GROUP EXERCISE

December 31st - January 6th

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**WINTER BREAK 2018 SCHEDULE 4**

**Last updated: 12/5/18**

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**MONDAY 12/31**

New Year’s Eve:

FACILITY CLOSED

**TUESDAY 1/1**

New Year’s Day:

FACILITY CLOSED

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**MONDAY 12/31**

**TUESDAY 1/1**

**WEDNESDAY 1/2**

**THURSDAY 1/3**

**FRIDAY 1/4**

**SATURDAY 1/5**

**SUNDAY 1/6**

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**Music Video Cycle**

6:30 a.m.

Liz

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**Aquatic Exercise**

6:30 a.m.

Chris

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**Super Sculpt**

12:00 - 12:45 p.m.

Leyla

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**Ab Attack**

4:45 - 5:15 p.m.

Guido

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**Super Sculpt**

5:30 p.m.

Guido

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**STUDIO CYCLE**

5:30 - 6:15 p.m.

Karai

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**Total Body Conditioning**

6:45 p.m.

Guido

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**Aquatic Exercise**

6:30 a.m.

Liz

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**Studio Cycle**

12:00 - 12:45 p.m.

Karai

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**Cardio Kickboxing**

5:45 p.m.

Guido

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**Ab Attack**

5:30 p.m.

Karai

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**Strong by Zumba**

5:30 p.m.

Rachel

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**Studio Cycle**

9:30 a.m.

Stacey

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**Music Video Cycle**

9:30 a.m.

Jamie

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**Studio Cycle**

6:30 - 7:15 p.m.

Karai

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**Zumba®**

5:30 p.m.

Rachel

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**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

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- **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.

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### Yoga Schedule

**Mondays**: New Year’s Eve: FACILITY CLOSED

**Tuesdays**: New Year’s Day: FACILITY CLOSED

**Wednesdays**:
- **12/31**
  - **10:00 a.m.**
    - Vinyasa Flow
    - Carmen
  - **12:30 p.m.**
    - Beginner/Gentle
    - Anamaria/Tina

**Thursdays**:
- **1/1**
  - **6:00 a.m.**
    - Hatha Flow
    - Martha
  - **12:00 p.m.**
    - Power Flow
    - Carmen
  - **5:45 p.m.**
    - Vinyasa Flow
    - Tina

**Fridays**:
- **1/2**
  - **12:30 p.m.**
    - Vinyasa Flow
    - Carmen

**Sundays**:
- **1/7**
  - **10:00 a.m.**
    - Vinyasa Flow
    - Tina

### Key

<table>
<thead>
<tr>
<th>Multipurpose A</th>
<th>Multipurpose C</th>
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</thead>
<tbody>
<tr>
<td>First Prorate</td>
<td>5:30 p.m.</td>
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<td>Second Prorate</td>
<td>5:45 p.m.</td>
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<tr>
<td>One-Time Pass</td>
<td>12:00 p.m.</td>
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## Yoga Styles

- **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.

### Pricing

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<thead>
<tr>
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<th>Full Semester</th>
<th>First Prorate</th>
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<tr>
<td><strong>Student Member</strong></td>
<td><strong>Aug. 21 - Dec. 15</strong></td>
<td>$60</td>
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Visit www.miami.edu/wellness for more information about our Group Exercise, Studio Cycling & Yoga programs.