

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 MS * MetCon Monday <i>Taylor Wright</i>	6:15-7:00 MS * Stacked <i>Matt Devanney</i>	6:00-6:45 CS * <b>Beats Ride</b> <b>Liz Butler</b>	6:15-7:00 MS * Athletic Conditioning <i>Tony Thomas</i>	6:00-6:45 CS * Beats Ride <i>Nikki Cucurullo</i>	8:30-9:15 YS * True Barre <i>Natalie Rivera</i>	9:15-10:05 MS * Stronger <i>Matt Devanney</i>
7:15-8:00 MS * <b>Stacked</b> <b>Taylor Wright</b>	6:45-7:45 YS * Pilates Mat <i>Natalie Rivera</i>	6:00-6:45 MS * <b>Rounds: Boxing</b> <b>Aurelio Figari</b>	6:45-7:45 YS * True Barre <i>Natalie Rivera</i>	6:15-7:05 MS * Stronger <i>Matt Devanney</i>	9:15-10:15 CS * Beats Ride 60 <i>Amber Roach</i>	9:30-10:15 CS * Beats Ride <i>Jamal Campbell</i>
8:15-9:00 TR * Precision Run® <i>Gabriel Hidalgo Noah Pantaleon</i>	7:30-8:15 MS * Athletic Conditioning <i>Tony Thomas</i>	6:45-7:30 YS * Barre <i>Lainee Sargent</i>	7:30-8:15 MS * Cardio Sculpt <i>Tony Thomas</i>	7:15-8:00 MS * <b>Rhythmic Sculpt</b> <b>Nikki Cucurullo</b>	9:30-10:15 MS * Body Sculpt <i>Nikki Cucurullo</i>	9:30-10:15 YS * Pilates Mat <i>Penny Needle</i>
9:15-10:00 MS * Body Sculpt <i>Robin Retherford</i>	8:15-8:30 MS * Best Abs Ever <i>Tony Thomas</i>	7:15-8:05 MS * <b>Stronger</b> <b>Rachel Dugan</b>	8:15-8:30 MS * Best Abs Ever <i>Tony Thomas</i>	8:30-9:15 YS * Hatha Yoga <i>Penny Needle</i>	9:30-10:30 YS * Hatha Yoga <i>Steven Herbst</i>	10:30-11:00 MS * Best Abs Ever <i>Jamal Campbell</i>
9:15-10:15 YS * Vinyasa Yoga <i>Penny Needle</i>	8:30-9:00 TR * Precision Run 30 <i>Rachel Dugan</i>	8:15-9:00 TR * Precision Walk: Elevate <i>Rachel Dugan</i>	9:15-10:05 MS * Stronger <i>Amber Roach</i>	9:15-10:00 MS * Best Butt Ever <i>Nikki Cucurullo</i>	10:30-11:15 CS * Beats Ride <i>Nikki Cucurullo</i>	10:30-11:45 YS * Vinyasa Yoga <i>Penny Needle</i>
10:30-11:15 MS * Studio Dance: Groove House <i>Rodrigo Gallardo</i>	9:15-10:00 MS * Body Sculpt <i>Rachel Dugan</i>	9:15-10:00 MS * Stacked <i>Rachel Dugan</i>	9:15-10:15 YS * Barre <i>Alicia Weihl</i>	9:30-10:15 MS * Pilates Mat <i>Penny Needle</i>	10:30-11:15 MS * Best Butt Ever <i>Amber Roach</i>	11:15-12:00 MS * Rhythmic Sculpt <i>Jamal Campbell</i>
10:30-11:30 YS * True Barre <i>Natalie Rivera</i>	9:15-10:15 YS * Barre <i>Lainee Sargent</i>	9:15-10:15 YS * Vinyasa Yoga <i>Penny Needle</i>	10:15-11:00 CS * Beats Ride <i>Amber Roach</i>	10:30-11:15 MS * Studio Dance: Groove House <i>Rodrigo Gallardo</i>	10:45-11:45 YS * Pilates Mat <i>Penny Needle</i>	12:15-1:05 YS * EQX Barre Burn <i>Taliah Mekki</i>
12:15-1:00 MS * Best Butt Ever <i>Amber Roach</i>	10:15-11:00 CS * Beats Ride <i>Rachel Dugan</i>	10:15-11:00 CS * Beats Ride <i>Robin Retherford</i>	10:30-11:15 YS * Pilates Mat <i>Sue Spinelli</i>	10:30-11:15 YS * EQX Barre Burn <i>Taliah Mekki</i>	11:30-12:15 MS * Rounds: Boxing <i>Danny Lauchaire</i>	12:30-1:30 MS * Studio Dance: Latin Rhythms <i>Boris Garrido</i>
12:15-1:00 YS * Pilates Mat <i>Natalie Rivera</i>	10:30-11:30 YS * Power Vinyasa <i>Javier Lopez</i>	11:15-12:00 YS * Bala Bangle Barre Burn <i>Robin Retherford</i>	11:15-12:00 MS * Cardio Sculpt <i>Jamal Campbell</i>	11:30-12:15 MS * Body Sculpt <i>Taliah Mekki</i>	12:00-1:00 YS * Power Vinyasa <i>Javier Lopez</i>	3:30-4:15 YS * Yin Yoga <i>Linda Pedrosa</i>
1:05-1:35 MS * Best Abs Ever <i>Amber Roach</i>	11:15-12:05 MS * Stronger <i>Alex Barreto</i>	12:15-1:00 MS * Body Sculpt <i>Robin Retherford</i>	11:30-12:30 YS * Vinyasa Yoga <i>Javier Lopez</i>	12:15-1:00 YS * Barre <i>Alicia Weihl</i>	12:30-1:15 MS * Studio Dance: Groove House <i>Rodrigo Gallardo</i>	4:20-5:05 YS * Sonic Meditation <i>Noah Pantaleon</i>
5:30-6:15 CS * Beats Ride <i>Cathy Medina</i>	12:15-1:00 MS * Stacked <i>Alex Barreto</i>	5:30-6:20 MS * Ropes and Rowers <i>Alex Barreto</i>	12:15-1:00 MS * Studio Dance: Latin Rhythms (L2) <i>Jonathan Lara Castillo</i>	5:30-6:30 MS * Studio Dance: Latin Rhythms (L2) <i>Jonathan Lara Castillo</i>	3:30-4:45 YS * Vinyasa Yoga <i>Alex Barreto</i>	
5:30-6:20 MS * Stronger <i>Danny Lauchaire</i>	5:30-6:15 MS * Athletic Conditioning <i>Tony Thomas</i>	5:45-6:30 YS * Best Stretch Ever <i>Danny Lauchaire</i>	5:30-6:15 MS * Rhythmic Sculpt <i>Nikki Cucurullo</i>	6:45-7:45 YS * Restorative Yoga <i>Shanti</i>		
5:45-6:30 YS * Pilates Fusion <i>Jill Deviscour</i>	5:45-6:30 YS * True Barre <i>Natalie Rivera</i>	6:45-7:30 MS * <b>Rounds: Boxing</b> <b>Danny Lauchaire</b>	5:45-6:30 YS * Pilates Fusion <i>Natalie Rivera</i>			
6:45-7:35 MS * Whipped! <i>Amber Roach</i>	6:30-7:15 CS * Beats Ride <i>Robin Retherford</i>	6:45-7:30 YS * Barefoot Sculpt <i>Alicia Weihl</i>	6:30-7:15 CS * Beats Ride <i>Nikki Cucurullo</i>			
6:45-7:30 YS * Yin Yoga <b>Steven Herbst</b>	6:30-7:15 MS * Studio Dance: Groove House <i>Rodrigo Gallardo</i>	7:45-8:30 YS * Hatha Yoga <i>Danny Lauchaire</i>	6:30-7:15 MS * Studio Dance: Groove House <i>Rodrigo Gallardo</i>			
7:45-8:30 MS * Studio Dance: Latin Rhythms (L2) <i>Jonathan Lara Castillo</i>	6:45-7:45 YS * Vinyasa Yoga <i>Javier Lopez</i>		6:45-7:45 YS * Vinyasa Yoga <i>Javier Lopez</i>			
7:45-8:30 YS * Sonic Meditation <b>Steven Herbst</b>	7:30-8:15 MS * Best Butt Ever <i>Robin Retherford</i>					

# EQUINOX

## CORAL GABLES

The Village of Merrick Park at 370  
San Lorenzo Avenue

CORAL GABLES FL 33146

EQUINOX.COM

@EQUINOX

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

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

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

## GROUP FITNESS MANAGER

noah.pantaleon@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 addictive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

**Beats Ride 60** An extended rhythmic cycling class so you can ride those extra miles to an addictive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

## Running

**Precision Run 30** An express version of our signature interval-based treadmill program, created by running expert, David Siik. Perfectly balanced speeds and inclines will have you crushing goals while having fun. An Equinox exclusive, welcome to the express lane. Bring headphones.

**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

**Hatha Yoga** A classic take on a physical yoga practice— without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.

**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.

**Restorative Yoga** A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

**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.

## Hiit

**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.

**MetCon Monday** Mondays are for MetCon, so start your week strong! 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.

**Ropes and Rowers** Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. 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.

**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.

**EQX Barre Burn** This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

**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.

## Dance

**Studio Dance: Groove House** Created by Rodrigo Gallardo, this cardio dance workout runs the spectrum from Latin Ballroom Style to Modern Pop Moves and everything in between. Mi casa es su casa! In this house, everyone is welcome!

**Studio Dance: Latin Rhythms** A choreography-driven dance class using the Latin dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.

## Boxing

**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.

## Regeneration

**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.

**Sonic Meditation** Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. 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.

**Body 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.

**Cardio Sculpt** A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.

**Rhythmic Sculpt** Move to the beat in this dynamic Sculpt class that keeps you moving in steady, low-impact motion. This mid-intensity workout shapes and tones your body. Increase endurance with movement that seamlessly flows to the rhythm of the music. An Equinox exclusive.