

# SPRING BREAK 2017 CLASS SCHEDULES

EFFECTIVE: March 12 - 18

## GROUP EXERCISE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Gutts-N-Butts</b> 6:30 a.m. Chris	<b>Total Body Conditioning</b> 6:30 a.m. Sam	<b>Super Sculpt</b> 6:30 a.m. Chris	<b>Cardio Interval</b> 6:30 a.m. Sam	<b>TRX Circuit</b> 6:30 a.m. Chris	<b>Aquatic Exercise</b> 9:15 a.m. Barbara
<b>Aquatic Exercise</b> 6:30 a.m. Clara	<b>Total Body Conditioning</b> 9:00 a.m. Jamie	<b>Aquatic Exercise</b> 6:30 a.m. Aprile	<b>Total Body Conditioning</b> 9:00 a.m. Jamie	<b>Aquatic Exercise</b> 6:30 a.m. Angie	<b>Total Body Conditioning</b> 9:30 - 10:45 a.m. Jamie
<b>Gutts-N-Butts</b> 12:00 p.m. Jeff	<b>HIIT</b> 12:00 p.m. Sam	<b>Super Sculpt</b> 12:00 p.m. Sam	<b>Total Body Conditioning</b> 12:00 p.m. Sam	<b>Super Sculpt</b> 12:00 - 12:45 p.m. Jeff	<b>Cardio Kickboxing</b> 11:00 a.m. Leyla
<b>Upper Body Sculpt</b> 4:45 - 5:15 p.m. Leyla	<b>Hip Hop Cardio</b> 5:30 p.m. Brandy	<b>Ab Attack</b> 4:45 - 5:15 p.m. Leah	<b>Hip Hop Cardio</b> 5:30 p.m. Brandy	<b>Ab Attack</b> 4:45 - 5:15 p.m. Jeff	<b>SUNDAY</b>
<b>Gutts-N-Butts</b> 5:30 p.m. Leyla	<b>Total Body Conditioning</b> 5:45 p.m. Leyla	<b>Gutts-N-Butts</b> 5:30 p.m. Leah	<b>Total Body Conditioning</b> 5:45 p.m. Jeff		<b>Step &amp; Core</b> 9:00 a.m. Jamie
<b>Aquatic Exercise</b> 6:00 p.m. Aprile	<b>Ab Attack</b> 6:50 - 7:20 p.m. Leyla	<b>Aquatic Exercise</b> 6:00 p.m. Bethany	<b>Ab Attack</b> 6:50 - 7:20 p.m. Jeff		<b>Super Sculpt</b> 10:15 a.m. Leyla
<b>TRX Circuit</b> 6:45 p.m. Liz		<b>Total Body Conditioning</b> 6:45 p.m. Leah	<b>TRX Circuit</b> 6:45 p.m. Chris		
<b>Zumba</b> 8:00 p.m. Benji			<b>Gutts-N-Butts</b> 8:00 p.m. Chris		

## YOGA & STUDIO CYCLING SCHEDULES ON BACK

- **Ab Attack:** A 30-minute, core-sculpting workout
- **Cardio Interval:** A cardio-based workout that progresses through various exercises in intervals
- **Gutts-N-Butts:** Focuses on toning the lower body and core through various body-weight exercises and equipment
- **Hip Hop Cardio:** Break it down and sweat it out with easy-to-learn dance moves and your favorite hip-hop music
- **Kickboxing Circuit:** High-intensity class combining elements of kickboxing into a circuit for a total body workout
- **Step & Core:** Step aerobic incorporating core conditioning exercises
- **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)

### KEY

Pool

Multi B

Multi D



#FoundMyFit



Schedule subject to change.  
Classes are free (open to members & guests only).  
All classes are 1 hour in length, unless noted.  
Classes are on a first-come, first-served basis.

UNIVERSITY OF MASS  
FATTI & ALLAN HERBERT  
WELLNESS CENTER



Updated: March 1, 2017

# STUDIO CYCLING

EFFECTIVE: March 12 - 18



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Non-Video</b> 12:00 p.m. Chiara	<b>Video</b> 11:15 a.m.- 12:00 p.m. Jamie	<b>Video</b> 6:30 a.m. Liz	<b>Video</b> 11:15 a.m. - 12 p.m. Jamie	<b>Non-Video</b> 12:00 p.m. Jamie	<b>Non-Video</b> 11:00 a.m. Guido
<b>Non-Video</b> 5:45 p.m. Bryan		<b>Non-Video</b> 12:00 p.m. Jeff	<b>Non-Video</b> 6:00 p.m. Bryan	<b>Non-Video</b> 5:45 p.m. Jeff	<b>SUNDAY</b>
<b>Non-Video</b> 7:15 p.m. Deirdre		<b>Non-Video</b> 5:45 p.m. Bryan			<b>Non-Video</b> 10:00 a.m. Jeff

	Full Semester Jan. 17 - May 7	First Prorate Feb. 28, 2017	Second Prorate April 3, 2017	One-Time Pass
Student Member	\$30	\$22	\$12	\$5
Non-Student Member	\$50	\$37	\$20	\$10
Non-Member	N/A	N/A	N/A	\$10 + Facility Guest Fee

**Video:** A projector is used in classes labeled "video" to display moving images or music videos. Please use caution if you are prone to motion sickness or seizures.

Schedule subject to change • Studio cycling is a fee-based program • Please arrive 5 minutes early if new to studio cycling  
All classes are 1 hour in length, unless noted • Please bring your own towel

# YOGA

EFFECTIVE: March 12 - 18



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Sivananda</b> 12:00 p.m. Adriana	<b>Restorative</b> 6:30 a.m. Angie	<b>Sivananda</b> 12:00 p.m. Adriana	<b>Sivananda</b> 6:30 a.m. Adriana	<b>Sivananda</b> 12:00 p.m. Adriana	<b>Hatha</b> 9:00 a.m. Martha
<b>Sivananda</b> 6:00 p.m. Adriana	<b>Hatha</b> 12:30 p.m. Martha	<b>Beginner/Gentle</b> 6:00 p.m. Tina	<b>Hatha</b> 12:30 p.m. Martha	<b>Vinyasa</b> 5:30 p.m. Tina	<b>Power</b> 12:00 p.m. Carmen
<b>Vinyasa</b> 7:30 p.m. Tina	<b>Vinyasa</b> 5:30 p.m. Jayme		<b>Mindful</b> 5:30 p.m. Adriana		<b>SUNDAY</b>
	<b>Beginner/Gentle</b> 7:00 p.m. Tina				<b>Vinyasa</b> 10:45 a.m. Tina

	Full Semester Jan. 17 - May 7	First Prorate Feb. 28, 2017	Second Prorate April 3, 2017	One-Time Pass
Student Member	\$60	\$45	\$30	\$7
Non-Student Member	\$96	\$72	\$48	\$10
Non-Member	N/A	N/A	N/A	\$10 + Facility Guest Fee

**KEY**  
**Multipurpose A**  
**Multipurpose C**

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

Visit [www.miami.edu/wellness](http://www.miami.edu/wellness) for more information about our Group Exercise, Studio Cycling & Yoga programs.