**GROUP EXERCISE**

**THANKSGIVING 2018 SCHEDULES**

**EFFECTIVE: November 19 - 25**

**MONDAY 11/19**
- **Studio Cycle** 6:30 a.m. Elena
- **Aquatic Exercise** 6:30 a.m. Clara
- **Aquatic Exercise** 6:30 a.m. Barbara
- **Studio Cycle** 5:30 - 6:15 p.m. Liz
- **Aquatic Exercise** 6:00 p.m. Aprile
- **TRX Circuit** 6:45 p.m. Liz
- **Hip Hop Cardio** 8:00 p.m. Marthy

**TUESDAY 11/20**
- **Total Body Conditioning** 6:30 a.m. Chris
- **Total Body Conditioning** 6:30 a.m. Lexi
- **Super Sculpt** 9:30 a.m. Guido
- **Super Sculpt** 12:00 - 12:45 p.m. Lexi
- **Arms & Abs** 12:50 - 1:20 p.m. Lexi
- **Music Video Cycle** 12:00 - 12:45 p.m. Lexi
- **Studio Cycle** 4:15 - 5:00 p.m. Guido
- **Total Body Conditioning** 5:45 p.m. Guido
- **Ab Attack** 6:50 - 7:20 p.m. Chris
- **Music Video Cycle** 7:00 - 7:45 p.m. Liz
- **Gutts-N-Butts** 8:00 p.m. Chris

**WEDNESDAY 11/21**
- **Facility Closed:** Happy Thanksgiving
- **Music Video Cycle** 6:30 a.m. Liz
- **Super Sculpt** 12:00 - 12:45 p.m. Lexi
- **Ab Attack** 4:45 - 5:15 p.m. Guido
- **Gutts-N-Butts** 5:30 p.m. Guido
- **Total Body Conditioning** 6:45 p.m. Guido

**THURSDAY 11/22**
- **TRX Circuit** 6:30 a.m. Liz
- **Music Video Cycle** 6:30 a.m. Lexi
- **Ab Attack** 10:30 - 11:00 a.m. Brittany
- **Total Body Conditioning** 6:45 p.m. Guido

**FRIDAY 11/23**
- **Aquatic Exercise** 6:30 a.m. Liz
- **Music Video Cycle** 6:30 a.m. Lexi
- **Studio Cycle** 9:30 a.m. Brittany
- **Ab Attack** 10:30 - 11:00 a.m. Brittany
- **Total Body Conditioning** 10:00 a.m. Leyla

**SATURDAY 11/24**
- **Aquatic Exercise** 9:15 a.m. Barbara
- **Aquatic Exercise** 11:00 a.m. Brittany
- **Zumba®** 5:30 p.m. Rachel
- **Studio Cycle** 6:30 - 7:15 p.m. Chris
- **Bootcamp** 7:30 p.m. Chris

**SUNDAY 11/25**
- **Total Body Conditioning** 10:00 a.m. Leyla
- **Total Body Conditioning** 6:30 - 7:15 p.m. Chris

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

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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.**

- **Ab Attack:** A 30-minute, core-sculpting workout.
- **Arms & Abs:** A 30-minute core and upper body strengthening workout.
- **Bootcamp:** A total body workout that incorporates a mix of lifting, jumping, sprinting, hurdles and performing drills.
- **Gutts-N-Butts:** Focuses on toning the lower body and core through various body-weight exercises and equipment.
- **HIIT:** A cardio-based workout that progresses through short, intense intervals.
- **Hip Hop Cardio:** Break it down and sweat it out with easy-to-learn dance moves and your favorite hip-hop music.
- **Music Video:** Indoor cycle class set to music videos.
- **STRONG by Zumba:** High intensity interval training using fitness moves and synced music choreographed by Zumba.
- **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.
- **Aquatic Exercise:** Low impact combo of cardio, strength and stretching exercises in the pool using water exercise weights.
YOGA

EFFECTIVE: November 19 - 25

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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.
- **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.

- **Student Member**
  - Full Semester: Aug. 21 - Dec. 15: $60
  - First Prorate: Sept. 25: $45
  - Second Prorate: Nov. 6: $30
  - One-Time Pass: $7

- **Non-Student Member**
  - Full Semester: Aug. 21 - Dec. 15: $96
  - First Prorate: Sept. 25: $72
  - Second Prorate: Nov. 6: $48
  - One-Time Pass: $10

- **Non-Member**
  - Full Semester: Aug. 21 - Dec. 15: N/A
  - First Prorate: Sept. 25: N/A
  - Second Prorate: Nov. 6: N/A
  - One-Time Pass: $10 + Facility Guest

Visit www.miami.edu/wellness for more information about our Group Exercise, Studio Cycling & Yoga programs.