EQUINOX

SOUTH BEACH

OCTOBER 2014
Schedule Effective:
Oct 1, 2014 - Oct 31, 2014

GROUP FITNESS MANAGER: Abbie Appel
abbie.appel@equinox.com

Our newest Group Fitness programs are designed to help you pick up your pace and get you moving. Check out our newest treadmill training workout Precision Running launching at select locations.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 - 7:15 CS * Cycle 45 Stephanie Meyer 9:30 - 10:30 MS Runway Ready Philip Gray 10:30 - 11:15 CS * Cycle Beats Marios Hortis 10:30 - 11:30 YS Vinyasa Yoga Paul Richardson 11:15 - 12:00 MS Stacked! Dwayne Frection	6:30 - 7:15 MS CrossTraining Revolution Terence McKinnon 8:15 - 9:00 CS * Cycle 45 Christina Leon **9:00 - 10:00 YS Gentle Yoga Ewa Josefsson** 9:15 - 10:00 MS Tabata Christina Leon 10:00 - 10:45 CS * Cycle 45 Robin Retherford 10:00 - 11:00 MS Dance your Pants Off! Chantal 10:45 - 11:45 YS Barre Bootcamp Suzanne Witrock	6:30 - 7:15 CS * Cycle Beats Terence McKinnon 9:30 - 10:30 MS Chisel'd Abbie Appel 10:30 - 11:15 CS * Cycle Beats Marios Hortis 10:30 - 11:30 MS Boxing Boot Camp Dwayne Frection 10:30 - 11:30 YS Barre Bootcamp Lindsey Ransom	6:00 - 6:30 CS * Cycle 30 Magda Pantaleon 6:30 - 7:15 MS Metabolic Meltdown Magda Pantaleon 8:15 - 9:00 CS * Cycle 45 Abbie Appel 9:00 - 10:00 YS Gentle Yoga Joey Corona 9:15 - 10:00 MS Shockwave Jil Deviscour 10:00 - 10:45 CS * Studio Cycling Terence McKinnon **10:00 - 10:45 MS BOX180™ Christa DiPaolo** **10:45 - 11:45 MS Zumba!® Henray Cedeno** 10:45 - 11:45 YS Lean Line Jote	9:30 - 10:30 MS Rockstar Skinny Philip Gray 10:30 - 11:15 CS * Cycle Beats Luis Best 10:30 - 11:30 MS Mitana Dance Miguel Falcon 10:30 - 11:45 YS Power Yoga Paul Toliuszis	**9:00 - 10:15 CS * Cycle 75 Elvis Anderson** 9:15 - 10:15 YS Inside Out Barre Miguel Falcon 9:30 - 10:00 MS Armed and Dangerous Chantal 10:00 - 10:30 MS Booty Blast Chantal **10:00 - 11:30 OL 8th St. Beach Volleyball Jorge Ferris** 10:15 - 11:15 TR * Precision Running Brian Heckler 10:30 - 11:15 CS * Cycle Beats Luis Best 10:30 - 11:30 MS Mitana Dance Miguel Falcon 10:30 - 11:45 YS Power Yoga Katie Turrisi 11:30 - 12:30 MS Cardio Sculpt Luis Best	9:15 - 10:15 YS Core Strength & Stretch Elissa Barbach 9:30 - 10:15 MS Sweat Coach Woods 10:15 - 11:15 MS Groove House Skyler Rodgers 10:30 - 11:15 CS * Studio Cycling Raul Duarte 10:30 - 12:00 YS Power Yoga Paul Richardson 11:15 - 12:15 MS Chisel'd Chantal
	12:00 - 1:00 YS Vinyasa Yoga Katie Turrisi		12:00 - 1:00 YS Vinyasa Yoga Jannee Alt			
5:45 - 6:30 MS METCON3 Abbie Appel 6:00 - 7:00 YS Inside Out Barre Elizabeth Treese 6:30 - 7:30 CS * Studio Cycling Brian Heckler 6:30 - 7:00 MS Rockstar Abz Philip Gray 7:00 - 8:00 MS Just Lift! Philip Gray 7:00 - 8:00 YS Power Yoga Gradiva Ciani 8:00 - 9:00 MS Groove House Skyler Rodgers	5:30 - 6:00 MS Booty Blast Philip Gray 6:00 - 6:30 MS Ab Lab Luis Best 6:00 - 7:00 YS Barre Pilates Abbie Appel 6:30 - 7:15 CS * Cycle 45 Andrea Franklin **6:30 - 7:15 MS Boxing Boot Camp Mike Walczak** 7:00 - 8:15 YS Vinyasa Yoga Elgar Richards 7:15 - 8:15 MS Mitana Dance Miguel Falcon	**5:45 - 6:30 MS Iron Tabata Elizabeth Treese** 6:00 - 7:00 YS Pilates Bootcamp Kimberly Russell 6:00 - 7:00 TR * Precision Running Carley Siedlecki 6:30 - 7:30 CS * Studio Cycling Jeanette Martin-Auer 6:30 - 7:00 MS Rockstar Abz Philip Gray 7:00 - 8:00 MS Just Lift! Philip Gray 7:00 - 8:15 YS Power Yoga Joey Corona 8:00 - 9:00 MS Groove House Skyler Rodgers	6:00 - 6:30 MS Ab Lab Luis Best 6:00 - 7:00 YS Barre Bootcamp Lindsey Ransom 6:30 - 7:15 CS * Cycle Beats Luis Best **6:30 - 7:15 MS Boot Camp Mike Walczak** 7:00 - 8:15 YS Vinyasa Yoga Shanti 7:15 - 8:15 MS Mitana Dance Miguel Falcon	5:45 - 6:15 MS Ab Lab Elizabeth Treese 6:15 - 7:00 CS * Cycle 45 Raul Duarte 6:15 - 6:45 MS Kettlebell Power Elizabeth Treese 6:15 - 7:30 YS Power Yoga Joey Corona	5:30 - 6:45 YS Yinyasa Yoga Javier Lopez	

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
OL	Offsite Location

CLASSES AND INSTRUCTORS ARE SUBJECT TO LAST MINUTE CHANGES

EQUINOX

SOUTH BEACH

520 Collins Avenue
Miami Beach FL 33139
305.673.1172
equinox.com

CLUB HOURS
Mon-Fri: 5:30am - 11:00pm
Sat & Sun: 8:00am - 9:00pm

OCTOBER 2014 - CLASS DESCRIPTIONS

8TH ST. BEACH VOLLEYBALL
Ever wanted to play Beach Volleyball but never had the chance to join in with the fun? Well now you can! EVP Volleyball instructor Weyni Johnson will take you through some easy to follow boot camp drills followed by partnered training exercise that will have you spiking the ball in no time

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

ARMED AND DANGEROUS
Take no prisoners. In 30 minutes, shape and define your arms, shoulders, and upper body with effective, time-efficient methods using a variety of equipment. Workout ends with hard core abdominal training.

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 PILATES
Combining the principles of ballet-derived exercises and classic Mat Pilates, this full body, non-impact workout will challenge your core strength and enhance your flexibility. Low-weight, high repetition standing work will be followed by core mat work and stretching.

BOOT CAMP
You know the drill...anything goes in Boot Camp! Reap the benefits of this ultimate calorie-burning workout through challenging combination of cardiovascular drills and resistance training and much more!

BOOTY BLAST
Dedicated to the bottom half: gluts, hips, thighs and abs. Burnin buns and a blast!

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.

BOXING BOOT CAMP
Work on creating or enhancing your boxing skills. Great for cardio conditioning, as well as building strength and endurance through, boxing drills, shadow boxing, kickboxing, jump rope, and a variety of core strengthening exercises. Come with your gloves and wraps to participate.

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.

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.

CORE STRENGTH & STRETCH
An alignment class that focus on two very important components of fitness: core strength and flexibility.

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 30
Double your results in half the time. 30 minutes of INTENSE Cycling Intervals where you pedal hard with zero down time. We'll have you in and out in 30 minutes. Guaranteed.

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 75
A mini-endurance ride focusing on cadence, heart-rate zones, climbs & sprints which can make an unpredictable ride that is fun and challenging.

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.

DANCE YOUR PANTS OFF!
Learning the steps to a choreographed routine while toning thighs, hips, & glutes. Expect all styles of dance & music while increasing flexibility, learning valuable dance & performance technique, & burning calories in the most enjoyable way. No dance experience necessary, laughter is mandatory.

DANCE!
Equinox dance instructors teach you fun combinations to popular dance music. Styles may include jazz, modern, funk and hip hop. Benefits include overall cardiovascular conditioning.

GENTLE YOGA
Deep stretches for increased range of motion benefit all fitness levels. Gentle enough to attend every day and ideal for students looking to begin their practice or for those concerned with injury.

GROOVE HOUSE
Mi casa es su casa! In this house, everyone is welcome and the party is on and poppin'! This cardiovascular dance workout runs the spectrum from Latin grooves to funky moves and everything in between. Catch the groove!

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.

IRON TABATA
A dynamic conditioning kettlebells 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.

JUST LIFT!
Grab a bar and some plates and get ready to LIFT! This full-body barbell workout will tackle all of your major muscle groups one by one. Squat, lunge, curl, and press your way to a stronger, fitter and more toned YOU!

KETTLEBELL POWER
Kettlebells have long been considered a powerful and effective training tool for maximizing results in workouts. Come experience a powerful full body workout using the new Kettlebells. Build power, and condition your body while learning dynamic new exercises using the Kettlebell

LEAN LINE
A full body, high energy toning workout focusing on body movements that lengthen and lift to create the lines of a dancer. Small bursts of cardio, light weights, body weight resistance and focused muscle work combined to challenge your body.

METABOLIC MELTDOWN
An intense full-body workout designed to spike your body's metabolic rate. Jump, crawl, pull, push and swing as you melt away the pounds and create a new lean body.

METCON3
Meet your goals head on and fully amped in body and mind! Perfectly scripted, this high-intensity metabolic conditioning workout taxes all 3 energy systems and acts like a fat-incinerator to ensure results that leave you fit and motivated for the demands of your life.

MITANA DANCE
Join in on this easy to follow, 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 BOOTCAMP
Intense mat sequences and variations of the pilates exercises using the Resist-a-ball, BOSU, rings, resist-a-bands, and medicine balls. Are you ready to take your pilates experience to the next level? Give your existing pilates routine a boost!

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.

ROCKSTAR ABZ
Non stop core workout using the medicine ball and physio ball for maximum results. A series of floor planks will also build lower back strength to improve posture and tighten your lower core leaving you sleek and ready to Rock the beach!

ROCKSTAR SKINNY
Trim and tone your total body in this fun non-stop conditioning class. Utilizing hand held weights and The Body Bar. Philip's creative leg combinations will leave your legs sleek and defined.

RUNWAY READY
Join Philip in his signature sculpting class and get your body ready for the best runway trends from Paris to Milan and back to NYC. His imaginative leg sequencing will increase your metabolism and burn away unwanted calories. Come chisel every inch for maximum results.

SHOCKWAVE
Extreme cross training at its best! This total body circuit challenge combines the Indo-Row machines for high-intensity calorie burn with dynamic, functional exercises using ViPR, Body Bars, BOSUs and Kettlebells to sculpt and transform the body! Max effort, and EXTREME results!

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.

SWEAT
A no nonsense workout with cardio drills and strength building exercises for a challenging, sports training experience. Reach your fitness goals and be prepared to SWEAT in this high-energy, high-intensity class.

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.

YINYASA YOGA
Vinyasa flow combined with yin yoga to stretch and rehabilitate the connective tissues that form our joints and breath and restorative postures to reset our mind.

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.