

MONDAY JUN 29, 2015	TUESDAY JUN 30, 2015	WEDNESDAY JUL 1, 2015	THURSDAY JUL 2, 2015	FRIDAY JUL 3, 2015	SATURDAY JUL 4, 2015	SUNDAY JUL 5, 2015
6:00 - 7:00 CrossTraining Revolution MS Jote 7:45 - 9:00 Vinyasa Yoga YS Shanti 9:00 - 10:00 Chisel'd MS Aimee Nicotera 9:00 - 10:00 Inside Out Barre YS Lindsey Ransom 10:15 - 11:00 * Cycle Beats CS Kate Carrick 10:15 - 11:15 Pilates YS Lindsey Ransom 10:30 - 11:30 FitFunk MS Rodrigo Gallardo	6:00 - 7:00 * Endurance Ride CS Noa Pantaleon 7:30 - 8:30 Tabata MS Noa Pantaleon 9:00 - 9:45 * Studio Cycling CS Terence McKinnon 9:00 - 9:45 Best Butt Ever MS Elizabeth Treese 9:00 - 10:00 Barre Bootcamp YS Natalie Rivera 9:00 - 10:00 * Precision Running® TR Noa Pantaleon 10:00 - 11:00 * Studio Cycling CS Terence McKinnon 10:00 - 11:00 Pilates Body MS Lindsey Ransom 10:15 - 11:30 Ashtanga Yoga (L1/2) YS Javier Lopez 11:00 - 11:30 Cycle Reset MS Lindsey Ransom	6:00 - 6:45 Best Butt Ever MS Jil Deviscour 7:45 - 9:00 Vinyasa Yoga YS Shanti 9:00 - 9:45 * Cycle Beats CS Aimee Nicotera 9:00 - 9:55 CrossTraining Revolution MS Emmanuel Griffin 10:00 - 11:00 * Studio Cycling CS Raul Duarte 10:00 - 11:00 Zumba® MS Henray Cedeno 10:15 - 11:30 Power Yoga YS Pablo Lucero	6:00 - 7:00 * Interval Cycling CS Raul Duarte 7:30 - 8:30 Cardio Sculpt MS Emmanuel Griffin 9:00 - 9:55 Chisel'd MS Aimee Nicotera 9:00 - 10:00 Inside Out Barre YS Lindsey Ransom 10:00 - 11:00 Zumba® MS Henray Cedeno 10:15 - 11:00 * Cycle 45 CS Bradley Jones 10:15 - 11:30 Ashtanga Yoga (L1/2) YS Javier Lopez	6:00 - 6:45 Body Sculpt MS Jil Deviscour 7:45 - 9:00 Intermix Yoga YS Shanti 9:00 - 9:55 CrossTraining Revolution MS Terence McKinnon 9:00 - 10:00 Inside Out Barre YS Elizabeth Treese 10:00 - 11:00 * Power RIDE! CS Terence McKinnon 10:00 - 11:00 Mitana Dance MS Andres Escobar 11:15 - 12:15 Pilates MS Lindsey Ransom	9:30 - 10:15 * Studio Cycling CS Christina Leon 9:30 - 10:30 Inside Out Barre YS Natalie Rivera 10:30 - 11:15 * Cycle Beats CS Sandra Contreras-Santa 10:30 - 11:25 Definitions MS Christina Leon 11:30 - 12:30 Dance! MS Rodrigo Gallardo 11:30 - 1:00 Power Yoga (L2) YS Javier Lopez	9:00 - 9:45 * Rhythm Revolution CS Terence McKinnon 10:00 - 11:00 * Studio Cycling CS Terence McKinnon 10:00 - 10:55 Mitana Dance MS Elizabeth Vino 10:00 - 11:30 Vinyasa Yoga YS Melisa Gomez Cuetara 11:10 - 12:00 Ropes & Rowers MS Jil Deviscour
12:15 - 1:00 * Interval Cycling CS Javier Pineda 12:15 - 1:00 Best Butt Ever MS Elizabeth Treese 1:00 - 1:15 Ab Lab MS Elizabeth Treese	12:15 - 1:15 BOX180™ MS Christa DiPaolo 12:15 - 1:15 Vinyasa Yoga YS Penny Needle	12:15 - 1:00 * Studio Cycling CS Raul Duarte 12:15 - 1:00 Stacked! MS Elizabeth Treese 1:00 - 1:15 Ab Lab MS Elizabeth Treese	12:15 - 1:15 Vinyasa Yoga YS T.B.D. 12:15 - 1:15 * Precision Running® TR Noa Pantaleon			
5:30 - 6:15 * Interval Cycling CS Raul Duarte 5:30 - 6:25 Zumba® MS Tania Amthor 5:30 - 6:30 Barre Fit Cardio YS Elizabeth Vino 6:30 - 7:30 * Cycle Beats CS Raul Duarte 6:30 - 7:30 Definitions MS Emmanuel Griffin 6:30 - 7:45 Power Yoga YS Pablo Lucero	5:30 - 6:20 VIPR™ Cardio Intervals MS Aimee Nicotera 5:30 - 6:30 Pilates Bootcamp YS Natalie Rivera 6:30 - 7:15 * Rhythm Revolution CS Aimee Nicotera 6:30 - 7:30 Dance! MS Rodrigo Gallardo 6:30 - 7:45 Power Yoga (L2/3) YS Javier Lopez 7:30 - 8:30 Cardio*Combat*Core*Strength MS Emmanuel Griffin	5:30 - 6:15 * Cycle 45 CS Terence McKinnon 5:30 - 6:15 Stacked! MS Jil Deviscour 6:15 - 7:25 Power Flow Yoga YS Sara Grossi 6:30 - 7:30 * Cycle 60 CS Bradley Jones 6:30 - 7:25 CrossTraining Revolution Terence McKinnon 7:30 - 8:30 Zumba® MS Eliana Bonilla 7:30 - 8:30 Barre Fit Cardio YS Elizabeth Vino	5:30 - 6:15 * Cycle Beats CS Raul Duarte 5:30 - 6:20 Ropes & Rowers MS Noa Pantaleon 5:30 - 6:25 Pilates Body YS Natalie Rivera 6:30 - 7:30 * Studio Cycling CS Noa Pantaleon 6:30 - 7:30 Dance! MS Rodrigo Gallardo 6:30 - 7:45 Power Yoga (L2/3) YS Javier Lopez			

JULY 4TH 2015 - CLASS DESCRIPTIONS

CORAL GABLES

The Village of Merrick Park at
370 San Lorenzo Ave
Coral Gables FL 33146
786.497.8200
equinox.com

CLASS SCHEDULE LEGEND

BOLD New Class, Instructor or Time

* Sign-up required
(available 30 min prior to start of class)

CLASS LEVEL GUIDE

Unless otherwise indicated, all levels are welcome

L1 Beginner
L1/2 Beginner/Intermediate
L2 Intermediate
L2/3 Intermediate/Advanced
L3 Advanced/Practiced

STUDIO KEY

CS Cycling Studio
MS Main Studio
YS Yoga Studio
TR Treadmill Area

AB LAB

Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

ASHTANGA YOGA

Developed by K. Pattabhi Jois, a vigorous style of specific asanas (postures) is sequenced to emphasize breath, strength, flexibility & endurance.

BARRE BOOTCAMP

Whip your glutes, abs, arms, legs, back and shoulders into a strong, lean, elongated shape with a special barre-inspired bootcamp workout. Set to bumpin' beats, weights, balls and cardio exercises take your traditional barre workout to a whole new level.

BARRE FIT CARDIO

High energy, non-stop, low-impact Barre work designed to make you sweat. The sequencing is designed to increase the heart rate, build endurance, and strength for a maximum caloric burn! Target the seat, legs, abs, and arms and sculpt and elongate muscles for a lengthened and toned physique.

BEST BUTT EVER

Best Butt Ever is strategically engineered to lift and shape your hottest asset this summer. Fire up your glutes, build strength and definition, and get powerful. Waist-whittling exercises are also integrated to further accentuate your new rearview.

BODY SCULPT

A fundamental workout that strengthens the entire body with a variety of sequences and equipment. Fun and effective for all fitness levels.

BOX180™

Christa DiPaolo's BOX180™, is an adrenaline-fueled, cardioboxing workout that is guaranteed to challenge every muscle in the body resulting in a 180-degree full body transformation. Mountain climb, push up, jab and uppercut your way through a physically and mentally motivating 60 minute workout.

CARDIO SCULPT

Total Body Workout for both muscular strength and endurance. Continuous movement to great music keeps the heart rate up for a sweat drenched sculpting session.

CARDIO*COMBAT*CORE*STRENGTH

Fusion of cardio kickboxing and body weight based strength conditioning and standing core based work without every sitting down. Kick, punch, plank, push and lift your body in endless combinations, sequences, directions and planes that will leave you clamoring for more, more, more!

CHISEL'D

A total body workout with exercises that transition from one muscle group to the next. Continuous movement and great music to keep the heart rate up for a sweat drenched session.

CROSSTRAINING REVOLUTION

A total fitness approach to enhance competence in all components of fitness: cardiovascular endurance, strength, flexibility, coordination, and balance for improved overall wellness and fat loss.

CYCLE 45

A classic and dynamic 45 minute ride of interval zone training to burn calories and condition the heart. Short, sweet and sweaty, let's ride.

CYCLE 60

A full 60 minute indoor cycling ride to benefit your cardiovascular system and burn tons of calories.

CYCLE BEATS

Cycle to the Beat of the music. This challenging and high intensity class is a great cardiovascular workout and experience. Cycling 'out-of-the-saddle' is an option for advanced cyclists.

CYCLE RESET

RESET. RESTORE. RECOVER. Refine posture and address imbalance caused by the fixed position and repetitive motion of dedicated cycling. Myofascial routines, athletic stretching, breathwork and mindset combine to enhance movement efficiency to have you riding smarter, calmer, faster and further.

DANCE!

Equinox dance instructors teach you fun combinations to popular dance music. Styles may include jazz, modern, funk and hip hop.

DEFINITIONS

An intense total body workout designed to define & tone every muscle in every way & improve muscular strength & endurance.

ENDURANCE RIDE

An extended studio cycling class that is perfect for the weekend warrior. Extra minutes equals extra endurance, extra calories and extra strength.

FITFUNK

The new, fun way to get lean and learn the funkier dance moves in the Hip-hop dance community. From the dancer's flexibility warm-up to the full-out choreography routine set to new upbeat music, this is the latest cardio workout to get you moving and tone your whole body.

INSIDE OUT BARRE

Get fit and toned from the inside out with this popular Barre based work out. Intervals of conditioning and stretching combine core work, pilates, yoga, isometrics and ballet to lengthen and strengthen. Goal of creating long, lean muscles and a youthful body.

INTERMIX YOGA

A combination of three styles of Yoga - Vinyasa, Ashtanga & Hatha, Intermix Yoga is a dynamic practice where the postures flow from one movement to another in a fluid motion. Develop strength and flexibility and calm your mind in this workout that's great for overall fitness.

INTERVAL CYCLING

TRAIN HARD! Intervals drills for endurance, power, and speed that include time trailing, climbs, sprints and pulls for an exciting and unpredictable ride that is both challenging and fun.

MITANA DANCE

Join in on this high energy, fun dance class that features combinations which take their influence from various dance styles including Jazz, Hip Hop, African, Contemporary, Broadway and Modern Ballet. Show us what you've got!

PILATES

An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, & mobility.

PILATES BODY

Come invigorate your mind, strengthen your core, and condition your body using the principles of Pilates. This class will take you through everything from core strength to overall body conditioning and stretching; everything you need to achieve a "Pilates Body".

PILATES BOOTCAMP

Intense mat sequences and variations of the Pilates exercises using different pieces of equipment. Are you ready to take your Pilates experience to the next level? Give your existing Pilates routine a boost!

POWER FLOW YOGA

Stephanie's signature yoga class choreographed to soulful music blending Ashtanga, Vinyasa, Power and Restorative yoga. A transformational experience designed for all levels.

POWER RIDE!

A powerful and strong interval training routine that never stops building as you go on a ride like none other! A 45 minute ride that is perfect for fitness enthusiasts, recreational and serious cyclists, and tri-athletes in-training!

POWER YOGA

Our most athletic vinyasa practice. A vigorous, dynamic, physically and spiritually energizing form of yoga that sculpts, hones and tones every muscle in the body. Includes various elements of many different yoga styles.

PRECISION RUNNING®

Our newest class leads you through efficient, precisely designed intervals on the treadmill to hit every muscle in your body for the ultimate burn. You'll increase your power and speed, and forever improve your run. Created by David Siik for Equinox. Make sure to bring your own headphones.

RHYTHM REVOLUTION

From classic beats to today's hot grooves, this cycling class brings rhythm to your ride. Whether you're a serious cyclist or just starting out, this class offers a hard core workout, where the music matters. The ride is part party, part sweat fest and is as diverse as the playlist.

ROPES & ROWERS

A full body circuit built on battling ropes and the WaterRower, driving balanced strength and greater cardio fitness to propel your performance. The exhilarating solo and team competition will push you to bring it, beat it and brag about it.

STACKED!

Consider yourself stacked. Hit the body with a healthy dose of high density training. With Sandbells as your medium, transform your body with 6 targeted movement complexes executed for 30 seconds each. Combine 2 Stacks with an active mobility warm up and a recovery stretch and your workout is DONE.

STUDIO CYCLING

A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focus on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging.

TABATA

A courageous, daring, & dynamic conditioning experience: 20 second bouts of high intensity training followed by 10 seconds of rest x 8 = 4 minute intervals to increase athletic performance, boost VO2Max, & decrease body fat. The Tabata Protocol is proven to physiologically transform your body.

VINYASA YOGA

A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath. Classes are diverse and sequencing will vary with instructor philosophy.

VIPR™ CARDIO INTERVALS

Seamless transitions and non-stop movement alternating cardiovascular drills with strength training exercises in a time saver workout that delivers whole body integration for maximum metabolic rate & increased caloric expenditure, leaving you fitter and stronger.

ZUMBA®

ZUMBA® is a fusion of Latin, International and popular music/dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body with easy to follow dance steps.