

Free Classes

GROUP EXERCISE SCHEDULE

Fall 2009..... Aug 26 – Dec 18



Time	Room	Monday	Tuesday	Wednesday	Thursday	Friday
6:45 am-7:45 am	A	Sport Circuit <i>Lauren</i>	Super Sculpt <i>Kelly</i>	Glide-N-Sculpt <i>Erin</i>	Cardio Kickboxing <i>Guido</i>	
6:45 am-7:45 am	P	Water Aerobics <i>Kelly A</i>		Water Aerobics <i>Kelly A</i>		Water Aerobics <i>Robyn</i>
12:00pm-1:00 pm	A	Zumba <i>Meli</i> Body Melt 12:45pm-1:00pm	Sport Circuit <i>Alison</i>	Strength Interval <i>Shari</i>	Basic Step <i>Catherine</i>	Super Sculpt <i>Lauren</i>
4:20 pm-5:20 pm	A	Step <i>Rania</i>	Super Sculpt <i>Catherine</i>	Cardio Kickboxing <i>Rania</i>	Glide-N-Sculpt <i>Erin</i>	
4:45 pm-5:15 pm	CC	Core <i>Guido</i>	Core <i>Guido</i>	Core <i>Catherine</i>		Core <i>Erin</i> (Multi-A)
5:30 pm-6:30 pm	A	Gutts-N-Butts <i>Leah</i>	Cardio Kickboxing <i>Guido</i>	Super Step <i>Catherine</i>	Super Sculpt <i>Kelly Q</i>	Zumba <i>Alison</i>
6:00 pm-7:00pm	P	Water Aerobics <i>Sarah</i>		Water Aerobics <i>Sarah</i>		
6:40pm-7:40pm	A	Step -N-Sculpt <i>Catherine</i>	Zumba <i>Adri</i>	Strength Interval <i>Julia</i>	Cardio Kickboxing <i>Leah</i>	Gutts-N-Butts <i>Leah</i>
7:45 pm-8:15pm	A	Core <i>Catherine</i>	Body Power <i>Nikki</i>	Rock Bottoms <i>Julia</i>	Core <i>Leah</i>	

WEEKEND CLASSES

Shaded Classes Below Require a Semester or One-Time pass and **ARE NOT free**

Saturday	Yoga 8:30-9:50 <i>Martha- Multi B</i>	Studio Cycling 9:15-10:15 <i>Liz- SC</i>	Water Aerobics 9:15-10:15 <i>Sarah-Pool</i>	Cardio Interval 9:45-11:00 <i>Kelly/Leah- Multi A</i>	
Sunday	Super Sculpt 10:00-11:00am <i>Kelly/Leah- Multi A</i>	Hatha/Vinyasa Yoga 10:40-12:00 <i>Martha- Multi B</i>	Zumba 5:30-6:30 p.m. <i>Carla-Multi A</i>	Studio Cycling 6:00-7:00pm <i>Christine- SC</i>	Gutts -N- Butts 6:40-7:40p.m. <i>Julia- Multi-A</i>

See Reverse for Class Descriptions and Recommendations and Program Policies →

Visit www.miami.edu/wellness to view and print schedules.

Group Exercise Policies: PLEASE READ CAREFULLY!

1. Only current, fees-paid UM students or Wellness Center members and/or their official guests are eligible to participate in free Group Exercise Classes. Patrons must be at least 13 years of age to participate in any classes offered at the Wellness Center.
2. Participants should line up outside the designated entry door. Under no circumstances should members enter the aerobics room until so instructed by the door monitor or instructor.
3. Class sessions are limited to a maximum of 55 participants for land classes and 20 participants for water classes. Entry is on a first come, first served basis. After 55/20 have entered, the class will be closed.
*Core Conditioning classes are limited to 55 in "A" and 80 in "CC".
4. For safety reasons, participants may only enter an open class until 10 minutes after class start time. After 10 minutes the class is closed.

CLASS DESCRIPTIONS

DETAILED CLASS DESCRIPTIONS ARE AVAILABLE IN THE REAR BULLETIN BOARD OF MULTI A

Recommended for those who are: ♥ Just Starting Out ♦ Working their way to the top ★ Experienced/Maintaining Fitness

- *These general recommendations are based on the class' general format; however, all instructors are trained to provide modifications for exercisers of different levels.*
- Body Melt- Relax and lengthen with a 15-30 minute full body stretch. ♥♦★
- Body Power- Get an intense total body work out using only bodyweight and yoga/pilates inspired movements. ♦★
- Cardio Kickboxing: A workout combining high and low impact kicks, punches, and martial arts techniques. ♦★
- Cardio Interval: A little bit of anything cardio (step, kickboxing, plyometrics). May include strength training. ♥♦★
- Core Conditioning: A class strictly devoted to the muscles in your torso. ♥♦★
- Glide and Sculpt: A sculpting class incorporating the use of gliding discs. ♥♦★
- Guts-n-Butts: One hour class devoted to strengthening and toning the lower body and the core. ♦★
- Ibis Express: A 15-minute resistance training circuit designed to provide effective results in an efficient manner. The program may be performed at any time; however, you may sign up during the scheduled sessions (M-W-F 12pm -1pm) to receive assistance and guidance through the routine. Call the fitness desk at (305-284-8507) to make an appointment. ♥♦★
- Rock Bottoms: Half an hour of lower body work set to rock music. ♦★
- Sport Circuit: A high intensity boot-camp style class blending plyometrics, agility drills, circuits, speed work, and core challenging moves. ♦★
- Step: A class using step choreography to give the body an incredible cardiovascular work out. ♥♦★
- Step Interval : This class is a high-intensity cardiovascular workout using step choreography with intervals of either strength or other forms of cardio. ♦★
- Strength Interval: Muscle burning class that incorporates intervals of cardio. ♦★
- Super Sculpt: Get a total body workout using the step, weights, bars and bands to tone from head to toe. ♥♦★
- Super Step: Challenge your mind and body to keep up with this advanced step choreography! ★
- Upper Body Sculpt: A class strictly devoted to the muscles in your upper body. ♥♦★
- Water Aerobics: Improve cardiovascular endurance and increase strength without the stress on the joints. ♥♦★
- Zumba: Combines high energy and motivating Latin music with unique moves and combinations. ♥♦★