



*The Trump Spa*

MIAMI

## GET MOVING WITH YOUR FAVORITE TRAINERS

### Group Fitness Class Schedule | September 2025

#### MONDAY

8:00 am - 8:50 am - MOBILITY STRETCH - MIRIAM  
9:00 am - 9:50 am - CROSS TRAINING - CAROLINA  
10:00 am - 11:00 am - SILVER POWER - CAROLINA  
5:30 pm - 6:20 pm - ZUMBA FITNESS - MIRIAM

#### TUESDAY

8:00 am - 8:50 am - TAI STRETCH - MANNY  
9:00 am - 9:50 am - YOGA FLOW - JOEY  
10:00 am - 10:50 am - PILATES SCULP - CARY  
5:30 pm - 6:20 pm - SPINNING & CORE - CAROLINA

#### WEDNESDAY

8:00 am - 8:50 am - MONILITY STRETCH - MIRIAM  
9:00 am - 9:50 am - SPIN & CORE - MIRIAM  
10:00 am - 10:50 am - YOGALATES - MIRIAM  
5:30 pm - 6:20 pm - CIRCUIT TRAINING - MIRIAM

#### THURSDAY

8:00 am - 8:50 am - TAI STRETCH - MANNY  
9:00 am - 9:50 am - YOGA FLOW - JOEY  
10:00 am - 10:50 am - PILATES SCULP - CARY  
5:30 pm - 6:20 pm - SPINNING & CORE - CAROLINA

#### FRIDAY

8:00 am - 8:50 am - TAI STRETCH - MANNY  
9:00 am - 9:50 am - PILATES FUSION - MIRIAM

#### SATURDAY

9:00 am - 9:50 am - SPIN & CORE - CAROLINA  
10:00 am - 10:50 am - OPTIMAL PILATES - CARY

#### YOGA FLOW

A practice for all levels, unifying the body, mind & spirit, while strengthening the body, improving flexibility & balance.

#### TAI STRETCH

Sometimes described as “meditation in motion”, this gentle method has proven to enhance flexibility, balance and muscle strength. An experience that will improve your quality of life.

#### PILATES SCULPT

Strengthen, tone, and define from head to toe with precise, controlled Pilates movements—using bodyweight or small apparatus.

#### PILATES FUSION

A fun, beat-driven workout blending Barre and Functional Pilates for a full-body sculpt that leaves you strong, sleek, and energized.

#### CROSS TRAINING

A functional circuit of bodyweight and equipment to boost strength and stamina—leaving you powerful, energized, and resilient.

#### SPINNING & CORE

Ride through hills, sprints, and intervals, then finish strong with core training—leaving you energized, empowered, and unstoppable.

#### SILVER POWER

A heart-boosting walk paired with strength and balance training—keeping you active, strong, and confident.

#### ZUMBA FITNESS

A lively dance workout mixing Latin and global rhythms—leaving you smiling, sweating, and full of energy.