

# SUMMER II: JULY 6 - AUGUST 15

## PREMIUM FITNESS CLASSES

\*Monday Pilates: 6/30-8/4

†Adult Swim Beginner: 7/12-8/2

‡Thursday Youth Swim: 7/17-8/21

\*\*Saturday Youth Swim: 6/28-8/2

††Sunday Pilates: 6/29-8/3

‡†Tennis: 7/20-8/10

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

### MON

Pilates\*  
4 p.m.

Pilates\*  
5 p.m.

Pilates\*  
6 p.m.

### TUE

Pilates Level 2  
6:30 a.m.

Pilates Level 2  
7:30 a.m.

Pilates  
9:15 a.m.

Pilates  
4 p.m.

Pilates  
5 p.m.

Pilates + Barre  
6 p.m.

Adult Swim  
Intermediate  
7 p.m.

### WED

Pilates  
7 a.m.

Pilates  
8 a.m.

Pilates  
9 a.m.

Pilates  
4 p.m.

Pilates  
5 p.m.

Pilates  
6 p.m.

### THU

Pilates Level 2  
6:30 a.m.

Pilates Level 2  
7:30 a.m.

Pilates  
9:15 a.m.

Youth Swim 1<sup>‡</sup>  
4 p.m.

Youth Swim 2<sup>‡</sup>  
4:45 p.m.

Youth Swim 3<sup>‡</sup>  
5:30 p.m.

Youth Swim 4<sup>‡</sup>  
6 p.m.

Youth Swim 5<sup>‡</sup>  
6:45 p.m.

### FRI

Pilates  
9 a.m.

Pilates  
10 a.m.

### SAT

Youth Swim 1<sup>\*\*</sup>  
10:15 a.m.

Youth Swim 2<sup>\*\*</sup>  
10:45 a.m.

Youth Swim 3<sup>\*\*</sup>  
11:30 a.m.

Youth Swim 4<sup>\*\*</sup>  
12:15 p.m.

Youth Swim 5<sup>\*\*</sup>  
1:15 p.m.

Adult Swim  
Beginner<sup>†</sup>  
2:15 p.m.

### SUN<sup>‡†</sup>

Pilates Level 2<sup>††</sup>  
9 a.m.

Pilates<sup>††</sup>  
10 a.m.

Pilates<sup>††</sup>  
11 a.m.

Pilates<sup>††</sup>  
Noon

Tai Chi  
4 p.m.

Tennis Intro<sup>‡†</sup>  
4 p.m.

Tennis Beginner<sup>‡†</sup>  
5 p.m.

Tennis Int/Adv<sup>‡†</sup>  
6 p.m.



Register online: [wellness.miami.edu](https://wellness.miami.edu)

Class: Pilates Swim Tai Chi Tennis

Adult Swim – Advanced Beginner  
**Deep Water Skills Clinic**

Saturday, August 9

1:15-2:45 p.m.