

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 TR * Precision Run® <i>Nima Nourhaghighi</i>	6:45-7:30 MS * Ropes and Rowers <i>Jill Niedoba</i>	6:45-7:15 MS * Best Butt Ever <i>Claire Kim</i>	6:45-7:30 MS * Stronger <i>Jana Dahmer</i>	7:00-7:45 CS * Precision Ride <i>Michael Smith</i>	9:15-10:05 YS * Power Vinyasa <i>Michael DeCorte</i>	9:30-10:15 TR * Precision Run® <i>Michael DeCorte</i>
7:15-8:00 YS * True Barre: Bala Bangle <i>Sean De Francia</i>	7:00-7:50 BR * Rounds: Boxing <i>Reggie Suyao</i>	7:00-7:50 CS * Precision Ride <i>Jill Niedoba</i>	7:00-7:50 BR * Rounds: Boxing <i>Mariah Maxheimer</i>	7:00-7:45 True Barre: Off the Barre <i>Katherine Toogood</i>	10:15-11:05 BR * Rounds: Boxing <i>Mariah Maxheimer</i>	10:15-11:05 BR * Rounds: Boxing <i>Christine Dela Cruz</i>
11:30-12:15 MS * MetCon Monday <i>Nariko Chaffe</i>	7:00-7:45 CS * Beats Ride <i>Steve Beamish</i>	7:30-8:15 YS * Pilates Fusion <i>Claire Kim</i>	7:00-7:45 CS * Beats Ride <i>Steve Beamish</i>	8:00-8:30 MS * Best Butt Ever <i>Katherine Toogood</i>	10:15-10:45 MS * Upper Body Pump <i>Kayla Albarran</i>	10:30-11:30 YS * Weekend Wind Down Yoga <i>Michael DeCorte</i>
11:30-12:15 YS * True Barre: Off the Barre <i>Katherine Toogood</i>	7:00-7:45 YS * Power Vinyasa <i>Michael DeCorte</i>	11:30-12:15 MS * Stronger <i>Claudia Ong</i>	7:30-8:15 YS * Vinyasa Yoga (Heated) <i>Shawna Nichol</i>	11:45-12:35 BR * Rounds: Boxing <i>Kieran Knight</i>	10:30-11:15 CS * Beats Ride <i>Brian Palic</i>	10:45-11:30 MS * Best Butt Ever <i>Kayla Albarran</i>
12:15-1:05 BR * Rounds: Boxing <i>Jana Dahmer</i>	7:45-8:00 YS * Meditation <i>Lana Evanson</i>	11:30-12:15 YS * True Barre: Off the Barre <i>Rachel Fix</i>	11:30-12:00 MS * Athletic Conditioning <i>Nariko Chaffe</i>	12:00-12:45 MS * Whipped! <i>Kayla Albarran</i>	10:45-11:30 YS * True Barre: Off the Barre <i>Aimee Brothman</i>	11:00-11:45 MS * MetCon3 <i>Victoria Macchione</i>
12:30-1:20 YS * Sculpted Yoga™ <i>Carla Kava</i>	11:30-12:00 MS * Athletic Conditioning <i>Claudia Ong</i>	12:15-1:05 MS * Rounds: Boxing <i>Constantine Patiniotis</i>	11:30-12:15 YS * Pilates Fusion <i>Claudia Ong</i>	12:00-12:45 YS * Vinyasa Yoga <i>Jacqui Wells</i>		11:15-12:05 BR * Rounds: Boxing <i>Christine Dela Cruz</i>
5:15-6:00 MS * Core6 <i>Claudia Ong</i>	11:30-12:15 YS * Pilates Mat <i>Shawna Nichol</i>	12:30-1:15 MS * MetCon3 <i>Nariko Chaffe</i>	12:15-1:00 MS * Stacked <i>Nariko Chaffe</i>	5:15-6:00 MS * MetCon3 <i>Victoria Macchione</i>	11:30-12:15 MS * Ropes and Rowers <i>Kayla Albarran</i>	11:45-12:30 YS * Pilates Fusion <i>Adina Oprea</i>
5:30-6:15 YS * Power Vinyasa <i>Michael DeCorte</i>	12:15-1:00 MS * Core6 <i>Claudia Ong</i>	12:30-1:15 MS * Pilates Fusion <i>Carla Kava</i>	12:30-1:15 YS * Vinyasa Yoga <i>Justin B Haley</i>	5:15-6:00 MS * Vinyasa Yoga (Heated) <i>Justin B Haley</i>	11:45-12:30 YS * Pilates Fusion <i>Aimee Brothman</i>	
5:45-6:30 CS * Beats Ride <i>Victoria Valente</i>	4:45-5:15 MS * Upper Body Pump <i>Eva Redpath</i>	5:15-6:00 MS * Stronger <i>Nariko Chaffe</i>	5:15-6:00 YS * Power Vinyasa <i>Naomi Campbell</i>	6:15-7:05 YS * Yin Yoga (Heated) <i>Justin B Haley</i>		
6:00-6:50 BR * Rounds: Boxing <i>Daniel Roach</i>	5:15-6:00 YS * Pilates Fusion <i>Claudia Ong</i>	5:30-6:15 YS * True Barre: Bala Bangle <i>Sydney Keir</i>	5:30-6:15 MS * Athletic Conditioning <i>Victoria Macchione</i>			
6:15-7:00 MS * Stronger <i>Thomas Young</i>	5:30-6:15 MS * MetCon3 <i>Eva Redpath</i>	5:45-6:30 CS * Beats Ride <i>Brian Palic</i>	5:45-6:30 CS * Beats Ride <i>Victoria Valente</i>			
6:30-7:15 TR * Precision Run® <i>Michael DeCorte</i>	5:30-6:15 MS * MetCon3 <i>Eva Redpath</i>	6:00-6:50 BR * Rounds: Boxing <i>Claudia Ong</i>	6:15-7:05 BR * Rounds: Boxing <i>Kieran Knight</i>			
6:30-7:15 YS * Pilates Rise <i>Aimee Brothman</i>	5:45-6:30 CS * Precision Ride <i>Michael Smith</i>	6:15-7:00 MS * Stacked <i>Nariko Chaffe</i>	6:30-7:15 MS * Whipped! <i>Victoria Macchione</i>			
7:15-8:00 MS * Tabata Max <i>Thomas Young</i>	6:15-7:05 BR * Rounds: Boxing <i>Kieran Knight</i>	6:30-7:15 TR * Precision Run® <i>Anastasia McQueen</i>	6:30-7:15 YS * True Barre: Off the Barre <i>Katherine Toogood</i>			
7:30-8:15 YS * Yin Yoga <i>Michael DeCorte</i>	6:30-7:15 MS * Lower Body Blast <i>Laura Colucci</i>	6:30-7:15 YS * Pilates Fusion <i>Sean De Francia</i>	7:30-8:15 YS * Pilates Fusion <i>Sean De Francia</i>			
	6:30-7:15 YS * True Barre: Off the Barre <i>Eva Redpath</i>	7:30-8:15 YS * Yin Yoga Meditation (Heated) <i>Anastasia McQueen</i>				
	6:45-7:30 TR * Precision Run® <i>Matthew Rossoff</i>					
	7:30-8:20 YS * Slow Flow Yoga <i>Shawna Nichol</i>					

# EQUINOX

## BAY STREET

199 Bay Street, Commerce Court West

TORONTO M5L 1E2

EQUINOX.COM

@EQUINOX

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

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

**SAT-SUN** 08:00 AM 05:00 PM

## GROUP FITNESS MANAGER

claudia.ong@equinox.com

## SIGNATURE CLASSES.

### ACCLAIMED INSTRUCTORS.

### TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**TR** Treadmill Area

**BR** Boxing Studio

## 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.

**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** 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.

## 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.

**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** 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.

## 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.

**Core6** Train your center from every angle. Explore six distinct core pathways using SandBells and bodyweight. This structured interval flow with bursts of high intensity will build a stronger, more resilient foundation that supports your every movement inside and outside the club. An Equinox exclusive.

**Lower Body Blast** Train everything below the belt in a class that focuses on lower body strength, definition, and endurance. Expect exercises using bodyweight and a variety of equipment including weights and bands. You'll push your legs and glutes to the limit.

**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.

**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.

**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

**True Barre: Bala Bangle** This sculpt 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.

**True Barre: Off the Barre** 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.

## 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.

## 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

**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.

## Strength

**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.

**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.

**Upper Body Pump** Quick and efficient strength training, targeting your arms, chest, and back. Get pumped up and ready to rock in just 30 minutes or less. An Equinox Exclusive.