## Spring Break Class Schedules

**Group Exercise**

**Sat, March 7 - Sun, April 5**

**Updated: March 3, 2020**

**Effective: March 7, 2020**

### Mon
- **Aquatic Exercise**
  - 6:15 a.m. | Liz
- **Studio Cycle**
  - 6:15 - 7:00 a.m. | Delaney
- **Total Body Conditioning**
  - 6:30 a.m. | Chris
- **Video Cycle Plus**
  - 6:15 - 7:30 a.m. | Guido
- **Aquatic Exercise**
  - 6:30 a.m. | Barbara

### Tue
- **Total Body Conditioning**
  - 6:30 a.m. | Chris
- **Video Cycle Plus**
  - 6:15 - 7:30 a.m. | Guido
- **Barre Fusion**
  - 9:05 - 9:45 a.m. | Virginia
- **H₂O Pulse Cardio**
  - 5:00 p.m. | Niki
- **Studio Cycle**
  - 5:30 p.m. | Noosha
- **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. | Guido
- **Barre Fusion**
  - 9:05 - 9:45 a.m. | Virginia
- **H₂O Pulse Cardio**
  - 5:00 p.m. | Niki
- **Gutts-N-Butts**
  - 5:30 p.m. | Guido
- **Aquatic Exercise**
  - 6:00 p.m. | Barbara
- **Total Body Conditioning**
  - 6:45 p.m. | Guido

### Thu
- **Super Sculpt**
  - 6:30 a.m. | Chris
- **Studio Cycle**
  - 4:30 - 5:15 p.m. | Guido
- **Gutts-N-Butts**
  - 5:00 p.m. | Katherine
- **Cardio Kickboxing**
  - 5:15 p.m. | Guido
- **Dance**
  - 6:00 p.m. | Benji
- **Ab Attack**
  - 6:30 - 7:00 p.m. | Guido

### Fri
- **TRX Circuit**
  - 6:30 a.m. | Liz
- **Barre Fusion**
  - 9:05 - 9:45 a.m. | Virginia

### 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**

- 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.

- 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)
### YOGA

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>MON</td>
<td>12:00 p.m.</td>
<td>Vinyasa Flow</td>
<td>Adriana</td>
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<tr>
<td></td>
<td>5:30 p.m.</td>
<td>Vinyasa Flow</td>
<td>Adriana</td>
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<td></td>
<td>6:30 p.m.</td>
<td>Slow Flow</td>
<td>Tina</td>
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<td>7:45 - 8:15 a.m.</td>
<td>Mindful Meditation</td>
<td>Adriana</td>
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<td></td>
<td>5:30 p.m.</td>
<td>Vinyasa Flow</td>
<td>Nikki</td>
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<tr>
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<td>6:45 - 7:15 p.m.</td>
<td>Mindful Meditation</td>
<td>Adriana</td>
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<tr>
<td>TUE</td>
<td>12:00 p.m.</td>
<td>Vinyasa Flow</td>
<td>Adriana</td>
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<tr>
<td></td>
<td>6:30 a.m.</td>
<td>Slow Flow</td>
<td>Adriana</td>
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<tr>
<td>WED</td>
<td>12:00 p.m.</td>
<td>Power Flow</td>
<td>Carmen</td>
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<td></td>
<td>5:30 p.m.</td>
<td>Vinyasa Flow</td>
<td>Tina</td>
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<tr>
<td>THU</td>
<td>6:30 a.m.</td>
<td>Slow Flow</td>
<td>Rachel</td>
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<tr>
<td></td>
<td>1:30 - 2:00 p.m.</td>
<td>Mindful Meditation</td>
<td>Adriana</td>
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<tr>
<td>FRI</td>
<td>9:00 a.m.</td>
<td>Hatha Flow</td>
<td>Martha</td>
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<tr>
<td></td>
<td>12:00 p.m.</td>
<td>Power Flow</td>
<td>Carmen</td>
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<tr>
<td>SUN</td>
<td>10:00 a.m.</td>
<td>Vinyasa Flow</td>
<td>Tina</td>
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### 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

<table>
<thead>
<tr>
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<tr>
<td>WED</td>
<td>6:00 - 6:45 p.m.</td>
<td>T.K.O.</td>
<td>Katherine</td>
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<tr>
<td>THU</td>
<td>- NO CLASSES TODAY -</td>
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### STORM ZONE SCHEDULE

- Surge 30/45: **High Intensity Interval Training (H.I.I.T.)** A full body sweat session in 30/45 minutes.

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