

# UHealth

## FITNESS & WELLNESS CENTER



SUMMER 2017 : JULY 10th - SEPTEMBER 30th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MORNING</b>	<b>Boot Camp</b> 6:00 am Rafael  <b>Integrative Yoga</b> 6:50 am Adriana	<b>Studio Cycling</b> 6:00 am Sandra  <b>Gutz &amp; Butz</b> 7:00 am Sandra	<b>Kickboxing</b> 6:00 am Rafael  <b>Integrative Yoga</b> 6:50 am Adriana  <b>Circuit Training</b> 7:00 am Rafael	<b>Total Body Blast</b> 6:00 am Sandra  <b>Studio Cycling</b> 7:00 am Sandra	<b>Studio Cycling</b> 6:00 am Chris  <b>Hatha Flow Yoga</b> 6:50 am Lunthita	<b>Studio Cycling</b> 9:00 am Esther  <b>Power Yoga</b> 10:00 am Angie
<b>AFTERNOON</b>	<b>Studio Cycling</b> 12:15 pm Chris  <b>Lunchtime Yoga</b> 12:15 pm Peterj  <b>Intro Circuit</b> 12:30 pm Rafael  <b>Total Barre</b> 1:00 pm Esther	<b>Aqua Workout</b> 12:00 pm Rafael  <b>SoBe Body</b> 12:15 pm Sonjia  <b>Lunchtime Yoga</b> 12:15 pm Peterj	<b>Studio Cycling</b> 12:15 am Rafael  <b>Mat Pilates</b> 12:30 pm Esther  <b>Lunchtime Yoga</b> 12:15pm Christy  <b>Zumba</b> 1:00 pm Camila	<b>Aqua Workout</b> 12:00 pm Rafael  <b>SoBe Body</b> 12:15 pm Sonjia  <b>Lunchtime Yoga</b> 12:15 pm Peterj	<b>Studio Cycling</b> 12:15 pm Guido  <b>Mat Pilates</b> 12:15 pm Esther  <b>Intro Circuit</b> 12:30 pm Rafael	<b>20/20/20</b> 12:00 pm Chris
<b>EVENING</b>	<b>Tabata</b> 5:15 pm Chris  <b>Studio Cycling</b> 5:30 pm Guido  <b>Power Yoga</b> 5:30 pm Angie  <b>H.I.I.T.</b> 6:30 pm Guido	<b>Zumba</b> 5:15 pm Camila  <b>Total Barre</b> 5:30 pm Esther  <b>Music Video Spin</b> 6:00 pm Sandra	<b>Circuit Training</b> 5:15 pm Chris  <b>Power Yoga</b> 5:30 pm Angie  <b>Shape Up</b> 6:30 pm Chris	<b>Zumba</b> 5:15 pm Camila  <b>Mat Pilates</b> 5:30 pm Esther  <b>Music Video Spin</b> 6:00 pm Sandra	<b>Gutz &amp; Butz</b> 5:15 pm Chris  <b>Anusara Yoga</b> 5:30 pm Lunthita	

### KEY

Aqua Pool  
 Cycling Studio  
 Studio Room A  
 Studio Room B  
 Studio Room C

Schedule subject to change. Group Exercise classes are free (open to members & guests only).  
Classes are on a first-come, first-served basis.

**HOURS: MONDAY - THURSDAY 5am - 9pm, FRIDAY 5am - 7pm, SATURDAY 8:30am - 5pm**

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# GROUP FITNESS CLASS DESCRIPTIONS

## CARDIOVASCULAR TRAINING

**20/20/20:** Three workouts in one! The 20/20/20 class is designed to give you the ultimate challenge and total body workout. Sweat through 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching and core work. Are you ready for the challenge? You can't get more EPIC than this!

**Boot Camp:** Get ready to sweat with basic sport specific movements and cardio drills. Have fun with extremely athletic and challenging movements that merge functional training, weight training, interval drills, and running that will "whip you into shape"!

**Circuit Training:** This perfect circuit class utilizes the fundamental elements of strength training and short burst of explosive power with high level skills that enhance movement. Experience this optimal functional performance training by rotating from station to station that integrates conditioning drills and precision skills.

**HIIT or High Intensity Interval Training:** This is nonstop power workouts that is guaranteed to burn calories and get your heart pumping. Incorporates both cardio and strength!

**Kickboxing:** De-stress in this fun, pre-designed, non-contact kickboxing interval class using no equipment. Cardio and strength based with an intense energy sprint for the ultimate challenge.

## DANCE

**Zumba:** Combines high energy Latin music and unique combinations interchanged with resistance and circuit training exercises. Have tons of FUN as you maximize caloric expenditure while improving muscular and cardio strength and endurance! No previous dance experience is required.

## STRENGTH, CORE, RESISTANCE TRAINING & STRETCHING

**Gutz & Butz:** Focuses on toning the lower body and core through various body-weight exercises and equipment.

**HardCORE:** This workout is designed to target those hard to reach gluts, abs, and core sections! Challenge your abdominals, lower back, and total core area. Increase the strength of the muscles that provide stability and improve muscle definition for the superficial core muscles. Then cool down and enjoy a 15 min stretch.

**Intro Circuit:** A basic class designed for beginners who are looking for a complete workout (cardio, flexibility, and strength). Extra emphasis is placed on proper form and technique.

**Shape UP:** This class will burn calories, burn fat, and build muscle, by using weights. This class is for all fitness levels!

**SoBe Body:** A total body workout that builds muscle, burns fat, and gets your body South Beach ready! Using body weight as the main source of resistance, you will blaze through super-charged intervals of cardio and strength training. Great music will motivate you through hi-energy drills that fire up your metabolism as you sweat and sculpt your body. Whether a beginner or an expert, the class format makes it easy for everyone to work at your own pace as you progress to the next level of fitness.

**Total Barre™:** High-energy and dynamic Total Barre™ integrates elements of Pilates, dance, cardio & strength training. You'll increase strength, flexibility, stamina and dynamic stability. It is a program geared for everyone – no dance experience required!

**Total Body Blast:** This is a full body workout involves cardio to increase the heart rate, and resistance training to sculpt the arms, butt, and core. It is intense workout to start your day and have you leave class feeling great!

## CYCLING

**Music Video Spin:** Indoor cycling class set to the latest music videos available. This 45 minute cycling class will have you riding to upbeat and visual videos of today.

**Studio Cycling:** Experience this athletic, adrenaline-pumping group workout performed on the stationary bike with high energy music. You'll feel like a cycling pro!

## YOGA

**Hatha Flow Yoga:** A balanced combination of sustained poses (Hatha) as well as poses flowing in a progression from one to another. Attention is always given to basic alignment principles. Conscious observation of the breath and body are an integral part of the class. Classes are balanced with energy, for a good physical work-out, along with meditation and calm—maintaining body-mind-spirit balance. Beginners as well as advanced practitioners will derive benefit from this practice.

**Integrative Yoga:** A more gentle, focus on integrating the mind and the body together - meditation and poses.

**Lunchtime Yoga:** This one-hour lunchtime class is designed for participants of all fitness levels so as to offer an option to "break from the workplace", nurture the body and soul. While it is not a class geared to the yoga beginner, teachers can offer modifications and options that will serve the more novice yoga student. You may walk in or out as needed to fit your work schedule.

**Power Yoga:** Take yoga to the next level in this intense workout which combines Ashtanga and Vinyasa Flow disciplines with intermediate-advanced poses. Recommended for yoga practitioners who are ready to take their practice to the next level! Two levels are available for this practice.

## AQUATICS

**Aqua Workout:** Increase aerobic, strength and flexibility conditioning using aqua "toys" and equipment in the swimming pool. Perfect for all fitness levels! No swimming experience required.

## PILATES

**Mat Pilates:** A cross conditioning system designed to shape your legs, hips, back, chest and arms with a precise focus on strengthening your abdominals and your back. Great compliment to any workout! Pilates will transform, re-define and shape your body into a long, lean and athletic streamlined physique without developing "bulky" muscles.