**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.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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</thead>
<tbody>
<tr>
<td>Studio Cycle 6:30 a.m.</td>
<td>Total Body Conditioning 6:30 a.m.</td>
<td>Music Video Cycle 6:30 a.m.</td>
<td>Super Sculpt 6:30 a.m. Chris</td>
<td>TRX Circuit 6:30 a.m. Liz</td>
<td>Aquatic Exercise 9:15 a.m. Barbara</td>
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<tr>
<td>Elena</td>
<td>Chris</td>
<td>Liz</td>
<td>Chris</td>
<td>Barbara</td>
<td>Total Body Conditioning 9:30 - 10:45 a.m. Jamie</td>
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<tr>
<td>Aquatic Exercise 6:30 a.m.</td>
<td>Bootcamp 9:30 a.m. Shereen</td>
<td>Aquatic Exercise 6:30 a.m.</td>
<td>Studio Cycle 12:00 - 12:45 p.m. Karai</td>
<td>Aquatic Exercise 6:30 a.m. Barbara</td>
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<tr>
<td>Clara</td>
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<td>Chris</td>
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<td>Total Body Conditioning 9:30 - 10:45 a.m. Jamie</td>
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<tr>
<td>TRX Circuit 12:00 p.m.</td>
<td>Studio Cycle 9:30 a.m. Stacey</td>
<td>Studio Cycle 4:15 - 5:00 p.m.</td>
<td>Studio Cycle 4:15 - 5:00 p.m. Guido</td>
<td>Barre Fusion 8:45 a.m. Jayme</td>
<td>Music Video Cycle 11:00 a.m. Jamie</td>
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<tr>
<td>Jamie</td>
<td></td>
<td>Guido</td>
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<tr>
<td>Arms &amp; Abs 4:45 - 5:15 p.m.</td>
<td>Total Body Conditioning 5:45 p.m.</td>
<td>Super Sculpt 12:00 p.m.</td>
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<tr>
<td>Leyla</td>
<td>Guido</td>
<td>Jamie</td>
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<tr>
<td><em>H₂O Pulse Cardio</em> 5:00 p.m.</td>
<td>Guido</td>
<td>Ab Attack 4:45 - 5:15 p.m.</td>
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<td>Niki</td>
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<td>Guido</td>
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<tr>
<td>Gutts &amp; Butts 5:30 p.m.</td>
<td>Total K.O. 6:00 p.m. Katherine</td>
<td>Gutts-N-Butts 5:30 p.m. Guido</td>
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<td>Leyla</td>
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<tr>
<td><em>Zumba®</em> 6:00 p.m. Carolina</td>
<td>20/20/20 6:50 p.m. Chris</td>
<td><em>Zumba®</em> 5:45 p.m. Rachel</td>
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<td>Aquatic Exercise 6:00 p.m.</td>
<td>Music Video Cycle 7:00 - 7:45 p.m.</td>
<td>Dance Fitness 7:30 p.m.</td>
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<td>Aprilie</td>
<td>Chiara</td>
<td>Benji</td>
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<td>TRX Circuit 6:45 p.m.</td>
<td>Studio Cycle 5:30 - 6:15 p.m. Karai</td>
<td>Aquatic Exercise 6:00 p.m.</td>
<td>Studio Cycle 6:50 - 7:20 p.m. Guido</td>
<td><em>Zumba®</em> 5:30 p.m. Rachel</td>
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<tr>
<td>Liz</td>
<td>Guido</td>
<td>Delaney</td>
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<tr>
<td>Studio Cycle 7:15 - 8:00 p.m.</td>
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<td>Deirdre</td>
<td>Cardio Kickboxing 8:00 p.m. Katherine</td>
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<td>Cardio Kickboxing 8:00 p.m.</td>
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<td>Katherine</td>
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**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
- **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

MONDAY
- Vinyasa Flow
  8:00 a.m.
  Elena

- Vinyasa Flow
  12:00 p.m.
  Adriana

- Vinyasa Flow
  5:30 p.m.
  Adriana

- Hatha Flow
  6:30 p.m.
  Tina

- Mindful Meditation
  6:50 p.m.
  Adriana

TUESDAY
- Slow Flow
  6:30 a.m.
  Adriana

- Hatha Flow
  12:30 p.m.
  Rachel

- Vinyasa Flow
  5:30 p.m.
  Tina

- Beginner/Gentle
  7:00 p.m.
  Tina

WEDNESDAY
- Sunrise Yoga
  7:00 a.m.
  Anamaria

- Vinyasa Flow
  12:00 p.m.
  Adriana

- Mindful Meditation
  1:15 p.m.
  Adriana

- Power Flow
  5:30 p.m.
  Tina

THURSDAY
- Slow Flow
  6:30 a.m.
  Adriana

- Hatha Flow
  12:30 p.m.
  Carmen

- Mindful Meditation
  5:00 p.m.
  Adriana

- Restorative Yoga
  5:30 p.m.
  Adriana

FRIDAY
- Vinyasa Flow
  12:00 p.m.
  Carmen

- Vinyasa Flow
  5:30 p.m.
  Tina

- Beginner/Gentle
  12:30 p.m.
  Anamaria

SATURDAY
- Hatha Flow
  9:00 a.m.
  Martha

- Power Vinyasa
  5:15 p.m.
  Katie

- Power Flow
  12:00 p.m.
  Carmen

SUNDAY

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.

<table>
<thead>
<tr>
<th>Member Status</th>
<th>Full Semester Jan. 14 - May 5</th>
<th>1st Prorate Feb. 18, 2018</th>
<th>2nd Prorate March 25, 2018</th>
<th>One-Time Pass</th>
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<tbody>
<tr>
<td>Student Member</td>
<td>$60</td>
<td>$40</td>
<td>$30</td>
<td>$7</td>
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<tr>
<td>Non-Student Member</td>
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<td>$60</td>
<td>$48</td>
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<tr>
<td>Non-Member</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>$10 + Facility Guest Fee</td>
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Visit www.miami.edu/wellness for more information about our Group Exercise, Studio Cycling & Yoga programs.