**Fall 2020 Class Schedule**

### 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!

### Vinyasa Flow Yoga:
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.

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**Virtual Schedule Effective 8/17/2020**
**Outdoor Schedule Effective 8/24/2020**
**Updated: 11/5/20**

**Key**
- Virtual (Zoom)
- Lakeside Patio Stage
- 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

**Visit www.miami.edu/wellness for more information.**