GROUP EXERCISE

**SPRING 2019 CLASS SCHEDULES**

**EFFECTIVE: January 14 - May 5**

- 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.

### Pool

- **Aquatic Exercise**
  - 6:30 a.m.: Elena
  - 6:45 - 5:15 p.m.: Clara

- **TRX Circuit**
  - 1:00 p.m.: Jamie

- **Arms & Abs**
  - 4:45 - 5:15 p.m.: Leyla

- **H2O Pulse Cardio**
  - 5:00 p.m.: Niki

- **Zumba®**
  - 6:00 p.m.: Carolina

- **Aquatic Exercise**
  - 6:00 p.m.: April

- **TRX Circuit**
  - 6:45 p.m.

- **Studio Cycle**
  - 7:15 - 8:00 p.m.: Deirdre

- **Cardio Kickboxing**
  - 8:00 p.m.: Katherine

### Multipurpose B

- **Music Video Cycle**
  - 5:00 p.m.: Chiara

- **Dance Fitness**
  - 7:30 p.m.: Benji

- **Power 30 H.I.I.T.**
  - 8:30 - 9:00 p.m.: Chris

### Multipurpose D

- **Aquatic Exercise**
  - 6:30 a.m.

- **Total Body Conditioning**
  - 6:45 p.m.

- **Studio Cycle**
  - 12:00 p.m.

- **Super Sculpt**
  - 6:00 p.m.

- **Cardio Kickboxing**
  - 8:00 p.m.

### Cycling Studio

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Studio Cycle</strong></td>
<td><strong>Total Body Conditioning</strong></td>
<td><strong>Music Video Cycle</strong></td>
<td><strong>Super Sculpt</strong></td>
<td><strong>TRX Circuit</strong></td>
<td><strong>Aquatic Exercise</strong></td>
</tr>
<tr>
<td>6:30 a.m.: Elena</td>
<td>6:30 a.m.: Chris</td>
<td>6:30 a.m.: Liz</td>
<td>6:30 a.m.: Chris</td>
<td>6:30 a.m.: Liz</td>
<td>9:15 a.m.: Barbara</td>
</tr>
<tr>
<td><strong>Aquatic Exercise</strong></td>
<td><strong>Studio Cycle</strong></td>
<td><strong>Music Video Cycle</strong></td>
<td><strong>Mind to Muscle</strong></td>
<td><strong>Aquatic Exercise</strong></td>
<td><strong>Total Body Conditioning</strong></td>
</tr>
<tr>
<td>6:30 a.m.: Clara</td>
<td>12:00 p.m.: Steph</td>
<td>12:00 p.m.: Joe</td>
<td>6:30 a.m.: Barbara</td>
<td>9:30 - 10:45 a.m.: Jamie</td>
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<tr>
<td><strong>TRX Circuit</strong></td>
<td><strong>Studio Cycle</strong></td>
<td><strong>Super Sculpt</strong></td>
<td><strong>Studio Cycle</strong></td>
<td><strong>Barre Fusion</strong></td>
<td><strong>Music Video Cycle</strong></td>
</tr>
<tr>
<td>12:00 p.m.: Jamie</td>
<td>9:30 a.m.: Stacey</td>
<td>12:00 a.m. - 12:45 p.m.: Karai</td>
<td>12:00 a.m. - 12:45 p.m.: Karai</td>
<td>8:45 a.m.: Jayme</td>
<td>11:00 a.m.: Jamie</td>
</tr>
<tr>
<td><strong>Arms &amp; Abs</strong></td>
<td><strong>Total Body Conditioning</strong></td>
<td><strong>Studio Cycle</strong></td>
<td><strong>Total K.O.</strong></td>
<td><strong>Total K.O.</strong></td>
<td><strong>Zumba®</strong></td>
</tr>
<tr>
<td>4:45 - 5:15 p.m.: Leyla</td>
<td>5:45 p.m.</td>
<td>5:00 p.m.: Guido</td>
<td>5:00 p.m.: Guido</td>
<td>5:00 p.m.: Guido</td>
<td>5:30 p.m.: Rachel</td>
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<tr>
<td><strong>Aquatic Exercise</strong></td>
<td><strong>20/20/20</strong></td>
<td><strong>Studio Cycle</strong></td>
<td><strong>Studio Cycle</strong></td>
<td><strong>Zumba®</strong></td>
<td><strong>Studio Cycle</strong></td>
</tr>
<tr>
<td>7:30 p.m.: Carolina</td>
<td>6:30 p.m.: Guido</td>
<td>5:30 - 6:15 p.m.: Karai</td>
<td>6:30 p.m.: Carolina</td>
<td>5:00 p.m.: Katherine</td>
<td>6:30 - 7:15 p.m.: Chris</td>
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<tr>
<td><strong>Zumba®</strong></td>
<td><strong>Zumba®</strong></td>
<td><strong>Studio Cycle</strong></td>
<td><strong>Zumba®</strong></td>
<td><strong>Studio Cycle</strong></td>
<td><strong>Bootcamp</strong></td>
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<tr>
<td>6:00 p.m.</td>
<td>5:00 p.m.: Rachel</td>
<td>6:00 p.m.: Steph</td>
<td>6:00 p.m.: Andrey</td>
<td>6:00 p.m.: Chris</td>
<td>7:30 p.m.: Chris</td>
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</tbody>
</table>

### 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:** Break it down and sweat it out with easy-to-learn dance moves and your favorite hip-hop music
- **Gutts-N-Butts:** Focuses on toning the lower body and core through various body-weight exercises and equipment
- **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:** A full-body workout with a mixture of cardio, strength, and core
- **Total Body Conditioning:** A full-body workout using the step, weights, bars and bands to tone from head to toe
- **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

**Updated: April 1, 2019**
### YOGA
**EFFECTIVE: January 14 - May 5**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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</thead>
<tbody>
<tr>
<td>Vinyasa Flow 8:00 a.m. Elena</td>
<td>Slow Flow 6:30 a.m. Adriana</td>
<td>Sunrise Yoga 6:45 - 7:45 a.m. Anamaria</td>
<td>Slow Flow 6:30 a.m. Adriana</td>
<td>Hatha Flow 6:30 a.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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<tr>
<td>Vinyasa Flow 12:00 p.m. Adriana</td>
<td>Hatha Flow 12:00 p.m. Rachel</td>
<td>Vinyasa Flow 12:00 p.m. Adriana</td>
<td>Mindful Meditation 7:45 - 8:15 a.m. Adriana</td>
<td>Vinyasa Flow 12:00 p.m. Carmen</td>
<td>Vinyasa Flow 12:00 p.m. Carmen</td>
<td>Beginner/Gentle 12:30 p.m. Anamaria</td>
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<tr>
<td>Vinyasa Flow 5:30 p.m. Adriana</td>
<td>Vinyasa Flow 5:30 p.m. Rachel</td>
<td>Mindful Meditation 1:15 - 1:45 p.m. Adriana</td>
<td>Hatha Flow 12:30 p.m. Carmen</td>
<td>Power Vinyasa 5:30 p.m. Tina</td>
<td>Power Flow 12:00 p.m. Carmen</td>
<td>Power Vinyasa 5:15 p.m. Katie</td>
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<tr>
<td>Hatha Flow 6:30 p.m.</td>
<td>Beginner/Gentle 7:00 p.m. Tina</td>
<td>Power Flow 5:30 p.m. Tina</td>
<td>Restorative Yoga 5:30 p.m. Carmen</td>
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<tr>
<td>Mindful Meditation 6:50 - 7:20 p.m. Adriana</td>
<td>Vinyasa Flow 6:30 p.m. Anastasia</td>
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**Member Status**

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<tr>
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<tbody>
<tr>
<td>Student Member</td>
<td>$60</td>
<td>$40</td>
<td>$30</td>
</tr>
<tr>
<td>Non-Student Member</td>
<td>$96</td>
<td>$60</td>
<td>$48</td>
</tr>
<tr>
<td>Non-Member</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</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.

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