

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:15 MS * Lower Body Blast <i>Santana Rose</i>	6:30-7:20 BR * Rounds: Boxing <i>Ryan Bradley</i>	6:30-7:00 MS * Upper Body Pump <i>Victoria Macchione</i>	6:30-7:15 MS * MetCon3 <i>Victoria Macchione</i>	7:00-7:45 CS * Cycle Power <i>Michael Smith</i>	9:15-10:15 YS * Power Vinyasa <i>Michael DeCorte</i>	9:30-10:15 TR * Precision Run® <i>Michael DeCorte</i>
7:00-7:45 TR * Precision Run® <i>Nima Nourhaghighi</i>	6:45-7:30 MS * Ropes and Rowers <i>Jill Niedoba</i>	7:00-7:50 CS * Precision Ride <i>Jill Niedoba</i>	7:00-7:45 CS * Beats Ride <i>Maddi Soubry</i>	7:15-8:00 YS * Off The Barre <i>Katherine Toogood</i>	10:00-10:30 MS * Lower Body Blast <i>Bianca Celotti</i>	10:30-11:30 YS * Weekend Wind Down Yoga <i>Michael DeCorte</i>
7:15-7:45 MS * Upper Body Pump <i>Santana Rose</i>	7:00-7:45 CS * Cycle Power <i>Steve Beamish</i>	7:00-7:30 MS * Lower Body Blast <i>Victoria Macchione</i>	7:15-8:00 YS * Vinyasa Yoga <i>Justin B Haley</i>	12:00-12:45 MS * Whipped! <i>Liam Grimes</i>	10:15-11:05 BR * Rounds: Boxing <i>Ryan Bradley</i>	10:45-11:45 CS * Beats Ride 60 <i>Victoria Valente</i>
7:15-8:00 YS * Bala Bangle Barre Burn <i>Sean De Francia</i>	7:00-7:45 YS * Power Vinyasa <i>Michael DeCorte</i>	7:15-8:00 YS * Pilates Fusion <i>Rachael Crumb</i>	11:30-12:00 MS * Athletic Conditioning <i>Nariko Chaffe</i>	12:00-12:45 YS * Vinyasa Yoga <i>Jacqui Wells</i>	10:30-11:15 CS * Beats Ride <i>Brian Palic</i>	11:00-11:45 MS * MetCon3 <i>Victoria Macchione</i>
11:30-12:15 MS * MetCon3 <i>Nariko Chaffe</i>	7:45-8:05 YS * Meditation <i>Lana Evanson</i>	11:30-12:15 MS * Stronger <i>Tori Marshall</i>	12:00-12:20 MS * Best Abs Ever <i>Nariko Chaffe</i>	12:15-1:05 BR * Rounds: Boxing <i>Ryan Bradley</i>	10:30-11:00 MS * Upper Body Pump <i>Bianca Celotti</i>	11:45-12:30 YS * Pilates Fusion <i>Aimee Brothman</i>
12:00-12:45 YS * Off The Barre <i>Katherine Toogood</i>	11:30-12:00 MS * Athletic Conditioning <i>Claudia Ong</i>	12:00-12:45 MS * Pilates Fusion <i>Justin B Haley</i>	12:00-12:45 YS * Vinyasa Yoga <i>Juliana Klein</i>	5:00-5:45 CS * Beats Ride <i>Maddi Soubry</i>	10:45-11:30 YS * Barre <i>Aimee Brothman</i>	2:30-3:30 YS * Slow Flow Yoga <i>Anastasia McQueen</i>
12:30-1:15 MS * Ropes and Rowers <i>Liam Grimes</i>	12:00-12:20 MS * Best Abs Ever <i>Claudia Ong</i>	12:30-1:15 MS * Stacked <i>Nariko Chaffe</i>	12:15-1:05 BR * Rounds: Boxing <i>Ryan Bradley</i>	5:15-6:00 MS * MetCon3 <i>Victoria Macchione</i>	11:15-12:00 MS * Ropes and Rowers <i>Bianca Celotti</i>	
5:00-5:45 MS * MetCon Monday <i>Nariko Chaffe</i>	12:00-12:45 YS * Power Vinyasa <i>Michael DeCorte</i>	5:00-5:45 MS * Stronger <i>Nariko Chaffe</i>	12:30-1:15 MS * MetCon3 <i>Rachel Schick</i>	5:15-6:15 YS * Vinyasa Yoga <i>Justin B Haley</i>	11:30-12:20 BR * Rounds: Boxing <i>Ryan Bradley</i>	
5:15-6:15 YS * Power Vinyasa <i>Michael DeCorte</i>	12:30-1:15 MS * Stronger <i>Claudia Ong</i>	5:15-6:00 YS * Bala Bangle Barre Burn <i>Sydney Keir</i>	5:15-6:00 MS * Athletic Conditioning <i>Liam Grimes</i>	6:00-6:45 BR * Rounds: Boxing <i>Matt Smith</i>	11:45-12:30 YS * Pilates Fusion <i>Aimee Brothman</i>	
5:30-6:15 CS * Beats Ride <i>Victoria Valente</i>	5:15-6:00 MS * Stacked <i>Eva Redpath</i>	5:30-6:15 CS * Cycle Power <i>Steve Beamish</i>	5:30-6:15 YS * Vinyasa Yoga <i>Anastasia McQueen</i>	6:30-7:15 YS * Yin Yoga <i>Justin B Haley</i>		
5:45-6:35 BR * Rounds: Boxing <i>Taylor Page</i>	5:30-6:15 YS * Pilates Fusion <i>Claudia Ong</i>	5:45-6:35 BR * Rounds: Boxing <i>Ryan Bradley</i>	5:45-6:30 CS * Beats Ride <i>Victoria Valente</i>			
6:00-6:45 MS * Stronger <i>Thomas Young</i>	5:45-6:30 CS * Cycle Power <i>Michael Smith</i>	6:00-6:45 MS * Ropes and Rowers <i>Brian Palic</i>	6:00-6:45 BR * Rounds: Boxing <i>Anas Almaghribi</i>			
6:30-7:15 TR * Precision Run® <i>Michael DeCorte</i>	6:00-6:45 BR * Rounds: Boxing <i>Anas Almaghribi</i>	6:30-7:15 TR * Precision Run® <i>Anastasia McQueen</i>	6:30-7:15 MS * Sculpt <i>Rachael Crumb</i>			
6:30-7:15 YS * Pilates Rise <i>Aimee Brothman</i>	6:15-7:00 MS * MetCon3 <i>Liam Grimes</i>	6:30-7:15 YS * Slow Flow Yoga <i>Leni Calosing</i>	6:30-7:15 YS * Pilates Fusion <i>Anastasia McQueen</i>			
6:45-7:35 BR * Rounds: Boxing <i>Taylor Page</i>	6:30-7:15 YS * Off The Barre <i>Eva Redpath</i>	6:45-7:30 BR * Rounds: Boxing <i>Ryan Bradley</i>	7:30-8:15 YS * Off The Barre <i>Katherine Toogood</i>			
7:00-7:45 MS * Whipped! <i>Laura Colucci</i>	6:45-7:30 TR * Precision Walk: Elevate <i>Matthew Rossoff</i>	7:30-8:15 YS * Yoga Sculpt <i>Anastasia McQueen</i>				
7:30-8:15 YS * Yin Yoga <i>Michael DeCorte</i>	7:30-8:15 YS * Slow Flow Yoga <i>Anastasia McQueen</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

liam.grimes@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.

**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.

**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.

**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.

**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.

**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.

**Yoga Sculpt** A challenging class of high-intensity interval training and cardiovascular exercise combining bodyweight toning exercises with traditional yoga poses.

## 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.

**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.

**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.

**Off The Barre** This off-the-barre class incorporates a continuous series of contemporary exercises. 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.

## 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

**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.

**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.

**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.