

SPRING 2018 CLASS SCHEDULES

Last updated: 3/20/2018

GROUP EXERCISE

EFFECTIVE: JANUARY 16 - MAY 6



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Studio Cycle 6:30 a.m. Chris	Super Sculpt (B) 6:30 a.m. Kristen	Music Video Cycle 6:30 a.m. Liz	Total Body Conditioning (B) 6:30 a.m. Lexi	TRX Circuit (B) 6:30 a.m. Liz	Aquatic Exercise 9:15 a.m. Barbara
Aquatic Exercise 6:30 a.m. Clara M.	Total Body Conditioning (D) 9:30 a.m. Maru	Aquatic Exercise 6:30 a.m. Angie/Chris	Super Sculpt 9:30 a.m. Maru	Aquatic Exercise 6:30 a.m. Barbara	Total Body Conditioning (B) 9:30 - 10:45 a.m. Jamie
Music Video Cycle 9:30 a.m. Sam	Music Video Cycle 12:00 - 12:45 p.m. Lexi	Studio Cycle 9:30 a.m. Stacey	Music Video Cycle 12:00 - 12:45 p.m. Brian	Music Video Cycle 9:30 a.m. Jamie	Studio Cycle 11:00 a.m. Kayla
Ab Attack (D) 10:30 - 11:00 a.m. Sam	Arms & Abs (D) 12:50 - 1:20 p.m. Lexi	Super Sculpt (B) 12:00 - 12:45 p.m. Lexi	Arms & Abs (D) 12:50 - 1:20 p.m. Brian	Ab Attack (D) 10:30 - 11:00 a.m. Jamie	
Super Sculpt (B) 12:00 - 12:45 p.m. Brian	Studio Cycle 5:15 - 6:00 p.m. Lauren	Ab Attack (B) 4:45 - 5:15 p.m. Sam	Music Video Cycle 5:15 - 6:00 p.m. Claire	Total Body Conditioning (B) 12:00 - 12:45 p.m. Brian	SUNDAY Total Body Conditioning (B) 10:00 - 11:15 a.m. Leyla
Upper Body Sculpt (B) 4:45 - 5:15 p.m. Leyla	Total Body Conditioning (D) 5:45 p.m. Kayla	Gutts-N-Butts (B) 5:30 p.m. Sam	Total Body Conditioning (D) 5:45 p.m. Guido	Super Sculpt (B) 1:00 - 1:45 p.m. Brian	Music Video Cycle 11:00 a.m. Jamie
Gutts-N-Butts (B) 5:30 p.m. Leyla	Hip Hop Cardio (B) 6:00 p.m. Benji	Zumba® (D) 5:45 p.m. Courtney	Zumba® (B) 6:00 p.m. Benji	Ab Attack (B) 4:45 - 5:15 p.m. Sam	Zumba® (B) 5:30 p.m. Kayla
Zumba® (D) 5:45 p.m. Kayla	Ab Attack (D) 6:50-7:20 p.m. Kayla	Studio Cycle 5:30 - 6:15 p.m. Lexi	Ab Attack (D) 6:50 - 7:20 p.m. Claire	Studio Cycle 5:45 - 6:30 p.m. Sam	Studio Cycle 6:30 - 7:15 p.m. Clara S.
Studio Cycle 5:30 - 6:15 p.m. Bryan	Music Video Cycle 7:00 - 7:45 p.m. Liz	Aquatic Exercise 6:00 p.m. Kristen	Studio Cycle 7:00 - 7:45 p.m. Guido		Total Body Conditioning (B) 7:30 p.m. Clara S.
Aquatic Exercise 6:00 p.m. Bethany	Gutts-N-Butts (B) 8:00 p.m. Jamie	Super Sculpt 6:45 p.m. Guido	Super Sculpt (B) 8:00 p.m. Guido		
TRX Circuit (B) 6:45 p.m. Liz		Music Video Cycle 7:15 - 8:00 p.m. Kayla			
Studio Cycle 7:15 - 8:00 p.m. Deirdre		Zumba® (B) 8:00 p.m. Hayley			
Zumba® (B) 8:00 p.m. Hayley					

- 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.




[@umiamiwellness](https://www.instagram.com/umiamiwellness)

KEY

Pool

Multipurpose B

Multipurpose D

Cycling Studio

- **Ab Attack:** A 30-minute, core-sculpting workout.
- **Arms & Abs:** A 30-minute core and upper body strengthening workout.
- **Bootcamp:** A total body workout that incorporates a mix of lifting, jumping, sprinting, hurdles and performing drills.
- **Gutts-N-Butts:** Focuses on toning the lower body and core through various body-weight exercises and equipment.
- **HIIT:** A cardio-based workout that progresses through short, intense intervals.
- **Hip Hop Cardio:** Break it down and sweat it out with easy-to-learn dance moves and your favorite hip-hop music.
- **Music Video:** Indoor cycle class set to music videos.
- **STRONG by Zumba:** High intensity interval training using fitness moves and synced music choreographed by Zumba.
- **Studio Cycle:** Indoor cycle class that guides riders through hills, intervals, jumps and sprints.
- **Super Sculpt:** Get a total body workout using the step, weights, bars and bands to tone from head to toe.
- **Total Body Conditioning:** A full-body workout with a mixture of cardio, strength and core.
- **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.
- **Aquatic Exercise:** Low impact combo of cardio, strength and stretching exercises in the pool using water exercise weights.



YOGA

EFFECTIVE: JANUARY 16 - MAY 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
Vinyasa Flow (A) 12:00 p.m. Adriana	Restorative (C) 6:30 a.m. Angie	Vinyasa Flow (A) 12:00 p.m. Adriana	Slow Flow (A) 6:30 a.m. Adriana	Vinyasa Flow (A) 12:00 p.m. Sam	Vinyasa Flow (A) 10:00 a.m. Tina
Vinyasa Flow (A) 5:30 p.m. Adriana	Hatha (A) 12:30 p.m. Martha	Beginner/Gentle (A) 5:30 p.m. Tina	Hatha (A) 12:30 p.m. Martha	Vinyasa Flow (A) 5:30 p.m. Tina	Beginner/Gentle (C) 12:30 p.m. Anamaria
Beginner/Gentle (C) 6:45 p.m. Tina	Vinyasa Flow (A) 5:30 p.m. Anamaria	Vinyasa Flow (C) 6:45 p.m. Isabella	Mindful Yoga (A) 5:30 p.m. Adriana	SATURDAY Hatha (A) 9:00 a.m. Martha	Vinyasa Flow (C) 5:15 p.m. Tina
	Vinyasa Flow (A) 7:00 p.m. Tina			Power (A) 12:00 p.m. Carmen	
					KEY Multipurpose A Multipurpose C

Schedule subject to change • Yoga is a fee-based program • Classes are 1 hour & 15 minutes in length, unless noted • Please bring your own yoga mat

- **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:** 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 the breath. Appropriate for all levels.
- **Restorative:** Learn to relax the nervous system, find clarity of the mind and restore your body's energy through these relaxation techniques. Many of these poses will help to reduce back pain and increase range of motion of the shoulders, hips and lower back.
- **Mindful Yoga:** This class consists of slowly going through the sequence of Hatha yoga postures with great emphasis on mindfulness and approaching one's current limits with gentleness.
- **Beginner/Gentle:** This class is specifically geared towards beginners or those wishing to pursue a gentler, restorative yoga practice.

	Full Semester <i>Jan. 16 - May 6</i>	First Prorate <i>Feb. 19</i>	Second Prorate <i>Mar. 26</i>	One-Time Pass
Student Member	\$60	\$45	\$30	\$7
Non-Student Member	\$96	\$72	\$48	\$10
Non-Member	N/A	N/A	N/A	\$10 + Facility Guest

Visit www.miami.edu/wellness for more information about our Group Exercise, Studio Cycling & Yoga programs.

