**WINTER BREAK CLASS SCHEDULE**

**OUTDOOR & VIRTUAL GROUPX**

**EFFECTIVE: 11/21/2020**  
**UPDATED: 11/17/2020**

**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.

### MON
- **Beach Babes:** 12:00 p.m. Katherine  
- **Super Sculpt:** 5:00 p.m. Chris  
- **Guts & Butts:** 5:30 p.m. Leyla  
- **Power Yoga:** 5:30 p.m. Carmen  
- **Fierce & Fit Dance Cardio:** 6:30 p.m. Haley

### TUE
- **Yoga & Meditation:** 8:00 a.m. Adriana  
- **Outdoor Spin:** 6:30 a.m. Noosha  
- **H.I.I.T.:** 12:00 p.m. Guido  
- **Power Yoga:** 5:30 p.m. Tina  
- **Outdoor Spin:** 5:30 p.m. Guido

### WED
- **30/30:** 6:30 a.m. Liz  
- **Outdoor Spin:** 6:30 a.m. Noosha  
- **Smooth Sculpting:** 12:00 p.m. Guido  
- **Zumba:** 6:30 p.m. Carolina  
- **Outdoor Spin:** 5:30 p.m. Mia

### THU
- **Yoga & Meditation:** 8:00 a.m. Adriana  
- **Guts & Butts:** 12:00 p.m. Guido  
- **The Knockout:** 5:30 p.m. Katherine  
- **Gentle Yoga:** 5:30 p.m. Jacqueline  
- **Outdoor Spin:** 5:30 p.m. Guido

### FRI
- **Sunrise Vinyasa Flow Yoga:** 6:30 a.m. Noosha  
- **Mat Pilates:** 12:00 p.m. Chris  
- **Gluteus Mayhem:** 5:30 p.m. Guido  
- **Vinyasa Flow Yoga:** 5:30 p.m. Mia  
- **Fierce & Fit Dance Cardio:** 6:30 p.m. Haley

### SAT
- **Beginner Yoga:** 9:30 a.m. Noosha  
- **Outdoor Spin:** 9:30 a.m. Noosha  
- **Total Body Conditioning:** 9:30 a.m. Leyla

### SUN

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**KEY**
- **Virtual (Zoom)**
- **IM Fields**
- **Outdoor Basketball Court**
- **Lakeside Village Green**

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

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- **Beach Babes:** Total body workout with a focus on glutes and core.  
- **Fierce & Fit Dance Cardio:** High energy latin and caribbean inspired dance cardio.  
- **Gluteus Mayhem:** Scorch those glutes in this fun and intense lower body focused class!  
- **Guts & Butts:** High intensity workout targeting core and glutes.  
- **H.I.I.T.:** High intensity interval training - a fast paced calorie burning cardio and strength class.  
- **The Knockout:** Try to keep up with this cardio kickboxing inspired class!  
- **Outdoor Spin:** Get some fresh air and some major miles in outdoor studio spin class.  
- **Smooth Sculpting:** Low impact body sculpting and cardio training.  
- **Total Body Conditioning:** A full body workout featuring cardio, strength, and core!  
- **Zumba:** Combines high energy, motivating Latin music with unique moves and combinations.  
- **30/30:** 30 minutes of cycling followed by 30 minutes of interval training and core work, all levels welcome!  

- **Gentle Yoga:** This class is specifically geared towards beginners or those wishing to pursue a gentler, restorative yoga practice.  
- **Power Yoga:** 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 Yoga:** A slow-moving, yin yoga inspired class. Poses will be held longer and emphasis will be on the movement of breath. Appropriate for all levels.  
- **Yoga & Meditation:** Yoga for all levels followed by 15 minutes of mindfulness meditation.  
- **Vinyasa Flow Yoga:** 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.

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