

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	TUE	WED	THU	FRI	SAT
Total Body Conditioning 6:30 a.m. Chris	Yoga & Meditation 8:00 a.m. Adriana	20/20/20 6:30 a.m. Chris	Yoga & Meditation 8:00 a.m. Adriana	Smooth Sculpting 11:00 a.m. Katherine	Outdoor Spin 10:30 a.m. Noosha
Beach Babes 11:00 a.m. Katherine	Outdoor Spin 8:30 a.m. Andrey	Outdoor Spin 8:30 a.m. Noosha	Outdoor Spin 8:30 a.m. Andrey	Fierce & Fit Dance Cardio 6:30 p.m. Haley	Vinyasa Flow Yoga 10:30 a.m. Tina
Cardio Kickboxing 5:00 p.m. Guido	Guts & Butts 12:00 p.m. Guido	The Knockout 11:00 a.m. Katherine	H.I.I.T. 12:00 p.m. Guido	Vinyasa Flow Yoga 5:30 p.m. Tina	
Guts & Butts 5:00 p.m. Leyla	Gentle Yoga 6:30 p.m. Tina	Gluteus Mayhem 5:00 p.m. Guido	Slow Flow Yoga 5:30 p.m. Jacqueline		
Cardio Funk 6:30 p.m. Carolina	Outdoor Spin 7:00 p.m. Liz	Power Yoga 5:30 p.m. Tina	H.I.I.T. 7:00 p.m. Liz		Bootcamp 9:30 a.m. Leyla

KEY

Virtual (Zoom)	
Outdoor 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 for more information.