# Group Exercise

**Spring Break Class Schedules**

- Classes are FREE!
- All classes are 1 hour in length, unless noted.
- Classes are on a first-come, first-served basis.

## Spring Break Class Schedules

<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>Aquatic Exercise</td>
<td>Total Body Conditioning</td>
<td>Music Video Cycle</td>
<td>Super Sculpt</td>
<td>TRX Circuit</td>
<td>Aquatic Exercise</td>
</tr>
<tr>
<td>6:30 a.m. Clara</td>
<td>6:30 a.m. Chris</td>
<td>6:30 a.m. Liza</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>TRX Circuit</td>
<td>Studio Cycle</td>
<td>Aquatic Exercise</td>
<td>Super Sculpt</td>
<td>Total Body Conditioning</td>
<td>Total Body Conditioning</td>
</tr>
<tr>
<td>12:00 p.m. Jamie</td>
<td>4:15 - 5:00 p.m. Guido</td>
<td>6:00 a.m. Guido</td>
<td>12:00 p.m. Jamie</td>
<td>6:45 p.m.</td>
<td>9:30 - 10:45 a.m. Jamie</td>
</tr>
<tr>
<td>Arms &amp; Abs</td>
<td>Music Video Cycle</td>
<td>Studio Cycle</td>
<td>Studio Cycle</td>
<td>Barre Fusion</td>
<td>Total Body Conditioning</td>
</tr>
<tr>
<td>4:45 - 5:15 p.m. Leyla</td>
<td></td>
<td>6:00 a.m. Liza</td>
<td>12:00 - 12:45 p.m. Karal</td>
<td>8:45 a.m. Jayme</td>
<td>10:00 - 11:15 a.m. Leyla</td>
</tr>
<tr>
<td>H2O Pulse Cardio</td>
<td>TRX Circuit</td>
<td>Aquatic Exercise</td>
<td>Cardio Kickboxing</td>
<td>Studio Cycle</td>
<td>Music Video Cycle</td>
</tr>
<tr>
<td>5:00 p.m. Niki</td>
<td>6:45 p.m. Liza</td>
<td>6:00 a.m. Guido</td>
<td>5:45 p.m. Ledi</td>
<td>9:30 a.m. Jamie</td>
<td>11:00 a.m. Jamie</td>
</tr>
<tr>
<td>Gutts &amp; Butts</td>
<td>Studio Cycle</td>
<td>Total K.O.</td>
<td>Ab Attack</td>
<td>Ab Attack</td>
<td>Zumba®</td>
</tr>
<tr>
<td>5:30 p.m.</td>
<td>4:45 - 5:15 p.m. Guido</td>
<td>6:00 p.m. Katherine</td>
<td>4:45 - 5:15 p.m. Guido</td>
<td>5:00 p.m. Katherine</td>
<td>5:30 p.m. Rachel</td>
</tr>
<tr>
<td>Zumba®</td>
<td>20/20/20</td>
<td>Total K.O.</td>
<td>Zumba®</td>
<td>Total K.O.</td>
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</tr>
<tr>
<td>6:00 p.m. Carolina</td>
<td>6:30 p.m.</td>
<td>6:00 p.m. Ledi</td>
<td>6:00 p.m. Caroline</td>
<td>6:00 p.m.</td>
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</tr>
<tr>
<td>Aquatic Exercise</td>
<td>Music Video Cycle</td>
<td>Gutts-N-Butts</td>
<td>Ab Attack</td>
<td>Zumba®</td>
<td></td>
</tr>
<tr>
<td>6:00 p.m.</td>
<td>7:00 - 7:45 p.m. Guido</td>
<td>5:30 p.m. Ledi</td>
<td>6:50 - 7:20 p.m. Guido</td>
<td>Zumba®</td>
<td></td>
</tr>
<tr>
<td>TRX Circuit</td>
<td>Power 30 H.I.I.T.</td>
<td>Trx Circuit</td>
<td>Aquatic Exercise</td>
<td>Studio Cycle</td>
<td></td>
</tr>
<tr>
<td>6:45 p.m.</td>
<td>8:30 - 9:00 p.m.</td>
<td>Studio Cycle</td>
<td>6:30 a.m. Chris</td>
<td>12:00 a.m. Joe</td>
<td></td>
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<tr>
<td>Studio Cycle</td>
<td></td>
<td>8:45 a.m. Joe</td>
<td></td>
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<tr>
<td>7:15 - 8:00 p.m. Deirde</td>
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<tr>
<td>Cardio Kickboxing</td>
<td></td>
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<tr>
<td>8:00 p.m.</td>
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</tr>
</tbody>
</table>

- **MONDAY**
  - **Aquatic Exercise**: 6:30 a.m. Clara
  - **TRX Circuit**: 12:00 p.m. Jamie
  - **Arms & Abs**: 4:45 - 5:15 p.m. Leyla
  - **H2O Pulse Cardio**: 5:00 p.m. Niki
  - **Gutts & Butts**: 5:30 p.m. Ledi
  - **Zumba®**: 6:00 p.m. Carolina
  - **Aquatic Exercise**: 6:00 p.m. Aprile
  - **TRX Circuit**: 6:45 p.m. Liza
  - **Studio Cycle**: 7:15 - 8:00 p.m. Deirde
  - **Cardio Kickboxing**: 8:00 p.m. Katherine

- **TUESDAY**
  - **Total Body Conditioning**: 6:30 a.m. Chris
  - **Studio Cycle**: 4:15 - 5:00 p.m. Guido
  - **Total Body Conditioning**: 5:45 p.m. Guido
  - **Total K.O.**: 6:00 p.m. Katherine
  - **20/20/20**: 6:30 p.m. Guido
  - **Music Video Cycle**: 7:00 - 7:45 p.m. Chira
  - **Power 30 H.I.I.T.**: 8:30 - 9:00 p.m. Chris
  - **Cardio Kickboxing**: 8:00 p.m. Katherine

- **WEDNESDAY**
  - **Music Video Cycle**: 6:30 a.m. Liza
  - **Aquatic Exercise**: 6:30 a.m. Chris
  - **Super Sculpt**: 12:00 p.m. Jamie
  - **Ab Attack**: 4:45 - 5:15 p.m. Guido
  - **Gutts-N-Butts**: 5:30 p.m. Guido
  - **Zumba®**: 5:45 p.m. Rachel
  - **Aquatic Exercise**: 6:00 p.m. Aprile
  - **Total Body Conditioning**: 6:45 p.m. Guido

- **THURSDAY**
  - **Super Sculpt**: 6:30 a.m. Chris
  - **Mind to Muscle**: 12:00 p.m. Joe
  - **Studio Cycle**: 12:00 - 12:45 p.m. Karal
  - **Cardio Kickboxing**: 5:45 p.m. Guido
  - **Zumba®**: 6:00 p.m. Carolina
  - **Ab Attack**: 6:50 - 7:20 p.m. Guido
  - **Aquatic Exercise**: 6:30 a.m. Liza

- **FRIDAY**
  - **TRX Circuit**: 6:30 a.m. Liza
  - **Mind to Muscle**: 12:00 p.m. Joe
  - **Studio Cycle**: 12:00 - 12:45 p.m. Karal
  - **Cardio Kickboxing**: 5:45 p.m. Guido
  - **Zumba®**: 6:00 p.m. Carolina
  - **Ab Attack**: 6:50 - 7:20 p.m. Guido
  - **Aquatic Exercise**: 6:30 a.m. Liza

- **SATURDAY**
  - **Aquatic Exercise**: 9:15 a.m. Barbara
  - **Total Body Conditioning**: 9:30 - 10:45 a.m. Jamie
  - **Total Body Conditioning**: 10:00 - 11:15 a.m. Leyla
  - **Music Video Cycle**: 11:00 a.m. Jamie
  - **Zumba®**: 5:30 p.m. Rachel

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**KEY**

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

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- **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.
- **LOOT Fitness**: A total body workout, always expect a change-up with a mix of cardio, strength, and power circuits.
- **Music Video Cycle**: An intense 30 minutes of strength exercises to keep your heart rate up for a challenging H.I.I.T. class.
- **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.

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- 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

**March 9th - 16th**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vinyasa Flow</td>
<td>12:00 p.m.</td>
<td>Adriana</td>
<td>Vinyasa Flow</td>
<td>12:30 p.m.</td>
<td>Rachel</td>
</tr>
<tr>
<td>Hatha Flow</td>
<td>6:30 p.m.</td>
<td>Tina</td>
<td>Vinyasa Flow</td>
<td>5:30 p.m.</td>
<td>Anamaria</td>
</tr>
<tr>
<td>Mindful Meditation</td>
<td>6:50 - 7:20 a.m.</td>
<td>Adriana</td>
<td>Power Flow</td>
<td>5:30 p.m.</td>
<td>Tina</td>
</tr>
<tr>
<td>Beginner/Gentle</td>
<td>7:00 p.m.</td>
<td>Tina</td>
<td>Power Flow</td>
<td>5:30 p.m.</td>
<td>Carmen</td>
</tr>
<tr>
<td>Vinyasa Flow</td>
<td>6:30 p.m.</td>
<td>Anastasia</td>
<td>Restorative Yoga</td>
<td>5:30 p.m.</td>
<td>Carmen</td>
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<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>KEY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vinyasa Flow</td>
<td>Multipurpose A</td>
</tr>
<tr>
<td>Power Vinyasa</td>
<td>Multipurpose C</td>
</tr>
</tbody>
</table>

- **Vinyasa Flow**: 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.

**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.

**Member Status**

<table>
<thead>
<tr>
<th>Member Status</th>
<th>Full Semester Jan. 14 - May 5</th>
<th>1st Prorate Feb. 18, 2019</th>
<th>2nd Prorate March 25, 2019</th>
<th>One-Time Pass</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student Member</td>
<td>$60</td>
<td>$40</td>
<td>$30</td>
<td>$7</td>
</tr>
<tr>
<td>Non-Student Member</td>
<td>$96</td>
<td>$60</td>
<td>$48</td>
<td>$10</td>
</tr>
<tr>
<td>Non-Member</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>$10 + Facility Guest Fee</td>
</tr>
</tbody>
</table>

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