

CLASSES START AUGUST 22 (6 WEEK SESSION) PREMIUM FITNESS CLASSES

Register Online:
wellness.miami.edu



Paid fitness and instructional classes that are open to both members and non-members alike.

MON

Pilates*

8 a.m. | Mayda

Pilates*

9 a.m. | Mayda

Pilates*

10 a.m. | Mayda

Pilates*

5 p.m. | Tomika

Pilates L2*

6 p.m. | Tomika

Pilates*

7 p.m. | Tomika

Beginner Ballet

6 p.m. | Maya

Advanced Ballet

7 p.m. | Maya

TUES

Pilates L2

6:30 a.m. | Leslie

Pilates L2

7:30 a.m. | Leslie

Pilates L1/2

9:15 a.m. | Leslie

Pilates

4 p.m. | Alejandra

Pilates

5 p.m. | Alejandra

Pilates

6 p.m. | Alejandra

Pilates

7 p.m. | Kelly

Youth Swim L1

4 p.m. | Alexis

Youth Swim L2

4:30 p.m. | Alexis

Youth Swim L3

5:15 p.m. | Alexis

Youth Swim L4

5:45 p.m. | Alexis

Beginner Adult

6:45 p.m. | Alexis

Pickleball

6 p.m. | Hayze & Spencer

Intro to Tennis

7 p.m. | Hayze & Spencer

Beginner Tennis

8 p.m. | Hayze & Spencer

Intermediate/ Advanced Tennis

9 p.m. | Hayze & Spencer

WED

Pilates

7 a.m. | Mayda

Pilates L2

8 a.m. | Mayda

Pilates

9 a.m. | Mayda

Pilates

10 a.m. | Mayda

Pilates

4 p.m. | Mayda

Pilates

5 p.m. | Mayda

Pilates

6 p.m. | Mayda

Beginner Ballet

6 p.m. | Molly

Advanced Ballet

7 p.m. | Molly

THURS

Pilates L2

6:30 a.m. | Leslie

Pilates L2

7:30 a.m. | Leslie

Pilates L1/2

9:15 a.m. | Leslie

Pilates

4 p.m. | Alejandra

Pilates

5 p.m. | Alejandra

Pilates

6 p.m. | Alejandra

Pilates

7 p.m. | Kelly

Youth Swim L1

4 p.m. | Alexis

Youth Swim L2

4:30 p.m. | Alexis

Youth Swim L3

5:15 p.m. | Alexis

Youth Swim L4

5:45 p.m. | Alexis

Intermediate Adult

6:45 p.m. | Alexis

FRI

Pilates

10:30 a.m. | Tomika

Pilates

11:30 a.m. | Tomika

Pilates

12:30 p.m. | Tomika

SAT

Youth Swim L1 †

10:15 a.m. | Raquel

Youth Swim L2 †

10:45 a.m. | Raquel

Youth Swim L3 †

11:30 a.m. | Raquel

Youth Swim L4 †

12:15 p.m. | Raquel

Youth Swim L5 †

1:15 p.m. | Raquel

SUN

Pilates L2

9 a.m. | Tomika

Pilates

10 a.m. | Tomika

Pilates L2

11 a.m. | Tomika

Pilates

12 p.m. | Tomika

Pilates

4:30 p.m. | Mia

Pilates

5:30 p.m. | Mia

Youth Swim L1 †

10 a.m. | Raquel

Youth Swim L2 †

10:45 a.m. | Raquel

Youth Swim L2 †

11:30 a.m. | Raquel

Youth Swim L3 †

12:15 p.m. | Raquel

Youth Swim L4 †

1 p.m. | Raquel

Youth Swim L5 †

2 p.m. | Raquel

Youth Swim L6 †

3 p.m. | Raquel

Tai Chi

4 p.m. | Silvia

Class: Pilates Swim Tai Chi Tennis Ballet Pickleball

* Monday Pilates only: No class 9/7, makeup class 10/5

† Youth Swim No class 9/12, makeup class 10/3

* Youth Swim No class 9/13, makeup class 10/4