

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:20 TR * Precision Run® <i>Nima Nourhaghighi</i>	6:30-7:20 BR * Rounds: Boxing <i>Ryan Bradley</i>	6:30-7:20 CS * Precision Ride <i>Jill Niedoba</i>	6:30-7:15 CS * Beats Ride <i>Maddi Soubry</i>	7:00-7:45 CS * Precision Ride <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>
6:45-7:15 MS * Lower Body Blast <i>Santana Rose</i>	6:30-7:15 MS * Ropes and Rowers <i>Jill Niedoba</i>	6:30-7:00 MS * Upper Body Pump <i>Victoria Macchione</i>	6:30-7:15 MS * MetCon3 <i>Victoria Macchione</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 * Beats Ride <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>	11:30-12:15 YS * Pilates Fusion <i>Rachel Schick</i>	12:15-1:05 BR * Rounds: Boxing <i>Ryan Bradley</i>	10:30-11:00 MS * Upper Body Pump <i>Bianca Celotti</i>	11:30-12:30 YS * Pilates Fusion <i>Aimee Brothman</i>
12:00-12:45 YS * Off The Barre <i>Katherine Toogood</i>	11:30-12:15 CS * Anthem Ride <i>Claudia Ong</i>	11:30-12:15 YS * Off The Barre <i>Sean De Francia</i>	12:00-12:20 MS * Best Abs Ever <i>Nariko Chaffe</i>	5:00-5:45 CS * Beats Ride <i>Maddi Soubry</i>	10:45-11:30 YS * Barre <i>Aimee Brothman</i>	11:45-12:30 YS * Slow Flow Yoga <i>Anastasia McQueen</i>
12:15-1:05 BR * Rounds: Boxing <i>Ryan Bradley</i>	11:30-12:00 MS * Athletic Conditioning <i>Liam Grimes</i>	12:30-1:15 MS * Stacked <i>Nariko Chaffe</i>	12:15-1:05 BR * Rounds: Boxing <i>Claudia Ong</i>	5:15-6:00 MS * MetCon3 <i>Victoria Macchione</i>	11:15-12:00 MS * Ropes and Rowers <i>Bianca Celotti</i>	
12:30-1:15 MS * Ropes and Rowers <i>Liam Grimes</i>	11:30-12:15 YS * Power Vinyasa <i>Michael DeCorte</i>	12:30-1:15 YS * Pilates Fusion <i>Justin B Haley</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>	
5:00-5:45 MS * MetCon Monday <i>Nariko Chaffe</i>	12:00-12:20 MS * Best Abs Ever <i>Liam Grimes</i>	5:00-5:45 MS * Stronger <i>Nariko Chaffe</i>	12:30-1:15 YS * Vinyasa Yoga <i>Juliana Klein</i>	5:15-6:15 YS * Yin Yoga <i>Justin B Haley</i>	11:45-12:30 YS * Pilates Fusion <i>Aimee Brothman</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>	6:30-7:15 YS * Yin Yoga <i>Justin B Haley</i>		
5:30-6:15 CS * Beats Ride <i>Victoria Valente</i>	12:30-1:15 YS * Pilates Fusion <i>Melanie Chung</i>	5:30-6:15 CS * Beats Ride <i>Steve Beamish</i>	5:30-6:15 YS * Vinyasa Yoga <i>Anastasia McQueen</i>			
5:45-6:35 BR * Rounds: Boxing <i>Taylor Page</i>	5:15-6:00 MS * Stacked <i>Eva Redpath</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>	5:30-6:15 YS * Pilates Fusion <i>Claudia Ong</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>	5:45-6:30 CS * Precision Ride <i>Michael Smith</i>	6:30-7:15 TR * Precision Run® <i>Anastasia McQueen</i>	6:15-7:00 MS * MetCon3 <i>Victoria Macchione</i>			
6:30-7:15 YS * Pilates Rise <i>Aimee Brothman</i>	6:00-6:45 BR * Rounds: Boxing <i>Anas Almaghribi</i>	6:30-7:15 YS * Vinyasa 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>	6:15-7:00 MS * MetCon3 <i>Victoria Macchione</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>	6:30-7:15 YS * Off The Barre <i>Eva Redpath</i>	7:30-8:15 YS * Slow Flow Yoga <i>Anastasia McQueen</i>				
7:30-8:15 YS * Yin Yoga <i>Michael DeCorte</i>	6:45-7:30 TR * Precision Walk: Elevate <i>Matthew Rossoff</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

**Anthem Ride** Let the music move you! Vibe, flow, and sweat to the beat in our Signature "all music, no metrics" ride. An 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.

**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.

**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.

## 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.

**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.