

WINTER BREAK 2018 SCHEDULE 4

Last updated: 12/5/18

GROUP EXERCISE

December 31st - January 6th

MONDAY 12/31	TUESDAY 1/1	WEDNESDAY 1/2	THURSDAY 1/3	FRIDAY 1/4	SATURDAY 1/5
New Year's Eve: FACILITY CLOSED	New Year's Day: FACILITY CLOSED	Music Video Cycle 6:30 a.m. Liz	Super Sculpt 6:30 a.m. Chris	TRX Circuit 6:30 a.m. Liz	Aquatic Exercise 9:15 a.m. Barbara
		Aquatic Exercise 6:30 a.m. Chris	Studio Cycle 12:00 - 12:45 p.m. Karai	Aquatic Exercise 6:30 a.m. Barbara	Total Body Conditioning 9:30 - 10:45 a.m. Chris
		Studio Cycle 9:30 a.m. Stacey	Studio Cycle 4:15 - 5:00 p.m. Guido	Music Video Cycle 9:30 a.m. Jamie	Music Video Cycle 11:00 a.m. Jamie
		Super Sculpt 12:00 - 12:45 p.m. Leyla	Cardio Kickboxing 5:45 p.m. Guido	Arms & Abs 10:30 - 11:00 a.m. Jamie	SUNDAY 1/6 Total Body Conditioning 10:00 a.m. Leyla
		Ab Attack 4:45 - 5:15 p.m. Guido	Hip Hop Cardio 6:00 p.m. Marthy	Studio Cycle 5:45 - 6:30 p.m. Amy	Music Video Cycle 11:00 a.m. Liz
		Gutts-N-Butts 5:30 p.m. Guido	Ab Attack 6:50 - 7:20 p.m. Guido		Zumba® 5:30 p.m. Rachel
		Zumba® 5:45 p.m. Rachel			Studio Cycle 6:30 - 7:15 p.m. Chris
		Studio Cycle 5:30-6:15 p.m. Karai			H.I.T.T. 7:30 - 8:00 p.m. Chris
		Total Body Conditioning 6:45 p.m. Guido			

Winter Facility Hours 12/5 - 1/13:
Weekdays 6:00 a.m. – 9:00 p.m.
Weekends 8:00 a.m. – 8:00 p.m.
CLOSED 12/24, 12/25, 12/31, 1/1

- 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.

KEY

Pool

Multipurpose B

Multipurpose D

Cycling Studio

- **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.
- **Studio Cycle:** Indoor cycle class that guides riders through hills, intervals, jumps and 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).
- **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

MONDAY 12/31	TUESDAY 1/1	WEDNESDAY 1/2	THURSDAY 1/3	FRIDAY 1/4	SUNDAY 1/7
New Year's Eve: FACILITY CLOSED	New Year's Day: FACILITY CLOSED	Vinyasa Flow 12:00 p.m. Adriana	Slow Flow 6:30 a.m. Adriana	Vinyasa Flow 12:00 p.m. Carmen	Vinyasa Flow 10:00 a.m. Tina
		Power Flow 5:30 p.m. Tina	Mindful Yoga 5:30 p.m. Adriana/Carmen	Vinyasa Flow 5:45 p.m. Tina	Beginner/Gentle 12:30 p.m. Anamaria/Tina
				SATURDAY 1/6	
				Hatha Flow 9:00 a.m. Martha	
				Power Flow 12:00 p.m. Carmen	
					KEY
					Multipurpose A
					Multipurpose C

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.

	Full Semester <i>Aug. 21 - Dec. 15</i>	First Prorate Sept. 25	Second Prorate Nov. 6	One-Time Pass
Student Member	\$60	\$45	\$30	\$7
Non-Student Member	\$96	\$72	\$48	\$10
Non-Member	N/A	N/A	N/A	\$10 + Facility Guest

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

