### SUMMER 2019: JULY 1 – OCTOBER 6

#### Monday
- **Indoor Cycling**
  - 6 A.M.
  - Rafael
- **Super Sculpt**
  - 7 A.M.
  - Rafael
- **Integrative Yoga**
  - 6:50 A.M.
  - Adriana

#### Tuesday
- **Total Body**
  - 5:30 A.M.
  - Sandra
- **Abs Etc.**
  - 6:30 A.M.
  - Sandra
- **Kickboxing**
  - 6 A.M.
  - Rafael

#### Wednesday
- **Super Sculpt**
  - 5:30 A.M.
  - Sandra
- **Indoor Cycling**
  - 7 A.M.
  - Rafael
- **Abs Etc.**
  - 6:30 A.M.
  - Sandra

#### Thursday
- **Studio Cycling**
  - 7 A.M.
  - Chris
- **Indoor Cycling**
  - 5:30 A.M.
  - Rafael
- **Abs Etc.**
  - 9 A.M.
  - Sandra

#### Friday
- **Cycling 45**
  - 9 A.M.
  - Sandra
- **Abs Etc.**
  - 9:50 A.M.
  - Sandra

#### Saturday
- **Vinyasa Yoga**
  - 7 A.M.
  - Anny
- **Power Yoga**
  - 10 A.M.
  - Anny

#### Monday
- **Circuit Training**
  - 12 P.M.
  - Rafael
- **Cycling 45**
  - 12:15 P.M.
  - Guido
- **Total Barre**
  - 12:15 P.M.
  - Maria
- **Ab Attack**
  - 1 P.M.
  - Guido

#### Tuesday
- **Aqua Fit**
  - 12 P.M.
  - Rafael
- **Cycling 45**
  - 12:15 P.M.
  - Rafael
- **Lunchtime Yoga**
  - 12:15 P.M.
  - Peter J.
- **Rock Body**
  - 12:30 P.M.
  - Sonja

#### Wednesday
- **Indoor Cycling**
  - 12:15 P.M.
  - Rafael
- **Mat Pilates**
  - 12:15 P.M.
  - Maria
- **Cardio Kickbox**
  - 12:15 P.M.
  - Guido
- **Fired Up**
  - 12:30 P.M.
  - Guido

#### Thursday
- **Aqua Fit**
  - 12 P.M.
  - Rafael
- **Cardio Kickbox**
  - 12:15 P.M.
  - Guido
- **Mat Pilates**
  - 12:15 P.M.
  - Esther
- **Ab Attack**
  - 1 P.M.
  - Guido

#### Friday
- **Cycling 45**
  - 12:15 P.M.
  - Guido
- **Total Barre**
  - 12:15 P.M.
  - Peter J.
- **Lunchtime Yoga**
  - 12:15 P.M.
  - Anny

#### Saturday
- **Gutz & Butz**
  - 1 P.M.
  - Chris
- **SLOW-FLO Yoga**
  - 12 P.M.
  - Taryn
- **Total Body**
  - 12:15 P.M.
  - Esther

#### Sunday
- **Indoor Cycling**
  - 1:15 P.M.
  - Chris

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**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 – Friday: 5 A.M. – 9 P.M.
- Saturday: 8 A.M. – 5 P.M.
- Sunday: 9 A.M. – 4 P.M.

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**Cardiovascular Training**

**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”!

**Cardio Burn:** High Intensity workout combining various cardio/dance genres (kickboxing, latin dance, and more). Burn fat, tone muscles with this workout.

**Cardio Kickbox:** Combines basic kickboxing moves with fast paced cardio, burn calories as you build lean muscle with this fun and challenging workout.

**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.

**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.

**Fired Up:** Workout your entire body with this high intensity circuit using strength conditioning designed to make your body more efficient.

**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**

**Abs Etc/Ab Attack:** A 30-minute abdominal, mid-section and lower back workout. Perfect before or after your cardio workout!

**Gutz & Butz:** This is a “below the belt” workout designed to target those hard to reach gluts, abs, and core sections!

**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.

**Rock Body:** Sculpt your body with the combination of aerobic/resistance training via alternating cardio and toning exercises. Resistance bands, med balls & free weights are used. Get your heart rate up to your fat-burning zone and improve muscular strength and endurance!

**Super Sculpt:** Get a total body workout using the step, weights, bars, and bands to tone from head to toe.

**Total Barre™:** Integrates elements of Pilates, dance, and strength training. You will increase strength, flexibility, stamina, and dynamic stability. It is a program for everyone – no dance experience required.

**Total Body:** A complete workout alternating muscle-toning movements along with intervals of fat-blasting cardio techniques. This class will integrate the use of different equipment such as XCO trainer, Step, Core Ball, Flexi-Bar, Bands.

**Cycling**

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

**Cycling 45:** 45 minutes of non-stop intervals, hills, and fast-paced runs.

**Groove Cycle:** 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.

**Yoga/Mind-Body**

**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 workout, along with meditation and calm—maintaining body-mind-spirit balance. Beginners as well as advanced practitioners will derive benefit from this practice.

**Lunchtime Yoga:** This one-hour lunchtime class is designed for participants of all fitness levels 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 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.

**Integrative Yoga:** Begin your day with guided imagery, meditation and a blending of your spiritual-self with the universal principles of body alignment.

**Power Yoga:** Take yoga to the next level in an intense workout that 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.

**Slow-Flo Yoga:** In this slow-paced class, participants will move mindfully to improve range of motion and build both strength and balance. Open to All Levels.

**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.

**Reformer Pilates:** Take your core and strength training workout to the next level and achieve maximum results in a semi-private session with a certified Reformer Pilates Specialist. Ideal for those who require more personalized attention in a workout designed to target specific problem areas such as posture, body alignment and range of motion. *See front desk for details and session costs.*