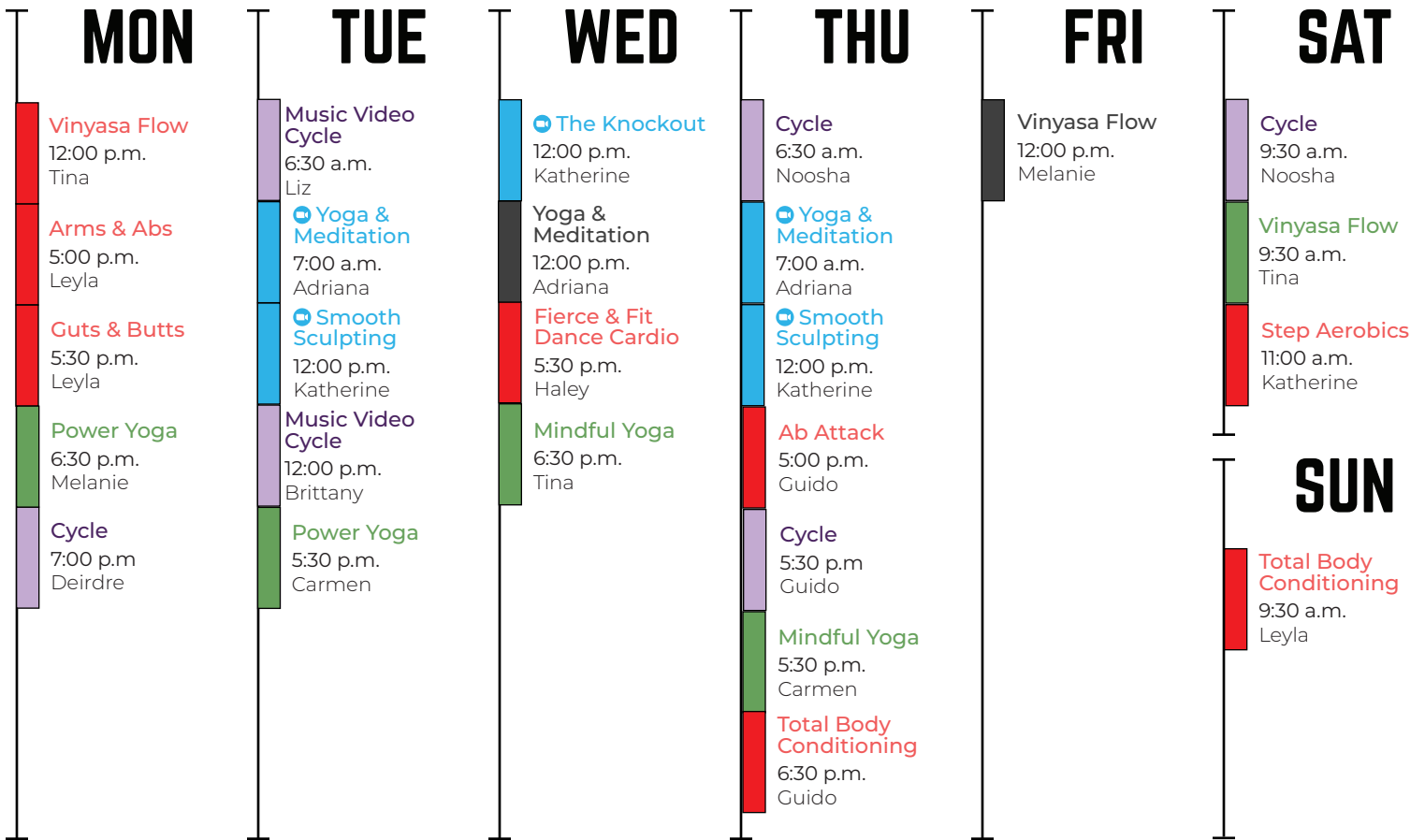


# SUMMER 2021 CLASS SCHEDULE

## GROUPX

EFFECTIVE: 5/01/21  
UPDATED: 4/26/21

**!** IMPORTANT: You MUST register for a class through the **UM Wellness app** or at [wellness.miami.edu](http://wellness.miami.edu) prior to attending. **!**  
Zoom codes are available upon registration.



### KEY

Virtual (Zoom)	Cycle Studio
Multi Purpose B	Multi Purpose D
HWC Pool	Lakeside Village Green

- Schedule subject to change
- Classes are FREE!
- All classes are 45 minutes in length

- **Ab Attack:** 30 minute core sculpting workout.
- **Arms & Abs:** 30 minute core and upper body strengthening workout.
- **Cycle:** Get major miles in the studio spin class.
- **Fierce & Fit Dance Cardio:** High energy latin and caribbean inspired dance cardio.
- **Guts & Butts:** High intensity workout targeting core and glutes.
- **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.
- **Music Video Cycle:** This sping class is a high intensity and endurance ride. Spin to your favorite music videos!
- **Power Yoga:** Appropriate for those looking for a more strenuous practice and want to add flexibility, balance and concentration to their exercise routines
- **Smooth Sculpting:** Low impact body sculpting and cardio training.
- **Step Aerobics:** Grab a step and some energy with this action packed cardio and strength training workout.
- **The Knockout:** Cardio kickboxing inspired total body workout.
- **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.
- **Vinyasa Flow:** Step-by-step progression that has a beginning, middle and end.
- **Yoga & Meditation:** Extended yoga class that includes mindful meditation practices at the end

Visit [www.miami.edu/wellness](http://www.miami.edu/wellness) for more information.