

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:50 MS * Ropes and Rowers <i>Geoff Bagshaw</i>	6:15-7:00 MS * Body Sculpt <i>Zachary Fiorido</i>	6:00-6:45 MS * Tabata Max <i>Luke Sykes</i>	6:00-6:45 TR * Precision Walk: Elevate <i>Zachary Fiorido</i>	6:00-6:45 BR * Rounds: Boxing <i>Luke Sykes</i>	8:45-9:30 TR * Precision Run® <i>Sara Cathcart</i>	8:15-9:00 MS * Body Sculpt <i>Geoff Bagshaw</i>
6:15-7:00 CS * Beats Ride <i>Monique Blythe</i>	6:30-7:15 BR * Rounds: Boxing <i>Luke Sykes</i>	6:15-7:00 CS * Beats Ride <i>Monique Blythe</i>	6:15-7:00 MS * MetCon3 <i>Luke Sykes</i>	6:00-6:45 MS * Stacked <i>Geoff Bagshaw</i>	9:00-9:45 MS * Stacked <i>Jennifer Wick</i>	8:30-9:20 BA * True Barre <i>Toni Nielsen</i>
6:15-7:00 TR * Precision Run + Strength <i>Zachary Fiorido</i>	7:00-7:45 CS * Beats Ride <i>Jules Glynn</i>	7:00-8:00 YS * Hatha Yoga <i>Mandi Von Alkier</i>	7:00-7:45 CS * Beats Ride <i>Hannah Furness</i>	6:15-7:00 CS * Beats + Bands Ride <i>Zachary Fiorido</i>	9:00-9:45 YS * Pilates Fusion <i>Davi Teixeira</i>	8:30-9:00 TR * Precision Run 30 <i>Liz Jacobs</i>
7:00-8:00 YS * Hatha Yoga <i>Jenna Sbrocca</i>	7:00-8:00 YS * Hatha Yoga <i>Jenna Sbrocca</i>	7:30-8:15 MS * MetCon3 <i>Luke Sykes</i>	7:00-8:00 YS * Vinyasa Yoga <i>Connor Roff</i>	7:00-7:45 TR * Precision Run® <i>Luke Sykes</i>	9:15-10:00 CS * Beats Ride <i>Monique Blythe</i>	9:00-10:00 Yoga Weekend Wind Down <i>Yoga</i>
7:30-8:15 MS * Tabata Max <i>Zachary Fiorido</i>	7:15-8:05 BA * True Barre <i>Zachary Fiorido</i>	8:15-9:05 BA * True Barre <i>Mandi Von Alkier</i>	7:15-8:05 BA * Trilogy Barre <i>Zachary Fiorido</i>	7:00-8:00 YS * Vinyasa Yoga <i>Marcus Tong</i>	10:00-10:50 BA * True Barre <i>Sara Allen</i>	YS * True Barre <i>Marcus Tong</i>
8:15-9:05 BA * True Barre <i>Mandi Von Alkier</i>	7:30-8:15 MS * Athletic Conditioning <i>Luke Sykes</i>	9:15-10:00 MS * Cardio Sculpt <i>Geoff Bagshaw</i>	7:30-8:15 MS * Stacked <i>Luke Sykes</i>	7:30-8:15 MS * Stronger <i>Zachary Fiorido</i>	10:00-10:45 BR * Rounds: Boxing <i>Team Equinox</i>	9:10-10:00 CS * Precision Ride <i>Maxwell Latimer</i>
9:15-10:00 YS * Pilates Fusion <i>Carolyn Cheung</i>	9:15-9:45 MS * Upper Body Pump <i>Shaiful Zakaria</i>	10:15-11:15 YS * Vinyasa Yoga <i>Carolyn Anne Budgell</i>	9:15-10:00 MS * Stronger <i>Shaiful Zakaria</i>	9:15-10:00 MS * MetCon3 <i>Sara Cathcart</i>	10:15-11:15 YS * Sculpted Yoga™ <i>Davi Teixeira</i>	9:45-10:30 BA * Trilogy Barre <i>Toni Nielsen</i>
10:30-11:20 BA * True Barre <i>Carolyn Cheung</i>	9:45-10:15 MS * Best Abs Ever <i>Shaiful Zakaria</i>	11:45-12:35 BA * True Barre <i>Carolyn Cheung</i>	10:30-11:30 YS * Vinyasa Yoga <i>Marcus Tong</i>	10:15-11:15 MS * Vinyasa Yoga (HEATED) <i>Vanessa Bourget</i>	10:30-11:00 MS * Upper Body Pump <i>Geoff Bagshaw</i>	9:45-10:30 MS * MetCon3 <i>Geoff Bagshaw</i>
12:00-12:45 MS * Body Sculpt <i>Geoff Bagshaw</i>	10:30-11:30 YS * Vinyasa Yoga <i>Christie Baumgartner</i>	12:00-12:45 MS * Athletic Conditioning <i>Alex Jack</i>	12:00-12:45 YS * Pilates Fusion <i>Krystina Kodesh</i>	12:00-12:30 MS * Best Butt Ever <i>Geoff Bagshaw</i>	11:00-11:30 MS * Best Abs Ever <i>Geoff Bagshaw</i>	10:45-11:45 YS * Vinyasa Yoga <i>Marcus Tong</i>
12:15-1:15 YS * Vinyasa Yoga <i>Christie Baumgartner</i>	12:00-12:45 YS * Pilates Fusion <i>Chelsea Wissink</i>	12:15-1:00 CS * Beats Ride <i>Jordan Kilik</i>	12:15-1:00 MS * MetCon3 <i>Shaiful Zakaria</i>	12:15-1:15 YS * Vinyasa Yoga <i>Kristi Albernaz</i>	11:15-12:00 BR * Rounds: Boxing <i>Team Equinox</i>	11:15-12:00 MS * Lower Body Blast <i>Sara Cathcart</i>
12:45-1:30 CS * Beats + Bands Ride <i>Jennifer Wick</i>	12:10-1:00 MS * Whipped! <i>Shaiful Zakaria</i>	1:00-2:00 YS * Vinyasa Yoga <i>Kate Gillespie</i>	1:00-1:45 CS * Beats Ride <i>Zachary Fiorido</i>	12:30-1:15 BR * Rounds: Boxing <i>Luke Sykes</i>	11:45-12:45 YS * Vinyasa Yoga (HEATED) <i>Matt Caza</i>	12:15-1:15 YS * Vinyasa Yoga <i>Todd Randall</i>
12:45-1:00 MS * Best Abs Ever <i>Geoff Bagshaw</i>	1:00-1:50 CS * Precision Ride <i>Jennifer Wick</i>	1:30-2:15 MS * Stronger <i>Shaiful Zakaria</i>	1:30-2:30 YS * Vinyasa Yoga <i>Emma Colling</i>	12:30-1:00 MS * Best Abs Ever <i>Geoff Bagshaw</i>	12:00-12:45 MS * Cardio Sculpt <i>Zachary Fiorido</i>	5:00-6:00 YS * Vinyasa Yoga (HEATED) <i>Emma Colling</i>
1:30-2:15 MS * Pure Strength <i>Dania Assaly</i>	1:30-2:30 YS * Yin Yoga (HEATED) <i>Matt Caza</i>	3:15-3:45 MS * Tabata Cardio 30 <i>Zachary Fiorido</i>	3:00-3:45 YS * Pilates Fusion <i>Chelsea Wissink</i>	12:45-1:30 CS * Anthem Ride <i>Jennifer Wick</i>	12:45-1:00 MS * Best Abs Ever <i>Zachary Fiorido</i>	
3:30-4:15 MS * Athletic Conditioning <i>Dania Assaly</i>	3:30-4:15 MS * Cardio Sculpt <i>Zachary Fiorido</i>	3:45-4:15 MS * Best Abs Ever <i>Zachary Fiorido</i>	3:30-4:00 MS * Firestarter <i>Shaiful Zakaria</i>	1:30-2:15 MS * Athletic Conditioning <i>Sara Cathcart</i>	1:15-2:15 YS * Vinyasa Yoga <i>Todd Randall</i>	
4:00-5:00 YS * Vinyasa Yoga (HEATED) <i>Matt Caza</i>	4:45-5:35 BA * Barre Beyond <i>Toni Nielsen</i>	4:00-5:00 YS * Vinyasa Yoga <i>Christie Baumgartner</i>	4:00-4:30 MS * Best Butt Ever <i>Shaiful Zakaria</i>	2:00-2:50 BA * Trilogy Barre <i>Zachary Fiorido</i>	1:30-2:15 MS * Athletic Conditioning <i>Team Equinox</i>	
4:45-5:35 BA * True Barre <i>Team Equinox</i>	5:00-5:45 MS * MetCon3 <i>Sara Cathcart</i>	4:45-5:35 BA * True Barre <i>Carolyn Cheung</i>	5:00-5:45 MS * Body Sculpt <i>Geoff Bagshaw</i>	3:00-3:30 MS * Upper Body Pump <i>Zachary Fiorido</i>	5:00-6:00 YS * Vinyasa Yoga <i>Josh Chen</i>	
5:00-5:50 MS * Whipped! <i>Geoff Bagshaw</i>	5:15-6:00 YS * Pilates Fusion <i>Krystina Kodesh</i>	5:00-5:45 MS * Stronger <i>Shaiful Zakaria</i>	5:15-6:15 YS * Vinyasa Yoga (HEATED) <i>Matt Caza</i>	3:30-4:00 MS * Best Abs Ever <i>Zachary Fiorido</i>		
5:15-6:00 CS * Beats Ride <i>Monique Blythe</i>	5:30-6:20 CS * Precision Ride <i>Angela Straker</i>	5:15-5:45 TR * Precision Run 30 <i>Zachary Fiorido</i>	5:30-6:15 CS * Beats Ride <i>Zachary Fiorido</i>	4:00-5:00 YS * Yin Yoga <i>Mandi Von Alkier</i>		
5:30-6:15 BR * Rounds: Boxing <i>Arvin Arenas</i>	5:45-6:30 BR * Rounds: Boxing <i>Donny Watson</i>	5:30-6:15 BR * Rounds: Boxing <i>Tariq Abdulrahman</i>	5:45-6:35 BA * Pilates Rise <i>Davi Teixeira</i>	5:00-5:45 MS * Cardio Dance <i>Toni Nielsen</i>		
5:30-6:15 TR * Precision Run® <i>Zachary Fiorido</i>	5:45-6:00 MS * Best Abs Ever <i>Sara Cathcart</i>	5:45-6:30 YS * Pilates Fusion <i>Krystina Kodesh</i>	5:45-6:30 BR * Rounds: Boxing <i>Team Equinox</i>	5:45-6:45 YS * Vinyasa Yoga (HEATED) <i>Christie Baumgartner</i>		
5:30-6:30 YS * Vinyasa Yoga (HEATED) <i>Emma Colling</i>	6:00-6:45 TR * Precision Run® <i>Zachary Fiorido</i>	6:00-6:50 BA * Trilogy Barre <i>Zachary Fiorido</i>	6:00-6:45 TR * Precision Run® <i>Luke Sykes</i>	6:15-7:00 MS * Stacked <i>Donny Watson</i>		
6:00-6:50 BA * Pilates Rise <i>Davi Teixeira</i>	6:30-7:15 MS * Body Sculpt <i>Angela Straker</i>	6:15-7:00 MS * MetCon3 <i>Shaiful Zakaria</i>	6:30-7:00 MS * Best Butt Ever <i>Zachary Fiorido</i>			
6:15-7:00 MS * Athletic Conditioning <i>Alex Jack</i>	6:45-7:30 BR * Rounds: Boxing <i>Donny Watson</i>	6:30-7:15 BR * Rounds: Boxing <i>Tariq Abdulrahman</i>	6:45-7:30 BR * Rounds: Boxing <i>Team Equinox</i>			
6:30-7:15 BR * Rounds: Boxing <i>Arvin Arenas</i>	6:45-7:45 YS * Vinyasa Yoga <i>Todd Randall</i>	6:30-7:15 CS * Anthem Ride <i>Kirsten Maxwell</i>	6:45-7:45 YS * Vinyasa Yoga <i>Yadu Baznath</i>			
6:30-7:15 CS * Beats + Bands Ride <i>Zachary Fiorido</i>	7:00-7:50 BA * True Barre <i>Zachary Fiorido</i>	7:00-8:15 YS * Yin Yoga <i>Christie Baumgartner</i>	7:00-7:50 BA * True Barre <i>Davi Teixeira</i>			
7:15-8:15 YS * Vinyasa Yoga <i>Yadu Baznath</i>	7:45-8:30 MS * Stronger <i>Shaiful Zakaria</i>	7:30-8:15 MS * Stacked <i>Donny Watson</i>	7:00-7:30 MS * Best Abs Ever <i>Zachary Fiorido</i>			
7:30-8:15 MS * Cardio Dance <i>Toni Nielsen</i>						

# EQUINOX

## WEST GEORGIA STREET

1131 West Georgia Street

VANCOUVER V6E 4G2

EQUINOX.COM

@EQUINOX

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

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

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

## GROUP FITNESS MANAGER

geoff.bagshaw@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**BA** Barre 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 + 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 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.

**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.

**Vinyasa Yoga (HEATED)** 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 (HEATED)** Releasing tension through prolonged poses, this heated, 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.

**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.

**Firestarter** A 30-minute, non-stop cardio challenge that demands everything you've got. Blaze through innovative sequences then switch to active recovery without ever stopping.

**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.

**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.

**Pure Strength** Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. 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.

**Tabata Cardio 30** A 30-minute cardio-only challenge that demands everything you've got. Fire up your heart rate with 20-second bodyweight exercises, where your rest is always shorter than your work. 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

**Barre Beyond** Level up your barre experience with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. An Equinox exclusive.

**Trilogy Barre** A Pilates reformer and barre-inspired workout at the triple-barre that uses custom-designed resistance bands to strengthen, sculpt, and tone. Increase flexibility while building muscle definition. 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 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.

## 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.

## 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.

**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.

**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.