## SPRING 2019 CLASS SCHEDULES

**Updated: January 16, 2019**

**GROUP EXERCISE**

**EFFECTIVE:** January 14 - May 5

### MONDAY
- **Studio Cycle** 6:30 a.m. Elena
- **Aquatic Exercise** 6:30 a.m. Clara
- **TRX Circuit** 12:00 p.m. Jamie
- **Arms & Abs** 4:45 - 5:15 p.m. Leyla
- **H₂O Pulse Cardio** 5:00 p.m. Niki
- **Gutts & Butts** 5:30 p.m. Leyla
- **Zumba®** 6:00 p.m. Carolina
- **Aquatic Exercise** 6:00 p.m. Aprilile
- **TRX Circuit** 6:45 p.m. Liz
- **Studio Cycle** 7:15 - 8:00 p.m. Deirdre
- **Cardio Kickboxing** 8:00 p.m. Katherine

### TUESDAY
- **Total Body Conditioning** 6:30 a.m. Chris
- **Bootcamp** 9:30 a.m. Shereen
- **LOTTO Fitness** 12:00 p.m. Cole
- **Total Body Conditioning** 5:45 p.m. Guido
- **Total K.O.** 6:00 p.m. Katherine
- **Power 30 H.I.I.T.** 8:30 - 9:00 p.m. Chris

### WEDNESDAY
- **Music Video Cycle** 6:30 a.m. Chris
- **Aquatic Exercise** 6:30 a.m. Chris
- **Super Sculpt** 12:00 - 12:45 p.m. Karai
- **Studio Cycle** 12:00 - 12:45 p.m. Karai
- **Cardio Kickboxing** 5:45 p.m. Guido
- **Ab Attack** 4:45 - 5:15 p.m. Jamie
- **Zumba®** 6:00 p.m. Carolina
- **Ab Attack** 6:50 - 7:20 p.m. Guido

### THURSDAY
- **Super Sculpt** 6:30 a.m. Chris
- **Studio Cycle** 6:30 a.m. Chris
- **Studio Cycle** 4:15 - 5:00 p.m. Guido
- **Cardio Kickboxing** 5:45 p.m. Guido
- **Zumba®** 5:45 p.m. Rachel
- **Aquatic Exercise** 6:00 p.m. Delaney
- **Total Body Conditioning** 6:45 p.m. Guido
- **Cardio Kickboxing** 8:00 p.m. Katherine
- **Total K.O.** 5:00 p.m. Katherine

### FRIDAY
- **TRX Circuit** 6:30 a.m. Liz
- **Aquatic Exercise** 6:30 a.m. Barbara
- **Barre Fusion** 8:45 a.m. Jayme
- **Studio Cycle** 9:30 a.m. Jamie
- **Total K.O.** 6:00 p.m. Katherine
- **Music Video Cycle** 5:00 p.m. Andrey
- **Bootcamp** 7:30 p.m. Chris

### SATURDAY
- **Aquatic Exercise** 9:15 a.m. Barbara
- **Total Body Conditioning** 9:30 - 10:45 a.m. Jamie
- **Music Video Cycle** 11:00 a.m. Andrey
- **Total Body Conditioning** 10:00 - 11:15 a.m. Leyla
- **Music Video Cycle** 11:00 a.m. Jamie
- **Total K.O.** 5:00 p.m. Rachel
- **Studio Cycle** 6:30 - 7:15 p.m. Chris

### SUNDAY
- **Total Body Conditioning** 10:00 - 11:15 a.m. Leyla
- **Aquatic Exercise** 11:00 a.m. Jamie

### KEY
- **Pool**
- **Multipurpose B**
- **Multipurpose D**
- **Cycling Studio**

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- **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.**

**Ab Attack:** A 30-minute, core-sculpting workout
**Arms & Abs:** A 30-minute, core and upper body strengthening workout
**Barre Circuit:** A mix of Pilates, dance, yoga, and functional training elements choreographed to motivating music.
**Bootcamp:** A total body workout that incorporates a mix of lifting, jumping, sprinting, hurdles and performing drills.
**Cardio Kickboxing:** Combines boxing techniques with fast-paced cardio movements
**Dance Fitness:** Focuses on toning the lower body and core through various body-weight exercises and equipment
**LOTTO Fitness:** A total body workout, always expect a change-up with a mix of cardio, strength, and power circuits
**Music Video Cycle:** Indoor cycle class set to music videos
**Power 30 H.I.I.T.:** An intense 30 minutes of strength exercises to keep your heart rate up for a challenging H.I.I.T. class
**Studio Cycle:** Indoor cycle class that guides riders through hills, intervals, jumps & 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
**Total Knockout:** A shadow-boxing class incorporating light weights for power and strength
**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

- **20/20/20:** A total body workout, 20 minutes of strength, 20 minutes of cardio, 20 minutes of core
**YOGA**  
**EFFECTIVE: January 14 - May 5**

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<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<th>SATURDAY</th>
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<tbody>
<tr>
<td>Vinyasa Flow 8:00 a.m. Adriana</td>
<td>Slow Flow 6:30 a.m. Adriana</td>
<td>Sunrise Yoga 7:00 a.m. Adriana</td>
<td>Slow Flow 6:30 a.m. Adriana</td>
<td>Vinyasa Flow 12:00 p.m. Carmen</td>
<td>Hatha Flow 9:00 a.m. Martha</td>
<td>Vinyasa Flow 10:00 a.m. Tina</td>
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**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.
- **Vinyasa Vibes**: A traditional Vinyasa class set to current music.
- **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.

### Member Status:

- **Student Member**: $60  
  - 1st Prorate: $40  
  - 2nd Prorate: $30  
  - One-Time Pass: $7
- **Non-Student Member**: $96  
  - 1st Prorate: $60  
  - 2nd Prorate: $48  
  - One-Time Pass: $10
- **Non-Member**: N/A  
  - N/A  
  - N/A  
  - One-Time Pass: $10 + Facility Guest Fee

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