

Group Fitness Class Schedule November 2009

Medical Wellness Center - University of Miami Miller School of Medicine

1120 NW 14th Street, Miami, FL 33136 / Tel: 305.243.7600

Hours of Operation: Monday - Friday 5AM to 9PM; Saturday 8:30AM to 2:00PM; Sunday CLOSED

<http://wellness.med.miami.edu>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	Studio Cycling - CS 5:30am - 45min - Shebah	Strength Interval - B 5:30am - 60min - Shebah	Strength Interval - C 5:30am - 60min - Shebah	Total Definitions - B 5:30pm - 60min - Shebah	Boot Camp - C 5:30am - 60min - Shebah	Psych'ling - CS 9:00am - 60min - Jessica	
	Total Definitions - B 6:15am - 60min - Shebah	Gutz & Buttz - B 6:30am - 30min - Shebah	Zumba Sculpt - C 6:30am - 45min - Dunia	Studio Cycling - CS 6:30am - 45min - Shebah	Studio Cycling - CS 6:30am - 60min - Gino	Ashtanga Yoga - A 10:00am - 90min - Silvia	
	♣Aqua Workout 7:00am - 60 min.- Fernanda	Ashtanga Yoga - A 7:00am - 90min - Silvia	Anusara Yoga 7:00am-75 min - Carol - A	Anusara Yoga 7:00am-75 min - Carol - A	Zumba Sculpt - B 6:30am - 45min - Dunia	Kickboxing - C 10:00am - 60min - Jessica	
			♣Aqua Workout 7:00am - 60 min.- Fernanda		Ashtanga Yoga - A 7:00am - 90min - Silvia		
LUNCHTIME	Lunchtime Yoga - A 12:00pm - 60min - Christy	Lunchtime Yoga - A 12:00pm - 60min - Carol	Psych'ling - CS 11:45am - 45min - Jessica	Powerflow Yoga-Level 1/2 12:00pm - 60min - Silvia- A	Upper Body Work - B 12:00pm - 30min - Rafael		
	Mat Pilates - B 12:00pm - 60min - Esther	Destress/Restore Yoga 1:00pm- 60min- Carol- A	Mat Pilates - B 12:00pm - 60min - Esther	Destress/Restore Yoga 1:00pm-60min-Silvia- A	Lunchtime Yoga - A 12:00pm - 60min - Carol		
	Cable Circuit-Fitness Fl. 12:15-45min- Fernanda/Janelle	Reformer Pilates - B 12:00pm - 60min - Patrick	Cable Circuit-Fitness Fl. 12:15-45min- Fernanda/Janelle	Reformer Pilates - B 12:00pm - 60min - Patrick	Cycling 'n Sculpt - CS 12:00pm - 45min - Gino		
	Studio Cycling - CS 12:15pm - 45min - Gino	Studio Cycling - CS 12:15pm - 45min - Gino	Lunchtime Yoga - A 12:00pm - 60min - Christy	Body Sculpt - C 12:15pm - 45min - Jessica	Lower Body Work- B 12:30pm - 30min - Rafael		
	Abs Etc. - B 1:00pm - 30min - Esther	Upper Body Work - C 1:00pm - 30min - Esther	Abs Etc. - C 12:15pm - 30min - Rafael	Studio Cycling - CS 12:15pm - 45min - Gino	Total Body Stretch - B 1:00pm - 30min - Rafael		
	Psych'ling - CS 1:15pm - 45min - Jessica	Stride Ride - CS 1:15pm - 45min - Jessica	Studio Cycling - CS 12:45pm - 45min - Rafael	Abs Etc. - C 1:00pm - 30min - Gino	Latin Rhythms - C 1:00pm - 60min - Dunia		
	Gentle Yoga- A 1:00pm 60min - Beatriz	Lower Body Work - C 1:30pm - 30min - Esther	Kickboxing - C 12:45pm - 45min - Jessica	Psych'ling - CS 1:15pm - 45min - Jessica	Tai Chi (Smoking Cessation) 1:00pm - A (Paid Part Only)		
		Tai Chi (Smoking Cessation) 1:00pm - B (Paid Part Only)	Gentle Yoga - A 1:00pm 60min - Beatriz	Tai Chi (Smoking Cessation) 1:00pm - B (Paid Part Only)			
AFTERNOON / EVENING	Studio Cycling - CS 4:00pm - 60min - Rafael	Studio Cycling - CS 4:30pm - 45min - Sandra	Vinyasa Yoga Level 2 4:00pm 60min - Beatriz- A	Powerflow Yoga Level 1/2 4:00pm 75min - Sylvia - A	Studio Cycling - CS 4:00pm - 45 min - Sandra		
	Restorative Yoga - A 4:30pm 60 min - Beatriz	Pilates Core - A 4:30pm - 60min - Jot	Hip Hop Step/Sculpt-C 5:15pm - 60min - Sandra	Studio Cycling - CS 4:00pm - 60 min - Shebah	Zumba Sculpt - C 5:15pm - 60 min - Joanna		
	Total Body Stretch - B 5:00pm - 30min - Rafael	Box Aerobics - C 5:15pm - 60min - Shebah	Core Fusion -B 5:30pm 60 min - Esther	Stretch 'n Tone - B 5:15pm - 60min - Shebah	Anusara Yoga 5:30pm - 75min - Carol- A		
	Kickboxing - C 5:15pm -60 min - Sandra	Mat Pilates - B 5:30pm - 60min - Esther	Vinyasa Yoga Level 1 5:30pm 75min - Beatriz- A	Cardio Hip Hop - C 5:15pm - 60min - Jessica			
	Anusara Yoga - A 5:30pm - 90 min - Carol	♣Aqua Workout 5:30pm - 60min - Sandra	Studio Cycling - CS 6:00pm - 60min - Gino	♣Aqua Workout 5:30pm - 60min - Sandra			
	Stride Ride - CS 5:30pm - 60 min - Joanna	Vinyasa Yoga - A 5:30pm - 75min - Jot	Cardio Sculpt - C 6:15pm - 60min - Sandra	Power Flow Yoga Level 2/3 5:30pm - 90min - Silvia - A			
	Street Jamz - C 6:15pm-45min- Sandra	Studio Cycling - CS 6:00pm - 60min - Gino	Reformer Pilates - B 6:30pm - 60min - Esther	Cycling Plus - CS & Room C 5:30pm - 90min - Joanna			
	Functional Boot Camp - C 7:15pm - 60min - Pedro	Reformer Pilates - B 6:30pm - 60min - Esther	Functional Boot Camp - C 7:15pm - 60min - Pedro				
		Heart 'n Body - C 6:15pm - 60min - Rafael					

Because we are a workplace-friendly facility, we understand your need to sometimes enter a lunchtime yoga class after it begins or exit before its official ending time. Our *Yoga Instructors* honor individual needs for flexible scheduling and a healthy work-life balance.

All classes listed next to their corresponding room:
A = Room A
B = Room B
C = Room C
CS = Cycling Studio
♣ = Aqua classes held in the pool

Level 1- Beginner
Level 1/2 - Beginner/Intermediate
Level 2- Intermediate
Level 2/3 - Intermediate Advanced

NEW/UPDATED CLASS

Additional Charge
Please ask Front Desk for details