SPRING 2021 CLASS SCHEDULE

OUTDOOR & VIRTUAL GROUPX

EFFECTIVE: 4/05/21
UPDATED: 3/31/21

IMPORTANT: You MUST register for a class through the UM Wellness app or at wellness.miami.edu prior to attending. Zoom codes are available upon registration.

- Schedule subject to change
- Classes are FREE!
- All classes are 1 hour in length

• Cardio Funk: High energy hip hop, Pop & Latin dance cardio class that combines unique moves for all levels.
• Carib Flex: Caribbean inspired total body strength workout
• Fierce & Fit Dance Cardio: High energy Latin and Caribbean inspired dance cardio.
• Guts & Butts: High intensity workout targeting core and glutes.
• H.I.I.T. (High Intensity Interval Training): Fast-paced, calorie burning cardio and strength class.
• The Knockout: Cardio kickboxing inspired total body workout.
• Cycle: Get major miles in the studio spin class.
• Music Video Cycle: This spin class is a high intensity and endurance ride. Spin to your favorite music videos!
• Smooth Sculpting: Low impact body sculpting and cardio training.
• Total Body Conditioning: A full body workout featuring cardio, strength, and core!
• Upper Body Blast: 30 minutes of rep after rep of toning your full upper body and core.
• 30/30: 30 minutes of cycling followed by 30 minutes of interval training and core work, all levels welcome!

Visit www.miami.edu/wellness for more information.