

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:00 YS * <b>Power Vinyasa</b> <b>Alex Barreto</b>	7:15-8:00 CS * <b>Beats Ride</b> <b>Candace Storch</b>	7:15-8:00 MS * <b>Athletic Conditioning</b> <b>Alex Barreto</b>	7:15-8:00 CS * <b>Beats Ride</b> <b>Candace Storch</b>	7:15-8:00 MS * <b>Sculpt</b> <b>Robin Retherford</b>	9:00-9:45 YS * Bala Bangle Barre Burn <i>Robin Retherford</i>	9:00-10:00 YS * Sculpted Yoga™ <i>Alex Barreto</i>
8:30-9:20 YS * Bala Bangle Barre Burn <i>Elizabeth Vino</i>	8:15-9:00 YS * Pilates Fusion <i>Carol Alvarez</i>	8:30-9:15 YS * Pilates Rise <i>Katalin Axmann</i>	8:15-9:15 YS * Vinyasa Yoga <i>Shanti</i>	8:30-9:30 YS * Vinyasa Yoga <i>Nicolay Del Salto</i>	9:15-10:00 MS * MetCon3 <i>PJ Venturino</i>	9:15-10:00 MS * Stronger <i>Nas Analouei</i>
9:30-10:15 MS * Best Butt Ever <i>Taliah Mekki</i>	9:15-10:00 MS * <b>Sculpt</b> <b>Tarra Martinez</b>	9:15-10:00 MS * Stronger <i>Alex Barreto</i>	9:00-9:45 MS * <b>Athletic Conditioning</b> <b>Rachel Dugan</b>	9:15-10:00 MS * Rounds: Boxing <i>PJ Venturino</i>	9:30-10:15 CS * <b>Beats Ride</b> <b>Tarra Martinez</b>	9:30-10:30 CS * Endurance Ride 60 <i>Hugo Gatjens</i>
10:00-11:00 YS * Vinyasa Yoga <i>Kiki So</i>	9:30-10:30 YS * Vinyasa Yoga <i>Nicolay Del Salto</i>	10:15-11:00 CS * Cycle Power <i>Amber Roach</i>	9:30-10:30 YS * Barre <i>Elizabeth Vino</i>	10:00-10:45 YS * Barre <i>Amber Immordino</i>	10:15-11:15 YS * Vinyasa Yoga <i>Shanti</i>	10:30-11:20 MS * <b>Whipped!</b> <b>Alex Barreto</b>
10:30-11:15 MS * <b>Rounds: Boxing</b> <b>Angel Alicea</b>	10:15-11:00 CS * <b>Beats Ride</b> <b>Tarra Martinez</b>	10:15-11:00 YS * <b>True Barre</b> <b>Taliah Mekki</b>	10:15-11:00 MS * Rounds: Boxing <i>Aurelio Figari</i>	10:45-11:30 MS * Studio Dance <i>Jonathan Lara Castillo</i>	10:30-11:20 MS * Sculpt <i>Tarra Martinez</i>	10:30-11:15 YS * Bala Bangle Barre Burn <i>Amber Immordino</i>
11:00-11:45 CS * Beats Ride <i>Candace Storch</i>	11:00-11:45 YS * True Barre <i>Araceli Kaba</i>	10:45-11:30 MS * Studio Dance <i>Jonathan Lara Castillo</i>	10:45-11:30 YS * <b>Best Stretch Ever</b> <b>Tarra Martinez</b>	11:00-11:45 CS * <b>Beats Ride</b> <b>Amber Roach</b>	11:45-12:35 YS * <b>Best Stretch Ever</b> <b>Elissa Barbach</b>	11:00-11:50 TR * Precision Run@ <i>Angel Alicea</i>
12:00-12:50 MS * Athletic Conditioning <i>Tarra Martinez</i>	12:00-12:50 MS * Stronger <i>Melissa Zierler</i>	11:15-12:15 YS * <b>Vinyasa Yoga</b> <b>Nicolay Del Salto</b>	12:00-12:45 MS * Sculpt <i>Carol Alvarez</i>	12:00-12:45 MS * <b>MetCon3</b> <b>Amber Roach</b>		12:00-12:45 MS * <b>Rounds: Boxing</b> <b>Angel Alicea</b>
12:30-1:15 YS * <b>Pilates Fusion</b> <b>Katalin Axmann</b>	12:15-1:15 YS * <b>Yin Yoga Meditation</b> <b>Emilia Garth</b>	12:00-12:45 MS * Stacked <i>Luis Weber</i>	12:15-1:15 YS * <b>Slow Flow Yoga</b> <b>Emilia Garth</b>	12:15-1:15 YS * Power Vinyasa <i>Kiki So</i>		12:00-1:15 YS * Vinyasa Yoga <i>Rachel Healy</i>
5:30-6:15 MS * Rounds: Boxing <i>PJ Venturino</i>	5:30-6:15 MS * Best Butt Ever <i>Taliah Mekki</i>	12:30-1:15 YS * Pilates Mat <i>Natalie Rivera</i>	5:30-6:00 MS * Best Abs Ever <i>Maykel Moreira</i>	5:30-6:15 MS * Rounds: Boxing <i>Emmanuel Griffin</i>		
6:00-6:45 YS * Bala Bangle Barre Burn <i>Robin Retherford</i>	6:15-7:05 TR * Precision Walk: Elevate <i>Angel Alicea</i>	5:30-6:15 MS * <b>Stacked</b> <b>Nas Analouei</b>	6:00-6:45 MS * Best Butt Ever <i>Maykel Moreira</i>	6:00-7:00 YS * Yin Yoga <i>Katalin Axmann</i>		
6:15-7:00 CS * Cycle Power <i>Matt Devanney</i>	6:30-7:00 MS * <b>Tabata Max</b> <b>Taliah Mekki</b>	6:00-6:45 YS * Barefoot Sculpt <i>Robin Retherford Tarra Martinez</i>	6:15-7:00 MS * Athletic Conditioning <i>Maykel Moreira</i>	6:15-7:00 CS * <b>Beats Ride</b> <b>KC Della-Fera</b>		
6:30-7:15 MS * Athletic Conditioning <i>Viviana Patino</i>	6:30-7:30 YS * Power Vinyasa <i>JP Tiffert</i>	6:15-7:00 CS * <b>Beats Ride</b> <b>KC Della-Fera</b>	6:15-7:05 TR * <b>Precision Run + Strength</b> <b>Angel Alicea</b>			
7:15-8:15 YS * Vinyasa Yoga <i>Kiki So</i>	7:15-8:00 MS * Rounds: Boxing <i>Angel Alicea</i>	6:20-6:50 MS * <b>Best Abs Ever</b> <b>Nas Analouei</b>	6:30-7:30 YS * Vinyasa Yoga <i>JP Tiffert</i>			
		7:00-8:15 YS * Vinyasa Yoga <i>Emilia Garth</i>				
		7:15-8:00 MS * Studio Dance <i>Jonathan Lara Castillo</i>				

# EQUINOX

## SOUTH BEACH

520 Collins Avenue

MIAMI BEACH FL 33139

EQUINOX.COM

@EQUINOX

**MON-THU** 05:30 AM 10:00 PM

**FRI** 05:30 AM 09:00 PM

**SAT-SUN** 08:00 AM 07:00 PM

## GROUP FITNESS MANAGER

chavonne.baron@equinox.com

## SIGNATURE CLASSES.

### ACCLAIMED INSTRUCTORS.

### TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**TR** Treadmill Area

## CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

## Cycling

**Beats Ride** A rhythmic cycling class that uses an additive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

**Cycle Power** A metrics-driven cycling workout that uses the best-in-class Stages Console to measure your performance, motivate, and challenge you. Build cardio, strength, and endurance to music you love.

**Endurance Ride 60** An extended cycling workout so you can ride those extra miles. A Stages Console measures your performance to motivate and challenge you while building strength, power, and endurance.

## Running

**Precision Run + Strength** A track and field circuit-based workout, created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

**Precision Run®** An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

**Precision Walk: Elevate** A treadmill climbing workout that challenges your ability across a variety of inclines. Personalize your pace, put a little performance in your walk and improve your cardiovascular endurance. An Equinox exclusive. Bring headphones.

## Yoga

**Power Vinyasa** A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

**Sculpted Yoga™** Take Vinyasa up a notch with a challenging class that combines yoga with light weight sculpting. Incorporating Bala bangles and hand weights, this class merges Vinyasa flow with low-impact toning exercises to enhance strength, mobility, and balance. An Equinox exclusive.

**Slow Flow Yoga** A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.

**Vinyasa Yoga** This timeless approach to yoga links movement and breath through flowing sequences. Unlock your body's potential, challenge your limits, and soothe your mind in this transformative practice.

**Yin Yoga** Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

**Yin Yoga Meditation** A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.

## Athletic Training

**Athletic Conditioning** This high energy full body workout is designed by your instructor to increase your strength, endurance, and agility. Select exercises and drills are sequenced to push your performance to the next level. Leave it all on the floor.

**Best Butt Ever** Fire up your glutes and entire lower body using dumbbells, mini-bands, and other equipment. Get active. Get strong. Get powerful. An Equinox exclusive.

**MetCon3** This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox exclusive.

**Stacked** Maximize your workout by "stacking" targeted exercises to increase endurance, strength, and power. Each set is an opportunity to uplevel and achieve all-out effort. An Equinox exclusive.

**Stronger** Gain strength, confidence and community in this one-of-a-kind class scientifically made to push you to your edge. Ditch the cardio and use heavy weights to challenge every muscle group. An Equinox exclusive.

**Tabata Max** Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

**Whipped!** Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.

## Barre

**Bala Bangle Barre Burn** This off-the-barre class features the Bala Bangle and light dumbbells to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

**Barre** A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

**True Barre** This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle while increasing flexibility. An Equinox exclusive.

## Pilates

**Pilates Fusion** An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a fusion of practices.

**Pilates Mat** This authentic class incorporates a continuous series of mat exercises rooted in the teachings of Joseph Pilates. Strengthen your core, improve flexibility, and dramatically transform your body.

**Pilates Rise** Evolve your Pilates practice with our contemporary approach that sculpts your core, glutes, and full body. Start with classical Pilates movements, then intensify, build, and burn for a transformative Pilates experience. An Equinox exclusive.

## Dance

**Studio Dance** A choreography-driven dance class. Learn a complete combination, improve technique, and unleash your inner dancer.

## Boxing and Kickboxing

**Rounds: Boxing** Gloves on, guard up. Step into the ring with Rounds: Boxing, where every punch, every move, is a step towards mastering the art of boxing. Elevate your skill and power through expert-guided sessions and immersive rounds on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

## Stretch and Recovery

**Best Stretch Ever** Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. An Equinox Exclusive.

## Sculpt

**Barefoot Sculpt** A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

**Best Abs Ever** A challenging six-pack of exercises that builds and defines abdominal muscles. Strengthen and chisel your core while you ignite your metabolism and enhance total-body performance.

**Sculpt** An endurance-based, low-impact workout, using high reps and light to medium weights in combination with equipment like bands and gliding discs. Increase body part definition and total body mobility with this workout.