

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * Best Butt Ever <i>Darryl Crosier</i>	6:30-7:15 CS * Beats Ride <i>Jamal Campbell</i>	6:30-7:15 MS * Tabata Max <i>Emmanuel Griffin</i>	7:00-7:45 CS * <b>Precision Ride</b> <b>Angel Alicea</b>	6:30-7:15 MS * Athletic Conditioning <i>Emmanuel Griffin</i>	9:00-9:45 CS * Precision Ride <i>Angel Alicea</i>	9:00-9:45 CS * Beats Ride <i>Robin Retherford</i>
8:00-8:45 MS * Rounds: Boxing <i>Darryl Crosier</i>	8:00-8:45 MS * Body Sculpt <i>Jamal Campbell</i>	7:00-8:00 YS * Vinyasa Yoga <i>Javier Lopez</i>	8:00-8:45 MS * Best Butt Ever <i>Taliah Mekki</i>	8:15-9:00 MS * Rounds: Boxing <i>Miguel Garcia</i>	9:15-10:00 MS * Athletic Conditioning <i>Luis Weber</i>	9:45-11:00 YS * <b>Vinyasa Yoga</b> <b>Javi Valle</b>
9:00-10:00 YS * Bala Bangle Barre Burn <i>Jamal Campbell</i>	8:45-9:45 YS * Vinyasa Yoga <i>Omri Kleinberger</i>	8:15-9:00 YS * Pilates Fusion <i>Nas Analouei</i>	8:45-9:45 YS * Vinyasa Yoga <i>Yogi Charu</i>	9:15-10:00 MS * MetCon3 <i>Danny Lauchaire</i>	9:15-10:00 YS * <b>Barre</b> <b>Miguel Falcon</b>	10:00-10:45 MS * Body Sculpt <i>Robin Retherford</i>
9:15-10:00 MS * MetCon Monday <i>Rachel Dugan</i>	9:10-10:00 YS * <b>Precision Run + Strength</b> <b>Angel Alicea</b>	9:10-10:00 TR * Precision Walk: Elevate <i>Nas Analouei</i>	9:10-10:00 TR * Precision Run@ <i>Luis Weber</i>	9:45-10:30 YS * Pilates Fusion <i>Pauline Case</i>	10:00-10:50 TR * Precision Run@ <i>Angel Alicea</i>	11:00-11:45 MS * Stronger <i>Nas Analouei</i>
10:15-11:00 MS * Body Sculpt <i>Rachel Dugan</i>	TR * 9:15-10:00 MS * MetCon3 <i>Luis Weber</i>	9:15-10:00 MS * Athletic Conditioning <i>Darryl Crosier</i>	9:15-10:00 MS * Body Sculpt <i>Taliah Mekki</i>	10:30-11:30 MS * Cardio Dance <i>Boris Garrido</i>	10:15-11:15 MS * Studio Dance: Contemporary <i>Miguel Falcon</i>	11:15-12:00 YS * Bala Bangle Barre Burn <i>Robin Retherford</i>
10:30-11:30 YS * Power Vinyasa <i>Javier Lopez</i>	10:00-10:45 YS * Pilates Fusion <i>Suzanne L. Witrock</i>	9:30-10:15 CS * <b>Beats Ride</b> <b>Stephanie Clayton</b>	10:00-10:45 YS * Barre <i>Suzanne L. Witrock</i>	10:45-11:45 YS * Sculpted Yoga™ <i>Danny Lauchaire</i>	10:45-11:45 YS * Vinyasa Yoga <i>Jamie Maniscalco</i>	12:00-12:50 TR * Precision Walk: Elevate <i>Nas Analouei</i>
11:10-12:00 TR * Precision Walk: Elevate <i>Rachel Dugan</i>	10:30-11:30 MS * Studio Dance: Contemporary <i>Boris Garrido</i>	10:15-11:00 MS * Best Butt Ever <i>Carol Alvarez</i>	10:15-11:00 MS * <b>Stacked</b> <b>Luis Weber</b>	12:00-1:00 YS * Best Stretch Ever <i>Elissa Barbach</i>	11:30-12:15 MS * Stronger <i>Angel Alicea</i>	12:15-1:15 YS * Athletic Stretch <i>Elissa Barbach</i>
12:00-1:00 YS * Best Stretch Ever <i>Elissa Barbach</i>	12:00-1:00 YS * Vinyasa Yoga <i>Linda Pedrosa</i>	11:00-11:45 YS * Barre <i>Pauline Case</i>	12:00-1:00 YS * Vinyasa Yoga <i>Tazz Carter</i>	12:15-1:00 MS * Best Butt Ever <i>Danny Lauchaire</i>	12:00-1:00 YS * <b>Yin Yoga Meditation</b> <b>Elizabeth Richardson</b>	4:00-5:00 YS * Weekend Wind Down Yoga <i>Elissa Barbach</i>
12:15-1:00 MS * <b>Athletic Conditioning</b> <b>Luis Weber</b>	12:15-1:00 MS * Best Butt Ever <i>Angel Alicea</i>	12:00-1:00 YS * Vinyasa Yoga <i>Pauline Case</i>	12:15-1:00 MS * Rounds: Boxing <i>Angel Alicea</i>	5:15-6:00 MS * Stronger <i>Matt Devanney</i>	1:15-2:15 YS * <b>Meditation</b> <b>Elizabeth Richardson</b>	
5:30-6:00 MS * Best Abs Ever <i>Luis Weber</i>	6:00-7:00 YS * Sculpted Yoga™ <i>Danny Lauchaire</i>	6:00-6:50 YS * Pilates Rise <i>Carol Alvarez</i>	6:00-7:00 YS * Power Vinyasa <i>Tazz Carter</i>	6:15-7:00 MS * Cardio Dance <b>Miguel Falcon</b>	6:15-7:00 MS * Cardio Dance <i>Jamal Campbell</i>	
6:00-6:45 CS * Precision Ride <i>Noah Pantaleon</i>	6:15-7:00 MS * Tabata Max <i>Emmanuel Griffin</i>	6:15-7:00 MS * Stronger <i>Angel Alicea</i>	6:15-7:00 MS * Cardio Dance <b>Miguel Falcon</b>	6:30-7:15 CS * Beats + Bands Ride <i>Jamal Campbell</i>	7:15-8:00 CS * Beats Ride <i>Jamal Campbell</i>	
6:00-6:45 YS * Pilates Fusion <i>Linda Pedrosa</i>	6:30-7:15 CS * Beats Ride <i>Hugo Gatjens</i>	6:30-7:15 CS * <b>Beats Ride</b> <b>Matt Devanney</b>	6:30-7:15 CS * Beats + Bands Ride <i>Jamal Campbell</i>	7:15-8:00 YS * <b>Barre</b> <b>Miguel Falcon</b>		
6:15-7:00 MS * MetCon3 <b>Luis Weber</b>	7:10-8:00 TR * Precision Walk: Elevate <i>Danny Lauchaire</i>	7:00-8:00 YS * Vinyasa Yoga <i>Omar Ananias</i>	7:15-8:00 YS * Rounds: Boxing <i>Emmanuel Griffin</i>			
7:00-8:00 YS * Power Vinyasa <i>Linda Pedrosa</i>	7:15-8:00 MS * MetCon3 <i>Emmanuel Griffin</i>					
7:15-8:00 MS * Stronger <i>Noah Pantaleon</i>	7:15-8:00 YS * Bala Bangle Barre Burn <i>Jamal Campbell</i>					
8:15-9:00 YS * Restorative Yoga <i>Linda Pedrosa</i>						

# EQUINOX

## AVENTURA

19501 Biscayne Blvd. (Aventura Mall)

AVENTURA FL 33180

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

luis.weber@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 + Bands Ride** Beats + Bands combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving Equinox exclusive.

**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.

**Precision Ride** A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.

## 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.

**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.

**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.

**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.

**Weekend Wind Down Yoga** A soothing yoga journey that uses extended postures and supportive props to fully reset body and mind. Move slowly, breathe deeply, and restore completely in this special weekend only class.

**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.

**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.

**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.

## 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.

## 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 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

**Cardio Dance** A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

**Studio Dance: Contemporary** A choreography-driven dance class incorporating styles from jazz to lyrical. 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

**Athletic Stretch** Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

**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.

**Meditation** Turn your senses inward to transform your state in real time. Own the stillness of the moment as you cycle through focused breath work and guided observation of body and mind.

## Sculpt

**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.