

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
6:30 - 7:15 * Cycle 45 CS Jeanette Martin-Auer	6:30 - 7:15 Tabata YS Carley Siedlecki	6:30 - 7:15 * Cycle Beats CS Terence McKinnon	6:00 - 6:30 * Cycle 30 CS Noa Pantaleon	9:00 - 9:30 Rockstar Abz MS Philip Gray	9:30 - 10:00 Armed and Dangerous MS Abbie Appel	9:30 - 10:15 Ropes & Rowers MS Angel Alicea
9:00 - 9:45 Best Butt Ever YS Philip Gray	8:15 - 9:00 * Cycle 45 CS Christina Leon	9:30 - 10:30 Chisel'd MS Abbie Appel	6:30 - 7:15 Metabolic Meltdown MS Noa Pantaleon	9:30 - 10:30 Rockstar Skinny MS Philip Gray	10:00 - 10:30 Booty Blast MS Abbie Appel	10:15 - 11:15 Groove House MS Skyler Rodgers
9:45 - 10:30 Super Sculpt YS Philip G & Jote G	9:00 - 10:00 Gentle Yoga YS Ewa Josefsson	10:30 - 11:15 * Cycle Beats CS Terence McKinnon	8:15 - 9:00 * Cycle 45 CS Raul Duarte	10:30 - 11:15 * Cycle Beats CS Luis Best	10:00 - 11:30 8th St. Beach Volleyball OL Jorge Ferris	10:30 - 11:15 * Studio Cycling CS Michael Greg
10:30 - 11:15 * Cycle Beats CS Aidan Rivera	9:15 - 10:00 The WORKX TR Christina Leon	10:30 - 11:30 Boxing Boot Camp MS Dwayne Frection	9:00 - 10:00 Cardio Sculpt MS Robin Retherford	10:30 - 11:45 Power Yoga YS Paul Toliuszis	10:30 - 11:15 * Cycle Beats CS Luis Best	10:30 - 12:00 Power Yoga YS Paul Richardson
10:30 - 11:30 Vinyasa Yoga YS Paul Richardson	10:00 - 10:45 * Cycle 45 CS Elizabeth Shlemon	10:30 - 11:30 Barre Bootcamp YS Lindsey Ransom	9:00 - 10:00 Gentle Yoga YS Joey Corona		10:30 - 11:30 Mitana Dance MS Andres Escobar	
11:30 - 12:15 Stacked! YS Gabriel Matos	10:45 - 11:45 Barre Pilates YS Christina Leon	11:30 - 12:00 Cycle Reset YS Lindsey Ransom	10:00 - 10:45 * Studio Cycling CS Abbie Appel		10:30 - 11:45 Power Yoga YS Laura Gordon	
	12:00 - 1:00 Vinyasa Yoga YS Melisa Gomez Cuetara		10:30 - 11:30 Groove House MS Gigi Stoot			
			10:45 - 11:45 Lean Line YS Tania Amthor			
6:00 - 7:00 Inside Out Barre YS Lindsey Ransom	5:30 - 6:00 Booty Blast YS Philip Gray	6:30 - 7:30 * Studio Cycling CS Joshua Funderburg	12:00 - 1:00 Vinyasa Yoga YS Carley Siedlecki			
6:30 - 7:00 Rockstar Abz CL Philip Gray	6:00 - 6:30 Ab Lab CL Luis Best	6:30 - 7:00 Rockstar Abz MS Philip Gray	6:00 - 6:30 Ab Lab MS Luis Best			
6:30 - 7:30 * Studio Cycling CS Aidan Rivera	6:00 - 7:00 Barre Burn YS Elizabeth Vino	7:00 - 8:00 Just Lift! MS Philip Gray	6:00 - 7:00 Barre Bootcamp YS Lindsey Ransom			
7:00 - 8:00 Tread and Shred TR Philip Gray	6:30 - 7:15 * Cycle 45 CS Raul Duarte	7:00 - 8:15 Power Yoga YS Joey Corona	6:30 - 7:15 * Cycle Beats CS Luis Best			
7:00 - 8:15 Power Yoga YS Angelina Tivic	7:15 - 8:30 Vinyasa Yoga YS Elgar Richards	8:00 - 9:00 Groove House MS Tania Amthor	6:30 - 7:15 Boot Camp MS Mike Walczak			
8:15 - 9:00 Groove House YS Tania Amthor			7:15 - 8:15 Mitana Dance MS Andres Escobar			
			7:15 - 8:30 Vinyasa Yoga YS Angelina Tivic			

JULY 4TH 2015 - CLASS DESCRIPTIONS

SOUTH BEACH

520 Collins Avenue
Miami Beach Florida 33139
305.673.1172
equinox.com

CLUB HOLIDAY HOURS

07/04/2015
8:0 - 17:0
07/03/2015
5:30 - 18:0

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
CL Club Lobby
OL Offsite Location

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 BURN

A total body workout that slims your hips, tightens your thighs, lifts your seat, & mobilizes your metabolism. Utilizing ballet movements, intelligent isometrics, changes in rhythm, range of motion & progressive core training, your body heals, tightens, strengthens so you look, feel and move better.

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.

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.

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!

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. Check with the front desk to see if gloves and wraps are required.

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.

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 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.

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.

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!

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.

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!

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.

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.

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.

SUPER SCULPT

Total body conditioning using weights, body bars and steps. Builds strength and endurance in the entire body.

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.

THE WORKX

Combine interval based treadmill exhaustion and resistance-training muscle burns, with complete core reconstruction. This class Workx everything and leaves nothing but the sweat and fat behind.

TREAD AND SHRED

A fun and challenging treadmill class. Easily modified to personally challenge your cardiovascular endurance via varied speed and incline levels. Effective coaching to keep you connected to your exertion level & heart rate and to help you maximize calorie burning and strength with every stride.

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.