### SPRING 2020 CLASS SCHEDULES

#### GROUP EXERCISE

**UPDATED:** January 15, 2020  
**EFFECTIVE:** January 13, 2020

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
</table>
| Aquatic Exercise 6:15 a.m.  
Clara | Total Body Conditioning 6:30 a.m.  
Chris | Aquatic Exercise 6:15 a.m.  
Delaney | Super Sculpt 6:30 a.m.  
Chris | Total Body Conditioning 9:15 a.m.  
Barbara | Aquatic Exercise 9:15 a.m.  
Barbara |
| Studio Cycle 6:15 - 7:00 a.m.  
Noosha | Ab Attack 4:15 - 4:45 p.m.  
Liz | Video Cycle Plus 6:15 - 7:30 a.m.  
Liz | Studio Cycle 12:00 - 12:45 p.m.  
Marnin | Barre Fusion 9:05 - 9:45 a.m.  
Virginia | Total Body Conditioning 9:30 - 10:45 a.m.  
Noosha |
| Barre Fusion 9:05 - 9:45 a.m.  
Virginia | Studio Cycle 4:30 - 5:15 p.m.  
Guido | Barre Fusion 9:05 - 9:45 a.m.  
Virginia | Arms & Abs 4:15 - 4:45 p.m.  
Katherine | Ab Attack 4:15 - 4:45 p.m.  
Katherine |
| Arms & Abs 4:45 - 5:15 p.m.  
Leyla | Studio Cycle 4:30 - 5:15 p.m.  
Guido | Total Body Conditioning 5:30 p.m.  
Katherine | Studio Cycle 4:30 - 5:15 p.m.  
Guido | Total Body Conditioning 9:30 - 10:45 a.m.  
Noosha |
| Studio Cycle 5:30 p.m.  
Steph | Gutts-N-Butts 5:30 p.m.  
Marnin | H₂0 Pulse Cardio 5:00 p.m.  
Niki | Gutts-N-Butts 5:00 p.m.  
Katherine | Zumba² 6:00 p.m.  
Hannah |
| Gutts-N-Butts 5:30 p.m.  
Steph | Power Pump 6:00 p.m.  
Leyla | Music Video Cycle 5:15 - 6:00 p.m.  
Andrey | Zumba² 6:00 p.m.  
Guido | Zumba² 6:00 p.m.  
Guido |
| Power Pump 6:00 p.m.  
Leyla | Aquatic Exercise 6:00 p.m.  
Delaney | Music Video Cycle 5:15 - 6:00 p.m.  
Chiara | Ab Attack 6:30 - 7:00 p.m.  
Katherine | Ab Attack 6:30 - 7:00 p.m.  
Guido |
| Aquatic Exercise 6:00 p.m.  
Delaney | TRX Circuit 6:45 p.m.  
Liz | Music Video Cycle 4:15  
Andrey | Dance Cardio 8:00 p.m.  
Benji | Dance Cardio 8:00 p.m.  
Benji |
| TRX Circuit 6:45 p.m.  
Liz | Ab Attack 7:00 - 7:30 p.m.  
Katherine | Zumba² 5:00 p.m.  
Carolina | Aquatic Exercise 6:00 p.m.  
Guido | Aquatic Exercise 6:00 p.m.  
Delaney |
| Studio Cycle 7:15 - 8:00 p.m.  
Deirdre | Studio Cycle 5:30 p.m.  
Marnin | Total Body Conditioning 6:45 p.m.  
Guido | Aquatic Exercise 6:00 p.m.  
Benji |

### 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  
- **H₂0 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  
- **Zumba²:** 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

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>12:00 p.m.</td>
<td>Vinyasa Flow</td>
<td>Adriana</td>
</tr>
<tr>
<td>Mon</td>
<td>6:30 a.m.</td>
<td>Slow Flow</td>
<td>Adriana</td>
</tr>
<tr>
<td>Mon</td>
<td>7:45 - 8:15 a.m.</td>
<td>Mindful Meditation</td>
<td>Adriana</td>
</tr>
<tr>
<td>Mon</td>
<td>12:30 p.m.</td>
<td>Hatha Flow</td>
<td>Mia</td>
</tr>
<tr>
<td>Mon</td>
<td>5:30 p.m.</td>
<td>Vinyasa Flow</td>
<td>Rachel</td>
</tr>
<tr>
<td>Tue</td>
<td>5:30 p.m.</td>
<td>Vinyasa Flow</td>
<td>Adriana</td>
</tr>
<tr>
<td>Tue</td>
<td>6:30 a.m.</td>
<td>Slow Flow</td>
<td>Adriana</td>
</tr>
<tr>
<td>Tue</td>
<td>12:00 p.m.</td>
<td>Mindful Meditation</td>
<td>Adriana</td>
</tr>
<tr>
<td>Wed</td>
<td>12:30 p.m.</td>
<td>Power Flow</td>
<td>Carmen</td>
</tr>
<tr>
<td>Wed</td>
<td>5:30 p.m.</td>
<td>Vinyasa Flow</td>
<td>Adriana</td>
</tr>
<tr>
<td>Thu</td>
<td>6:30 a.m.</td>
<td>Slow Flow</td>
<td>Mia</td>
</tr>
<tr>
<td>Thu</td>
<td>5:30 p.m.</td>
<td>Surge 30</td>
<td>Cailin</td>
</tr>
<tr>
<td>Fri</td>
<td>5:30 p.m.</td>
<td>Vinyasa Flow</td>
<td>Tina</td>
</tr>
<tr>
<td>Sat</td>
<td>9:00 a.m.</td>
<td>Hatha Flow</td>
<td>Martha</td>
</tr>
<tr>
<td>Sun</td>
<td>10:00 a.m.</td>
<td>Surge 30</td>
<td>Tina</td>
</tr>
</tbody>
</table>

**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.
- **Total Knockout (T.K.O.):** Train like an athlete with intense boxing, strength, and agility drills. *Boxing gloves required. Beginners welcome.*

Visit [wellness.miami.edu](http://wellness.miami.edu) to reserve a spot in any of our classes.