### FALL 2020 CLASS SCHEDULE

**OUTDOOR & VIRTUAL GROUPX**

**VIRTUAL SCHEDULE EFFECTIVE 8/17/2020**

**OUTDOOR SCHEDULE EFFECTIVE 8/24/2020**

**UPDATED: 9/1/20**

*IMPORTANT: You MUST register for a class through the UM Wellness app or at wellness.miami.edu prior to attending. Zoom codes are available upon registration.*

#### MON
- **Total Body Conditioning**
  - 6:30 a.m.
  - Chris
- **Beach Babes**
  - 11:00 a.m.
  - Katherine
- **Cardio Kickboxing**
  - 5:00 p.m.
  - Guido
- **Guts & Butts**
  - 5:00 p.m.
  - Leyla
- **Cardio Funk**
  - 6:30 p.m.
  - Carolina

#### TUE
- **Yoga & Meditation**
  - 8:00 a.m.
  - Adriana
- **Outdoor Spin**
  - 8:30 a.m.
  - Andrey
- **Guts & Butts**
  - 12:00 p.m.
  - Guido
- **Gentle Yoga**
  - 6:30 p.m.
  - Tina
- **Outdoor Spin**
  - 7:00 p.m.
  - Liz

#### WED
- **20/20/20**
  - 6:30 a.m.
  - Chris
- **Yoga & Meditation**
  - 8:00 a.m.
  - Adriana
- **Outdor Spin**
  - 8:30 a.m.
  - Noosha
- **Gluteus Mayhem**
  - 5:00 p.m.
  - Guido
- **Power Yoga**
  - 5:30 p.m.
  - Tina

#### THU
- **Yoga & Meditation**
  - 8:00 a.m.
  - Adriana
- **Outdoor Spin**
  - 8:30 a.m.
  - Noosha
- **The Knockout**
  - 11:00 a.m.
  - Katherine
- **Gluteus Mayhem**
  - 5:00 p.m.
  - Guido
- **H.I.I.T.**
  - 12:00 p.m.
  - Guido

#### FRI
- **Smooth Sculpting**
  - 11:00 a.m.
  - Katherine
- **Fierce & Fit Dance Cardio**
  - 6:30 p.m.
  - Haley
- **Vinyasa Flow Yoga**
  - 5:30 p.m.
  - Tina

#### SAT
- **Outdoor Spin**
  - 10:30 a.m.
  - Noosha
- **Vinyasa Flow Yoga**
  - 10:30 a.m.
  - Tina

#### SUN
- **Bootcamp**
  - 9:30 a.m.
  - Leyla

#### KEY
- **Virtual (Zoom)**
- **Outoor Basketball Court**
- **Spruance Outdoor Gym (Lakeside Village)**
- **IM Fields**
- **Lakeside Village Lawn**

- **Schedule subject to change**
- **Classes are FREE!**
- **All classes are 1 hour in length, except Yoga & Meditation which is 1 hour 15 minutes**

- **Beach Babes**: Heat it up with some cardio and strength based body sculpting.
- **Bootcamp**: Burn fat and build muscle with intense intervals of conditioning drills!
- **Cardio Kickboxing**: Combines boxing techniques with fast-paced cardio movements.
- **Fierce & Fit Dance Studio**: High energy latin and caribbean inspired dance cardio.
- **Gluteus Mayhem**: Scorch those glutes in this fun and intense lower body focused class.
- **Guts & Butts**: High intensity workout targeting core and glutes.
- **H.I.I.T.**: High Intensity Interval Training - a fast paced calorie burning cardio and strength class.
- **The Knockout**: Try to keep up with this kickboxing inspired class!
- **Outdoor Spin**: Get some fresh air and some major miles in outdoor studio spin class.
- **Smooth Sculpting**: Low impact body sculpting and cardio training.
- **Total Body Conditioning**: A full body workout featuring cardio, strength, and core!
- **Zumba®**: Combines high energy, motivating Latin music with unique moves and combinations.
- **20/20/20**: An interval style high intensity class bound to make you sweat.
- **Gentle Yoga**: This class is specifically geared towards beginners or those wishing to pursue a gentler, restorative yoga practice.
- **Power Yoga**: 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 Yoga**: 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.
- **Yoga & Meditation**: Yoga for all levels followed by 15 minutes of mindfulness meditation.
- **Vinyasa Flow Yoga**: 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.

Visit [www.miami.edu/wellness](http://www.miami.edu/wellness) for more information.