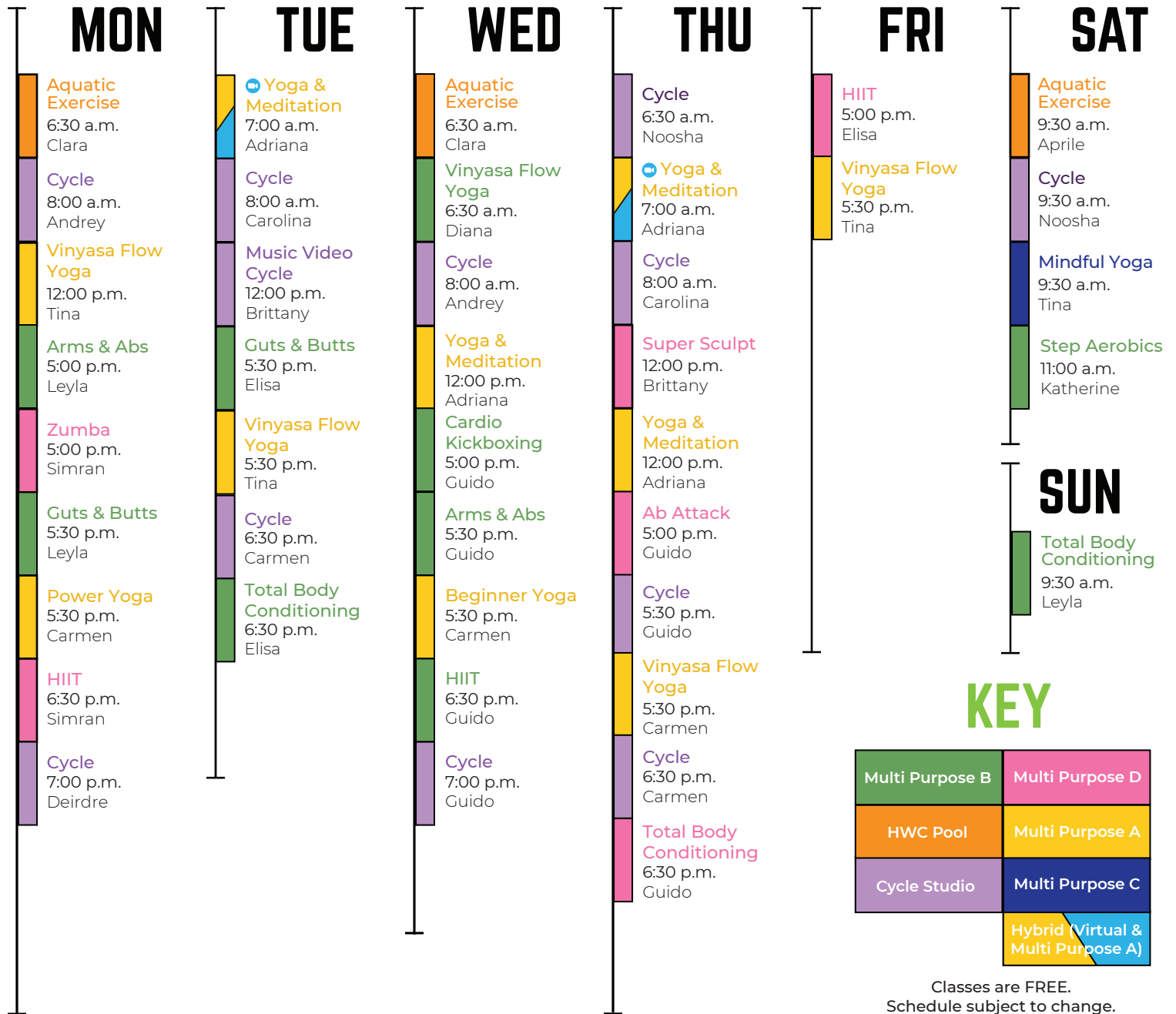


FALL 2021 GROUPX SCHEDULE

EFFECTIVE: 8/23/21 • UPDATED: 10/14/21

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. You can register up to 72 hours in advance.



Ab Attack: A core sculpting workout (30 min.)

Arms & Abs: Core and upper body strengthening workout (30 min.)

Aquatic Exercise: This low impact workout uses the natural resistance of water to strengthen your muscles and take pressure off of the joints (60 min.)

Beginner Yoga: Follow a beginner-friendly yoga sequence (60 min.)

Cardio Kickboxing: Get your heart pumping in this high-energy class (30 min.)

Cycle: Get major miles in this studio spin class (45 min.)

Fierce & Fit: An empowering Hip-Hop/Latin Fusion dance workout designed to bring out your inner performer (60 min.)

Guts & Butts: High intensity workout targeting core and glutes (45 min.)

HIIT: High intensity interval training guaranteed to get your heart pumping (45 min.)

Mindful Yoga: Slowly go through a sequence of Hatha yoga poses (60 min.)

Music Video Cycle: High-intensity and endurance-focused spin class (45 min.)

Pound Rockout: Full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements while using lightly-weighted drumsticks to drum to the rhythm of the music (45 min.)

Power Yoga: Appropriate for those looking for a more strenuous practice and want to add flexibility, balance, and concentration to their exercise routines (60 min.)

Step Aerobics: Action-packed cardio and strength training (60 min.)

Super Sculpt: Total body workout using the step, weights, bars and bands to tone from head to toe (45 min.)

The Knockout: Cardio kickboxing-inspired total body workout (60 min.)

Total Body Conditioning: Full body workout featuring cardio, strength, and core (30 min.)

Vinyasa Flow Yoga: Step-by-step progression that has a beginning, middle and end (60 min.)

Yoga & Meditation: Extended yoga class that includes mindful meditation practices at the end (75 min.)

Zumba@: Latin-inspired dance fitness cardio (60 min.)