.m. Chris</td>
<td>Aquatic Exercise 6:15 a.m. Delaney</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></td>
<td>Clara</td>
<td>Studio Cycle 9:30 - 10:15 a.m. Steph</td>
<td>Music Video Cycle 6:30 a.m. Liz</td>
<td>Studio Cycle 9:30 - 10:15 a.m. Steph</td>
<td>Barre Fusion 9:05 - 9:45 a.m. Virginia</td>
<td>Total Body Conditioning 9:30 - 10:45 a.m. Noosha</td>
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<td>Studio Cycle 6:30 a.m.</td>
<td>Studio Cycle 4:30 - 5:15 p.m. Guido</td>
<td>Barre Fusion 9:05 - 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>Total Body Conditioning 9:30 - 10:45 a.m. Noosha</td>
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<td></td>
<td>Elena</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>Zumba® 6:00 p.m. Rachel</td>
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<td></td>
<td>Barre Fusion 9:05 - 9:45 a.m. Virginia</td>
<td>Step Aerobics 5:00 p.m. Katherine</td>
<td>Ab Attack 4:45 - 5:15 p.m. Guido</td>
<td>Gutts-N-Butts 5:00 p.m. Katherine</td>
<td>Cardio Kickboxing 5:15 p.m. Guido</td>
<td>Studio Cycle 6:15 - 7:00 p.m. Amy</td>
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<td>Leyla</td>
<td>Total Body Conditioning 5:30 p.m. Guido</td>
<td>H20 Pulse Cardio 5:00 p.m. Niki</td>
<td>Gutts-N-Butts 5:30 p.m. Guido</td>
<td>Zumba® 6:00 p.m. Carolina</td>
<td>Dance Cardio 9:00 p.m. Benji</td>
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<td>Arms &amp; Abs 4:45 - 5:15 p.m.</td>
<td>Studio Cycle 5:30 - 6:15 p.m. Karai</td>
<td>Studio Cycle 5:30 - 6:15 p.m. Guido</td>
<td>Music Video Cycle 5:30 - 6:15 p.m. Andrey</td>
<td>Studio Cycle 6:15 - 7:00 p.m. Amy</td>
<td>Multipurpose B 8:00 p.m. Hannah</td>
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<td>Leyla</td>
<td>Zumba® 6:00 p.m. Carolina</td>
<td>Zumba® 6:00 p.m. Rachel</td>
<td>Music Video Cycle 5:30 - 6:15 p.m. Andrey</td>
<td>Total Body Conditioning 6:45 p.m. Guido</td>
<td>Multipurpose C 8:00 p.m.</td>
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<td>Studio Cycle 7:15 - 8:00 p.m. Deirdre</td>
<td>Aquatic Exercise 6:00 p.m. Delaney</td>
<td>Zumba® 6:00 p.m. Rachel</td>
<td>Aquatic Exercise 6:00 p.m. Delaney</td>
<td>Total Body Conditioning 6:45 p.m. Guido</td>
<td>Multipurpose D 8:00 p.m.</td>
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<td>Zumba® 8:00 p.m.</td>
<td>Total Body Conditioning 7:00 - 7:45 p.m. Chiara</td>
<td>Dance Cardio 9:00 p.m. Benji</td>
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<td>Cycling Studio</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
- **H20 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!
- **Total Body Conditioning**: A full-body workout 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 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.
  - 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

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

**SAT**
- Vinyasa Flow
  - 10:00 a.m.
  - Tina
- 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**
- Student Member: $10
- Non-Student Member: $20
- Non-Member: N/A

**Monthly Fee**
- Student Member: $10
- Non-Student Member: $20
- Non-Member: N/A

**One-Time Pass**
- Student Member: $7
- Non-Student Member: $10
- Non-Member: $10 + Facility Guest Fee

Visit [www.miami.edu/wellness](http://www.miami.edu/wellness) for more information about our Group Exercise & Yoga programs.