GROUP EXERCISE

MON
- Aquatic Exercise 6:15 a.m.
  - Clara
- Studio Cycle 6:15 - 7:00 a.m.
  - Noosha
- Barre Fusion 9:05 - 9:45 a.m.
  - Virginia
- Arms & Abs 4:45 - 5:15 p.m.
  - Leyla
- H2O Pulse Cardio 5:00 p.m.
  - Niki
- Studio Cycle 5:30 p.m.
  - Steph
- Gutts-N-Butts 5:30 p.m.
  - Leyla
- Power Pump 6:00 p.m.
  - Katherine
- Aquatic Exercise 6:00 p.m.
  - Delaney
- TRX Circuit 6:45 p.m.
  - Liz
- Ab Attack 7:00 - 7:30 p.m.
  - Katherine
- Studio Cycle 7:15 - 8:00 p.m.
  - Deirdre

TUE
- Total Body Conditioning 6:30 a.m.
  - Chris
- Ab Attack 4:15 - 4:45 p.m.
  - Katherine
- Studio Cycle 4:30 - 5:15 p.m.
  - Guido
- Step Aerobics 5:00 p.m.
  - Katherine
- Total Body Conditioning 5:30 p.m.
  - Guido
- Zumba® 6:00 p.m.
  - Rachel
- Music Video Cycle 7:00 - 7:45 p.m.
  - Chiara

WED
- Aquatic Exercise 6:15 a.m.
  - Delaney
- Video Cycle Plus 6:15 - 7:30 a.m.
  - Liz
- Barre Fusion 9:05 - 9:45 a.m.
  - Virginia
- Ab Attack 4:45 - 5:15 p.m.
  - Guido
- H2O Pulse Cardio 5:00 p.m.
  - Niki
- Gutts-N-Butts 5:30 p.m.
  - Guido
- Music Video Cycle 5:15 - 6:00 p.m.
  - Andrey
- Zumba® 6:00 p.m.
  - Carolina
- Aquatic Exercise 6:00 p.m.
  - Delaney
- Total Body Conditioning 6:45 p.m.
  - Guido
- Dance Cardio 8:00 p.m.
  - Benji

THU
- Super Sculpt 6:30 a.m.
  - Chris
- Studio Cycle 12:00 - 12:45 p.m.
  - Marnin
- Arms & Abs 4:15 - 4:45 p.m.
  - Katherine
- Studio Cycle 4:30 - 5:15 p.m.
  - Guido
- Gutts-N-Butts 5:00 p.m.
  - Katherine
- Cardio Kickboxing 5:15 p.m.
  - Guido
- Zumba® 6:00 p.m.
  - Hannah
- Ab Attack 6:30 p.m.
  - Guido
- Dance Cardio 8:00 p.m.
  - Benji

FRI
- TRX Circuit 6:30 a.m.
  - Liz
- Barre Fusion 9:05 - 9:45 a.m.
  - Virginia
- Ab Attack 4:15 - 4:30 p.m.
  - Katherine
- Studio Cycle 5:15 - 6:00 p.m.
  - Andrey

SAT
- Aquatic Exercise 9:15 a.m.
  - Barbara
- Total Body Conditioning 9:30 - 10:45 a.m.
  - Noosha

SUN
- Studio Cycle 9:15 - 10:00 a.m.
  - Noosha
- Total Body Conditioning 10:00 - 11:15 a.m.
  - Leyla
- Zumba® 6:00 p.m.
  - Rachel

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

- Ab Attack: A 30-minute core-sculpting workout
- Aquatic Exercise: A dynamic aqua workout to improve overall fitness
- Arms & Abs: A 30-minute core and upper body strengthening workout
- Barre Fusion: A 45-minute toning class to build your core and sculpt your total body
- Cardio Kickboxing: Combines boxing techniques with fast-paced cardio movements
- Gutts-N-Butts: Focuses on toning the lower body and core through various body-weight exercises and equipment
- H2O Pulse Cardio: A 30-minute, core-sculpting workout
- Music Video Cycle: Indoor cycle class set to music videos
- Power Pump: Lift to the beat of the music and feel the pump in a one-of-a-kind workout
- Step Aerobics: An 80's Classic using a step platform to a choreographed routine for a fun, cardio workout!
- 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
- TRX Circuit: A circuit style class that incorporates the TRX suspension trainer (limit 20)
- Video Cycle Plus: Indoor cycle class set to music videos followed by total body and core exercises
- Zumba®: Combines high energy and motivating Latin music with unique moves and combinations

- 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.
YOGA

MON

- Vinyasa Flow 12:00 p.m.
- Adriana
- Vinyasa Flow 5:30 p.m.
- Adriana
- Beginner/Gentle 6:30 p.m.
- Tina
- Mindful Meditation 6:45 p.m.
- Adriana

TUE

- Slow Flow 6:30 a.m.
- Adriana
- Vinyasa Flow 12:00 p.m.
- Adriana
- Mindful Meditation 7:45 - 8:15 a.m.
- Adriana
- Hatha Flow 12:30 p.m.
- Mia
- Vinyasa Flow 5:30 p.m.
- Rachel

WED

- Vinyasa Flow 12:00 p.m.
- Adriana
- Mindful Meditation 1:30 - 2:00 p.m.
- Adriana
- Power Flow 5:30 p.m.
- Tina

THU

- Slow Flow 6:30 a.m.
- Mia
- Hatha Flow 12:30 p.m.
- Carmen
- Vinyasa Flow 5:30 p.m.
- Adriana

FRI

- Vinyasa Flow 5:30 p.m.
- Tina
- Hatha Flow 9:00 a.m.
- Martha
- Power Flow 12:00 p.m.
- Carmen

SAT

- Vinyasa Flow 10:00 a.m.
- Tina
- Beginner/Gentle 12:30 p.m.
- Anamaria

SUN

- Vinyasa Flow 12:00 p.m.
- Adriana

KEY

- Beginner/Gentle: This class is specifically geared towards beginners or those wishing to pursue a gentler, restorative yoga practice.
- 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 Flow: 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 breath. Appropriate for all levels.

STORM ZONE SCHEDULE

FUNCTIONAL FITNESS CLASSES

- Surge 30/45: High Intensity Interval Training (H.I.I.T.) A full body sweat session in 30/45 minutes.
- Flex 30: A 30-minute class designed to work through all functional plans to increase mobility, while improving strength and agility.
- Total Knockout (T.K.O.): Torch fat with intense intervals of boxing, weight lifting, and conditioning drills. *8-12 oz boxing gloves recommended. No boxing experience required!

Visit wellness.miami.edu to reserve a spot in any of our classes.