GROUP EXERCISE

SPRING 2019 CLASS SCHEDULES

EFFECTIVE: January 14 - May 5

Updated: February 27, 2019

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. April
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
Studio Cycle 4:15 - 5:00 p.m. Guido
Total K.O. 6:00 p.m. Katherine
20/20/20 6:30 p.m. Chris
Music Video Cycle 7:00 - 7:45 p.m. Chiara
Dance Fitness 7:30 p.m. Benji
Power 30 H.I.I.T. 8:30 - 9:00 p.m. Chris

WEDNESDAY

Music Video Cycle 6:30 a.m. Liz
Aquatic Exercise 6:30 a.m. Chris
Studio Cycle 9:30 a.m. Stacey
Super Sculpt 12:00 p.m. Jamie
Ab Attack 4:45 - 5:15 p.m. Guido
Gutts-N-Butts 5:30 p.m. Guido
Studio Cycle 5:30 - 6:15 p.m. Karai
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

THURSDAY

Super Sculpt 6:30 a.m. Chris
Mind to Muscle 12:00 p.m. Joe
Studio Cycle 12:00 - 12:45 p.m. Karai
Studio Cycle 4:15 - 5:00 p.m. Guido
Ab Attack 6:50 am to 7:20 p.m. Karai
Zumba* 6:00 p.m. Carolina
Total K.O. 5:00 p.m. Catherine
Music Video Cycle 5:00 p.m. Andrey

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. 5:00 p.m. Katherine
Zumba® 5:30 p.m. Rachel

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
Studio Cycle 6:30 - 7:15 p.m. Chris
Bootcamp 7:30 p.m. Chris

- 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.

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
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>
<th>FRIDAY</th>
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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.

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