USEFUL INFORMATION

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Site Guide

The site where each class takes place is listed throughout the brochure using the code below. It can be found directly next to the course title. Days of the week are abbreviated as shown below.

Multipurpose Room A = (A) Monday = M
Multipurpose Room B = (B) Tuesday = T
Multipurpose Room C = (C) Wednesday = W
Multipurpose Room D = (D) Thursday = R
Neil Schiff Tennis Center = (TC) Friday = F
Pilates Studio = (PS) Saturday = Sat
Pool = (P) Sunday = Sun

Facility Closures

Periodically, schedules may change to accommodate special events throughout the facilities. To receive up-to-date information, subscribe to our list serve (www.miami.edu/wellness and click on “Subscribe to the Health-E-Living Newsletter”) or follow us on Facebook or Twitter.

Registration

You may register in person at the Herbert Wellness Center Monday – Friday from 7:30 a.m. to 8:00 p.m. Online registration is also available at www.miami.edu/wellness; just click on the ‘Online Services’ tab to get started. If you have any questions about the online registration process, please call the Sales Office at 305-284-5433.

SESSION I REGISTRATION DATES:
Monday, January 27th – Friday, February 7th
SESSION II REGISTRATION DATES:
Monday March 17th – Friday March 28th

Don’t Delay; Register Today!

Each class has a minimum and maximum number of participants. To make sure you don’t get left out, register as early as possible. Registration in a community class does not entitle the participant to use other areas of the Wellness Center. Membership to the Wellness Center is only open to the University Community (UM students, faculty, staff, alumni, trustees, and Citizens Board members.)

Oops!

Occasionally there may be a change to the class offerings listed in this brochure. Thank you for your understanding when these situations arise.

Refund Policy

No refunds will be given, except in the case of a cancelled section. Transfers, credits, and exchanges will also not be given.

Visit us on the web: www.miami.edu/wellness
ADULT AQUATICS

**Adult Beginner Swim Lessons (P)**

This is for those water lovers who may have taught themselves how to swim or have never had the chance to swim. The focus is on the front crawl, but will depend on the individuals in the class. Drills are used to enhance body position in the water and to swim more effectively.

**Instructor:** Aprile Legot

**Fee:**
- UM Student ............... $89
- Member .................. $115
- Non-Member ........... $145

**CC1001:**
- Feb. 3rd – March 12th
- M/W 7 p.m. – 8 p.m.

**CC1002:**
- March 24th – April 30th
- M/W 7 p.m. – 8 p.m.

Minimum/Maximum Enrollment: 3/6

**Adult Int./Adv. Swim Lessons (P)**

**Intermediate** - You have mastered the front crawl and maybe even the backstroke and want to refine them and learn another stroke or two.

**Advanced** - You are able to swim two to three strokes proficiently and want to learn the rest of the strokes and flip turns. You will leave this course knowing more drills, have a better stroke, and the ability to swim for exercise.

**Instructor:** Aprile Legot

**Fee:**
- UM Student ............... $89
- Member .................. $115
- Non-Member ........... $145

**CC1003:**
- Feb. 3rd – March 12th
- M/W 8 p.m. – 9 p.m.

**CC1004:**
- March 24th – April 30th
- M/W 8 p.m. – 9 p.m.

Minimum/Maximum Enrollment: 3/6

**Water Exercise Class (P)**

Enjoy a low-impact workout in the water without feeling stress on your joints. This class offers an overall fitness workout that challenges you aerobically and uses the water as resistance for strengthening and toning. Excellent for those with bone or joint problems. Baby Boomers love this class!

**Instructors:** Barbara Cutler & Jamie Everett

**Fee:**
- Full Session
  - UM Student ............... $119
  - Member .................. $155
  - Non-Member ........... $189

- Half Session
  - UM Student ............... $65
  - Member .................. $79
  - Non-Member ........... $99

**CC1005:**
- Feb. 2nd – March 13th
- T/R 6:30 p.m. – 8:00 p.m.
- Sun 11:00 a.m. – 12:30 p.m.

**CC1006:**
- March 23rd – May 1st
- T/R 6:30 p.m. – 8:00 p.m.
- Sun 11:00 a.m. – 12:30 p.m.

Minimum/Maximum Enrollment: 6/8

**Master Swim Drills (P)**

A structured swim workout for the swimmer who wants to build endurance and improve skills. The workouts vary each class consisting of sprints, distance swimming, and stroke drills. The instructor will adapt the workout to your goals, while providing a fun, yet challenging group swimming workout. This class is perfect for those that want to cross-train for fitness, improve their swimming ability, or train for a triathlon or other swimming competition. Swimmers should be able to swim multiple laps without stopping and be comfortable swimming a minimum of 1 mile per class.

**Instructor:** Amanda Brown

**Fee:**
- UM Student ............... $79
- Member .................. $99
- Non-Member ........... $125

**CC1007:**
- Feb. 3rd – April 25th
- M/W/F 4 p.m. - 5 p.m.

**CC1008:**
- March 17th – April 25th
- M/W/F 4 p.m. - 5 p.m.

Minimum/Maximum Enrollment: 6/30

Visit us on the web: www.miami.edu/wellness
<table>
<thead>
<tr>
<th>Level 1 – Guppies (P)</th>
<th>Level 2 – Minnows (P)</th>
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<tbody>
<tr>
<td>Preschool age children 3-6 years old who have never taken a swim class and do not swim at all. They are brand new to the pool. Course will cover the basic safety topics and assist children in gaining confidence with their swimming abilities. The course will include working on being in the water, breathing, front crawl, and floating.</td>
<td>Preschool age children 3-6 years old with previous swimming experience with shallow water. They are comfortable with the basics of front crawl and floating and will begin to work on stroke technique and refinement of swimming skills.</td>
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| **CC2001**: Jan. 19th – April 6th  
Sun 2:00 p.m. – 2:30 p.m. | **CC2004**: Jan. 19th – April 6th  
Sun 2:30 p.m. – 3:00 p.m. |
| **CC2002**: Jan. 21st – Feb. 27th  
T/R 4:00 p.m. – 4:30 p.m. | **CC2005**: Jan. 21st – Feb. 27th  
T/R 4:30 p.m. – 5:00 p.m. |
| **CC2003**: March 11th – April 17th  
T/R 4:00 p.m. – 4:30 p.m. | **CC2006**: March 11th – April 17th  
T/R 4:30 p.m. – 5:00 p.m. |
| Minimum/Maximum Enrollment: 2/4 | Minimum/Maximum Enrollment: 2/4 |

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<th>Level 3 – Trouts (P)</th>
<th>Level 4 – Marlins (P)</th>
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<tbody>
<tr>
<td>Children ages 5-8 who can complete at least one length of the pool without assistance. They must know free style stroke along with basic knowledge of the others.</td>
<td>Children ages 6-10 who feel comfortable in the water and must be able to swim two lengths of the pool. They should know at least two strokes. This course will work on breathing, freestyle, backstroke, breaststroke, and butterfly.</td>
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| **CC2007**: Jan. 18th – April 5th  
Sat 4:30 p.m. – 5:00 p.m. | **CC2011**: Jan. 18th – April 5th  
Sat 5:00 p.m. – 5:45 p.m. |
| **CC2008**: Jan. 19th – April 6th  
Sun 3:00 p.m. – 3:30 p.m. | **CC2012**: Jan. 19th – April 6th  
Sun 3:30 p.m. – 4:15 p.m. |
| **CC2009**: Jan. 21st – Feb. 27th  
T/R 5:00 p.m. – 5:30 p.m. | **CC2013**: Jan. 21st – Feb. 27th  
T/R 5:30 p.m. – 6:15 p.m. |
| **CC2010**: March 11th – April 17th  
T/R 5:00 p.m. – 5:30 p.m. | **CC2014**: March 11th – April 17th  
T/R 5:30 p.m. – 6:15 p.m. |
| Minimum/Maximum Enrollment: 2/4 | Minimum/Maximum Enrollment: 2/4 |

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<th>Level 5 – Dolphins (P)</th>
<th>Level 6 – Sharks (P)</th>
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<td>Children ages 6-10 who can swim well on their own. Children should be comfortable with each stroke and able to swim multiple laps in the large area of the pool. These more advanced swimmers will focus on refining their basic strokes and technique.</td>
<td>Ages 12-14. This is an advanced level course where students will refine all of the strokes and technique.</td>
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| **CC2015**: Jan. 18th – April 5th  
Sat 5:45 p.m. – 6:30 p.m. | **CC2019**: Jan. 19th – April 6th  
Sun 5:00 p.m. – 5:45 p.m. |
| **CC2016**: Jan. 19th – April 6th  
Sun 4:15 p.m. – 5:00 p.m. | Minimum/Maximum Enrollment: 2/6 |
| **CC2017**: Jan. 21st – Feb. 27th  
T/R 6:15 p.m. – 7:00 p.m. | **CC2019**: Jan. 19th – April 6th  
Sun 5:00 p.m. – 5:45 p.m. |
| **CC2018**: March 11th – April 17th  
T/R 6:15 p.m. – 7:00 p.m. | Minimum/Maximum Enrollment: 2/6 |
| Minimum/Maximum Enrollment: 2/6 | Minimum/Maximum Enrollment: 2/6 |
DANCE

LA Style Salsa (C/D)
This Salsa group dance class features LA style Salsa. The LA style is different from Rueda in that the turn patterns of LA style are “in line” as opposed to circular. Emphasis is on one-on-one partner work, styling, and spinning. You do not need a partner to join.

*Salsa Performance: For int./adv. participants who want to learn how to combine moves into a pattern or routine. This class offers the opportunity to learn new techniques and moves that can be done in social dancing. With enough interest, there is opportunity to perform at local events!

Instructors: Kier Turpin & Geydis Pupo

Fee: UM Student...........$55
     Member..................$65
     Non-Member............$85

CC3001: (D) Beginner
Feb. 4th – March 13th
T/R 8:00 p.m. – 9:30 p.m.

CC3003: (C) Salsa Performance*
Feb. 3rd – March 12th
M/W 6:40 p.m. – 8:10 p.m.

CC3005: (C) Intermediate/Adv
Feb. 3rd – March 12th
M/W 8:30 p.m. – 9:30 p.m.

Belly Dance 101 (C)
Express your feminine side while getting a workout. Learn some new moves while peeking into an ancient art form. Welcome to belly dance! Belly dance provides a great, low-impact cardio workout that strengthens more than just the core. In Belly Dance 101, students are introduced to the wide range of foundation movements; from the smooth and snaky, to the pops and locks. Emphasis is placed on proper posture, execution of muscle isolations, and having fun! Basic zill (finger cymbal) and veil work will also be introduced in this course. This class is designed for the student who is completely new to belly dance.

Instructor: Caitlin Booth

Fee: UM Student...........$49
     Member..................$75
     Non-Member............$99

CC3007: Feb. 1st – March 13th
R 8:00 p.m. – 9:00 p.m.
Sat 11:00 a.m. – 12:00 p.m.
Minimum/Maximum Enrollment: 7/30

Tribal Style Belly Dance (C)
Celebrate your body through movement as we explore the creativity, artistry, and beauty that is Tribal Belly Dance. This modern approach to belly dance has a unique way of fusing core belly dance movements with elements of Spanish Flamenco, Hip Hop, Modern, Indian, and Club dance. This creates a challenging style of belly dance that has been described as funky, earthy, sleek, and snake-like. Participants should wear comfortable clothing that allows freedom of movement. This class is open to individuals with all levels of experience.

Instructor: Caitlin Booth

Fee: UM Student...........$25
     Member..................$35
     Non-Member............$50

CC3009: Feb. 3rd – March 10th
M 5:30 p.m. – 6:30 p.m.
Minimum/Maximum Enrollment: 6/30

CFunk™ (D)
Break it down and sweat it out with easy to learn dance moves and your favorite hip hop music. If you love to dance and have fun, this high energy class will get your heart pumping and keep you coming back! No dance experience required.

Instructor: Nakreshia Causey

Fee: UM Student...........$20
     Member..................$25
     Non-Member............$30

CC3010: Feb. 1st – March 8th
Sat 11:00 a.m. – 12:00 p.m.
Minimum/Maximum Enrollment: 7/30
MARTIAL ARTS

Tai Chi (C)
Learn the martial art from China that has been practiced for centuries and is famous worldwide for its profound benefits in physical and mental health and longevity. The Taiji principles and theory that will be covered over the course include breathing methods, still standing meditation and stationary postures to build strength, endurance, improve balance and stimulate Chi circulation. Tai Chi also includes movement to loosen all major joints of the body for healing and to prevent joint problems.

**Instructor:** Silvia Facco

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**CC4001:**
Feb. 2nd – April 27th
Sun 4 p.m. – 5 p.m.

**CC4001B:**
March 23rd – April 27th
Sun 4 p.m. – 5 p.m.

Minimum/Maximum Enrollment: 8/20

Capoeira (C/A)
Learn the basics of this Brazilian form of self-defense. Capoeira is a martial art that blends elements of ritualistic fighting music, cunning attacks and defenses, dance, floor movement and stunning acrobatics. An excellent workout from head-to-toe that is so much fun you won’t realize how hard you are working out.

**Instructor:** Carlos Consuegra

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**CC4002:**
Feb. 2nd – March 13th
Sun 4 p.m. – 5 p.m. (A)
R 5:45 p.m. – 6:45 p.m. (C)

**CC4002B:**
March 23rd – May 1st
Sun 4 p.m. – 5 p.m. (A)
R 5:45 p.m. – 6:45 p.m. (C)

Minimum/Maximum Enrollment: 7/40

Krav Maga (A)
Krav Maga is a self-defense system that anyone can use, regardless of size, strength, gender, or fitness level. Krav Maga techniques are simple and effective, building on your body’s natural instincts and reflexes to defend against any type of assault or attack. Krav Maga literally means “close combat” and was originally created for use by the Israeli Defense Forces (IDF). Krav Maga teaches fundamental defense principles that can be adjusted for modern, real-life scenarios. Training in Krav Maga increases muscle definition, coordination, and flexibility, as well as self-confidence and awareness.

**Instructor:** Mary Anne Franks

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**CC4003:**
Feb. 3rd – March 10th
M 4:50 p.m. – 5:50 p.m.

**CC4003B:**
March 24th – April 28th
M 4:50 p.m. – 5:50 p.m.

Minimum/Maximum Enrollment: 6/20

Visit us on the web: www.miami.edu/wellness
**Canes CrossCircuit (B)**

Have you wondered what the recent high-intensity workout craze is all about? Are you looking to train hard and improve your fitness level? We have just the class for you! This twelve-week course is based on the principle of HIIT (High Intensity Interval Training). Using athletic conditioning, resistance, and body weight, this class will push your body to its limits to achieve the results you want. This class is a great way to jumpstart your new fitness routine.

**Instructor:** Alison Scudds

**Fee:**
- UM Student: $72
- Member: $132
- Non-Member: $185

**CC5001:** Feb 5th – April 25th
- W 6:40 p.m. – 7:40 p.m.
- F 5:30 p.m. – 6:30 p.m.

Minimum/Maximum Enrollment: 5/10

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**Pilates Reformer Classes (PS)**

The Herbert Wellness Center offers group and private Pilates classes using Peak Pilates MVe reformer and tower systems. The maximum number of participants is five, allowing for personalized instruction and attention to each participant’s fitness level. Pilates reformer classes focus on building core strength and endurance, increasing flexibility, and improving muscle tone and concentration. The Herbert Wellness Center offers competitive rates and a variety of class options.

**1 Class a Week Fee:**
- **Half Session:**
  - UM Student: $65
  - Member: $75
  - Non-Member: $95

- **Full Session:**
  - UM Student: $140
  - Member: $162
  - Non-Member: $205

**2 Classes Per Week Fee:**
- **Half Session:**
  - UM Student: $130
  - Member: $150
  - Non-Member: $190

- **Full Session:**
  - UM Student: $270
  - Member: $312
  - Non-Member: $395

Registration dates for the Pilates Reformer classes are not the same as other community classes therefore the spring semester schedule does not appear in this catalog. For specific information, visit the website [www.miami.edu/wellness](http://www.miami.edu/wellness) and click on Schedules or call the Sales Office at 305-284-LIFE (5433).

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Visit us on the web: [www.miami.edu/wellness](http://www.miami.edu/wellness)
TENNIS

Tennis Lessons-Beginner 1 (TC)
No previous tennis experience necessary. Includes basic instruction in ground strokes, serves and return of serve, volley and rules, scoring and playing procedures.

**Sunday Instructor**: Kristina Wilson  
**Thursday Instructor**: TBD

**Fee**:  
- UM Student...........$55  
- Member.................$75  
- Non-Member...........$89

**CC6001**:  
Feb. 6th – March 13th  
R 6 p.m. – 7 p.m.

**CC6003**:  
Feb. 2nd – March 9th  
Sun 9 a.m. – 10 a.m.

Minimum/Maximum Enrollment: 4/8

Tennis Lessons-Intermediate (TC)
Players must be able to rally and know the basic serve, return-of-serve, and volley. Includes instruction in groundstroke placement, how to approach the net, lobs, overheads and volley drills, and strategy tactics. 3-3.5 on USTA rating scale.

**Sunday Instructor**: Kristina Wilson  
**Thursday Instructor**: TBD

**Fee**:  
- UM Student...........$55  
- Member.................$75  
- Non-Member...........$89

**CC6002**:  
March 27th – May 1st  
R 6 p.m. – 7 p.m.

**CC6004**:  
March 23rd – April 27th  
Sun 9 a.m. – 10 a.m.

Minimum/Maximum Enrollment: 4/8

Tennis Lessons-Beginner 2 (TC)
Previous tennis experience or lessons required. Players must know rules, scoring, and playing procedures. Emphasis is on refining the strokes, making corrections and improvements where necessary, and beginning singles and doubles tactics. 1-2.5 on USTA rating scale.

**Instructor**: Kristina Wilson

**Fee**:  
- UM Student...........$55  
- Member.................$75  
- Non-Member...........$89

**CC6005**:  
Feb. 2nd – March 9th  
March 23rd – April 27th

**CC6006**:  
Sun 10 a.m. – 11 a.m.  
Sun 10 a.m. – 11 a.m.

Minimum/Maximum Enrollment: 4/8

Tennis Lessons-Advanced (TC)
Rated 3.5-4.5 on the USTA rating scale, players in the advanced class must be able to rally and know the basic serve, return-of-serve and volley. Includes instruction in groundstroke placement, how to approach the net, lobs, overheads and volley drills and strategy tactics.

**Sunday Instructor**: Kristina Wilson  
**Thursday Instructor**: TBD

**Fee**:  
- Full Session  
- Half Session

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**CC6011**:  
Feb. 6th – May 1st  
R 8 p.m. – 9 p.m.

**CC6013**:  
Feb. 2nd – March 9th  
March 23rd – April 27th  
Sun 12 p.m. – 1:30 p.m.

Minimum/Maximum Enrollment: 4/8

Visit us on the web: www.miami.edu/wellness
What is the Meaning of L.I.F.E.?

L.I.F.E. (Living Independently through Fitness and Exercise) is an exercise program designed exclusively for individuals 65 years of age and older. Research shows that inactive older adults who become active can offset 50% or more of their physical loss during these years. The L.I.F.E. program emphasizes exercise, flexibility, training, and functional activities. With improved strength and flexibility, the necessary activities of daily living are more easily accomplished, thus allowing each participant to remain independent for as long as possible.

A Day in the L.I.F.E. Program

- 10 to 15 minutes of warm-up activities to get the body moving
- 30 to 40 minutes of weight training or functional activities
- 10 to 15 minutes of cool-down and relaxation

Qualified and Experienced Staff

Tony Musto, Ph.D., ACSM Certified Clinical Exercise Specialist, designed the L.I.F.E. program based on the latest research findings and safety considerations. Classes are conducted and supervised by exercise professionals with graduate degrees in exercise physiology. All sessions are carefully monitored to meet the program goals and allow each participant to work at their own pace in a supportive environment.

How to Get Started

Call 305-284-LIFE (5433) or send an e-mail to wellnesscenter@miami.edu. Prior to your participation, you must complete a pre-participation screening questionnaire and a consent form. You will also need your doctor to complete an exercise compliance form. After all the necessary paperwork is received and verified, you are ready for L.I.F.E.!
EMERGENCY CARE COURSES

Heartsaver CPR with AED

The Heartsaver CPR with AED course teaches CPR and relief of choking in adults, children, and infants, as well as the use of barrier devices for all ages. Optional instruction: infant CPR and choking, and adult, child, and infant CPR with mask. Participants will also learn how to use an automated external defibrillator (AED).

Fee: UM Student............$35
     Member....................$40
     Non-Member.............$45

Class is from 5:30 p.m. – 7:30 p.m.

Tuesday, September 10th
Monday, October 14th
Thursday, October 31st
Wednesday, November 6th
Friday, December 6th

First Aid Class

Learn how to provide initial care for an illness or injury until medical help arrives. This class will teach participants how to perform life-saving techniques with minimal equipment.

Fee: UM Student............$35
     Member....................$40
     Non-Member.............$45

Class is from 5:30 p.m. – 7:30 p.m.

Wednesday, October 2nd
Monday, November 4th

Basic Life Support for Healthcare Providers

The Basic Life Support class for healthcare providers covers core material such as adult and infant CPR (including two-rescuers scenario and use of the bag mask), foreign-body airway obstruction, and automated external defibrillation (AED). This course is for healthcare providers such as EMS personnel, physician assistants, doctors, dentists, nurses, and respiratory therapists who must have a card documenting successful completion of a CPR course.

Fee: UM Student............$60
     Member....................$70
     Non-Member.............$80

Class is from 3:30 p.m. – 7:30 p.m.

Monday, September 16th
Friday, October 4th
Tuesday, October 29th
Monday, November 18th
Wednesday, December 4th

Visit us on the web: www.miami.edu/wellness
WAIT...THERE’S MORE!

Meditation Classes
The Herbert Wellness Center offers free meditation classes for beginners as well as experienced practitioners. Participants will learn how to relax, improve concentration, de-stress, and find inner peace. The class is taught by Lunthita Duthely, a student of Sri Chimnoy and a meditation practitioner for over 20 years.

Free!
Class is from 7:30 p.m. – 9:00 p.m.
Thursday, September 12th
Tuesday, October 15th
Thursday, November 7th
Tuesday, December 10th

Cooking Classes
The Herbert Wellness Center instructional kitchen provides a fun and relaxed atmosphere to hone your culinary skills. Participants get hands-on experience as well as the opportunity to sample and enjoy the prepared food. The classes are very reasonably priced and feature a variety of cuisines. Private cooking classes are also available. With private classes, the group works directly with the chef to select a menu. The cost of a private class varies depending on the number of participants, duration of the class, food costs, and UM affiliation.

Fee: Member..................$20
Non-Member..............$25
Class is from 6:30 p.m. – 8:30 p.m.
Wednesday, September 18th
Monday, September 30th
Tuesday, October 1st
Friday, October 11th
Thursday, October 24th
Tuesday, November 5th

Fitness Testing
Take the guesswork out of your exercise routine! The Herbert Wellness Center fitness laboratory provides scientific support to help individuals meet their fitness goals. By performing a series of tests, participants will learn how many calories they should consume to lose weight, the ideal heart rate to maintain while exercising, their precise body composition, and other important fitness-related facts. Appointments are available Monday through Friday at various times of the day. To schedule a consultation, please call the Sales Office at 305-284-5433.

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<td>Computerized Dietary Analysis</td>
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<td>$50</td>
<td>$70</td>
</tr>
<tr>
<td>Weight Loss Package</td>
<td>$68</td>
<td>$145</td>
<td>$204</td>
</tr>
<tr>
<td>Performance Package</td>
<td>$77</td>
<td>$140</td>
<td>$195</td>
</tr>
</tbody>
</table>

Lifeguard Training
The Herbert Wellness Center offers American Red Cross lifeguard certification training. The 3-day full certification course is offered at various times throughout the year, depending on interest and instructor availability. You must be at least 15 years old to register for the class.

Fee: UM Student.............$100
Member..................$150
Non-Member..............$200

Class times: TBD
(For more information, call the Sales Office at 305-284-5433)

Smoking Cessation
BeSmokeFree is the University of Miami’s national award-winning smoking cessation program. The group sessions provide a “one-stop” resource for cessation education and treatment options. The program is supervised by staff from the Medical campus. For more information or to register for the program, call 305-243-7606.