

SPRING 2025

March 17 – May 11

GROUP FITNESS SCHEDULE

	MON	TUE	WED	THU	FRI		SAT		SUN
6:15 A.M.	Cycle & Jam Noosha Cycle Studio	Total Body Conditioning Jacey Multi D	HIIT Noosha Multi B	XTrim Noosha Multi D	Cycle & Jam Noosha Cycle Studio	9:00 A.M.	Cycle & Jam Noosha Cycle Studio	8:30 A.M.	Power Yoga Noosha Multi A
6:30 A.M.	Aqua Fit Clara Pool	Yoga & Meditation Adriana Multi A	Mindful Yoga Adriana Multi D	Yoga & Meditation Adriana Multi A	Aqua Fit Clara Pool	9:15 A.M.	Aqua Fit Aprile Pool	9:30 A.M.	Total Body Conditioning Leyla Multi B
8:00 A.M.	ReggaeTONE Pilates Haleigh Multi B		ReggaeTONE Pilates Haleigh Multi B			10:00 A.M.	Storm Surge Julia Storm Zone	10:30 A.M.	ReggaeTONE Pilates Greta Multi D
NOON	Hatha Yoga Tina Multi A		ReggaeTONE Pilates Greta Multi A		Yoga & Meditation Adriana Multi A	10:00 A.M.	Hatha Yoga Heather Multi A	11:00 A.M.	Zumba Julie Multi B
12:15 P.M.		Cycle 30 Ramona Cycle Studio		Cycle 30 Carmen Cycle Studio		11:00 A.M.	Smooth Sculpting Eduardo Multi B	NOON	Mindful Yoga Teddy Multi A
5:00 P.M.	Power UP Leyla Multi B					NOON	Core Blast Eduardo Multi B		
5:30 P.M.	Core to Floor Leyla Multi B	HIIT Sandra Multi B	Xtrim Noosha Multi B	Kickbox & Core Ramona Multi B	Hatha Yoga Tina Multi A	1:00 P.M.	HIIT Eduardo Multi B		
5:45 P.M.	Aqua Fit Ramona Pool		Aqua Fit Ramona Pool						
6:00 P.M.	Zumba Julie Multi D	Cycle & Jam Carmen Cycle Studio	Vinyasa Yoga Tina Multi A	Cycle & Jam Mackenzie Cycle Studio					
6:30 P.M.	Power Yoga Conditioning Teddy Multi A	Core Blast Sandra Multi B	Bootcamp Yara Multi B	Zumba Kendall Multi B					
7:00 P.M.		Candlelight Yoga Carmen Multi A							
7:30 P.M.	Cycle & Jam Deirdre Cycle Studio	Zumba Josip Multi B	Cycle & Jam Bianca Cycle Studio	Mindful Yoga Heather Multi A					
7:45 P.M.			Stretch & Flexibility Elizabeth Multi C						

LOCATION:

Multi A	Multi B	Multi C	Multi D
Cycle Studio	Pool	Storm Zone	

FOR THE MOST RECENT
SCHEDULES VISIT US:

miami.edu/wellness



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GROUP FITNESS CLASS DESCRIPTIONS

Aqua Fit:

This low-impact water-based class is designed to help improve joint stability, coordination, heart health, and strength. The class will incorporate cardio and strength, using a variety of pool-friendly equipment.

Bootcamp:

This full-body workout is designed to challenge your limits, build strength and boost endurance. Through dynamic, high-intensity exercises, you'll leave feeling physically stronger, mentally empowered and ready to conquer anything. With modifications available for all fitness levels, this class ensures every participant can push their boundaries safely and effectively. Whether you are a beginner or a seasoned athlete, join us to sweat, grow and thrive!

Candlelight Yoga:

This class combines elements from various styles of yoga to deliver a relaxing and engaging practice that will strengthen your body and improve your flexibility. The soft candlelight will create a soothing atmosphere to relax and revitalize following your practice. This yoga format is low in intensity.

Core to Floor:

Core to Floor (Guts N Butts) is a core and glute focused high intensity workout for all levels. Get ready to work up a sweat and burn those glute muscles.

Core Blast:

Improve core strength, balance, stability, & posture while engaging in a fun-filled, high-energy class.

Cycle and Jam:

Have fun and burn calories as you complete this high-energy indoor cycling class to the beat of an exciting playlist.

Hatha Yoga:

This gentler style yoga practice will guide attendees through movement that develops strength and flexibility, while developing the connection between body, mind & breath. Deepen your understanding of the postures and basic alignment in the body, breathing, and relaxation techniques. This yoga format is moderate to low in intensity.

High Intensity Interval Training [HIIT]:

HIIT focuses on short intervals of max-effort work, followed by subsequent rest intervals. This class will challenge and motivate you for an intense workout using a variety of equipment.

Kickbox & Core:

Combine martial arts with face-paced cardio to burn calories and build lean muscle. This workout challenges beginners and elite athletes to build stamina, improve coordination and flexibility.

Mindful Yoga:

Mindful yoga is a slow flowing hatha-inspired practice that promotes mindfulness and inward reflection. This yoga format is low in intensity.

Power Up:

A 30-minute upper body and core workout. This class is appropriate for all fitness levels, while focusing on strength, core definition, and posture.

Power Yoga:

This yoga class is appropriate for those looking for a more strenuous practice and wanting to add flexibility, balance, and concentration to their exercise routine.

Power Yoga Conditioning:

An intermediate to high-intensity vinyasa style class with full body strength training elements. It has high-energy music and a high concentration of different movements to help you gain strength and mobility in the body's muscles.

ReggaeTONE Pilates:

ReggaeTONE Pilates combines the core, stability, and muscle toning elements of Pilates with the energetic beat of international music and afro beats.

Smooth Sculpting:

Smooth Sculpting is an all-levels full body sculpting class with a low impact focus. Using various equipment this class will sculpt and tone your full body.

Stretch and Flexibility:

Join us for a rejuvenating class designed to improve your range of motion, enhance flexibility, and promote overall body wellness. This class is perfect for all fitness levels, offering a combination of gentle stretches, mobility exercises, and a bit of calisthenics. Whether you're looking to increase flexibility, reduce muscle tension, or simply unwind after a busy day, we will guide you through a series of movements that help release tightness, improve posture, and boost flexibility.

Storm Surge

This HIIT-style class blends strength training, cardio, and functional movements for a powerful full-body workout. Designed to engage every muscle group, it's a high calorie-burner that will push you to new fitness levels. Whether you're a beginner or an experienced athlete, this workout will leave you feeling stronger, more confident, and closer to your fitness goals.

Total Body Conditioning [TBC]:

TBC is a full body workout class featuring weights, bars, and bands. This class will strengthen and condition you from head to toe!

Vinyasa Yoga:

Challenge your body and increase your awareness in this yoga practice designed to emphasize sequential movement between postures guided by your breath. This yoga format is moderate to high in intensity.

X-Trim:

Experience a full body mindfulness workout that focuses on strength, agility, and mobility. The goals here is to push yourself to new possibilities!

Yoga and Meditation:

Enjoy a complete mind/body experience. A portion of the class is dedicated to mindful movement, and the other portion is dedicated to intentionally tuning into the breath & body through meditation.

Zumba®:

Zumba® is a fitness program that combines Latin and international music with dance moves. Zumba® routines incorporate interval training — alternating fast and slow rhythms — and resistance training.

Class Length

60 minute classes: Aqua Fit, Storm Surge, and Yoga

30 minute classes: Cycle 30 and Power Up

All other classes are 50 minutes