

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 - 7:15 * Cycle 45 CS Jeanette Martin-Auer	6:30 - 7:15 CrossTraining Revolution MS Terence McKinnon	6:30 - 7:15 * Cycle Beats CS Terence McKinnon	6:00 - 6:30 * Cycle 30 CS Magda Pantaleon	<b>7:00 - 8:00 Lean Line</b> <b>YS Kimberly Russell</b>	9:15 - 10:15 Inside Out Barre YS Miguel Falcon	9:15 - 10:15 Core Strength & Stretch YS Elissa Barbach
8:45 - 9:15 Jump Rope! MS Giacomo Gomiero	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 Magda Pantaleon	9:30 - 10:30 Rockstar Skinny MS Philip Gray	9:30 - 10:15 * Cycle 45 CS Bradley Jones	<b>9:30 - 10:15 Tabata</b> <b>MS Dearin Priester</b>
9:30 - 10:30 Super Sculpt MS Philip Gray	9:00 - 10:00 Gentle Yoga YS Ewa Josefsson	10:30 - 11:15 * Cycle Beats CS Marios Hortis	8:15 - 9:00 * Cycle 45 CS Abbie Appel	10:30 - 11:15 * Cycle Beats CS Luis Best	9:30 - 10:00 Armed and Dangerous MS Chantal	10:15 - 11:15 Groove House MS Skyler Rodgers
10:30 - 11:15 * Cycle Beats CS Marios Hortis	<b>9:15 - 10:00 Eliminator</b> <b>MS Christina Leon</b>	10:30 - 11:30 Boxing Boot Camp MS Dwayne Frection	9:00 - 10:00 Gentle Yoga YS Joey Corona	10:30 - 11:30 Mitana Dance MS Miguel Falcon	10:00 - 10:30 Booty Blast MS Chantal	<b>10:30 - 11:15 * Studio Cycling</b> <b>CS Michael Greg</b>
10:30 - 11:30 Vinyasa Yoga YS Paul Richardson	10:00 - 10:45 * Cycle 45 CS Robin Retherford	10:30 - 11:30 Barre Bootcamp YS Lindsey Ransom	9:15 - 10:00 Cardio Sculpt MS Robin Retherford	10:30 - 11:45 Power Yoga YS Paul Toliuszis	10:00 - 11:30 8th St. Beach Volleyball OL Jorge Ferris	10:30 - 12:00 Power Yoga YS Paul Richardson
11:15 - 12:00 Stacked! MS Dwayne Frection	10:00 - 11:00 Groove House MS Chantal	<b>11:30 - 12:00 Runner's Reset</b> <b>YS Lindsey Ransom</b>	10:00 - 10:45 * Studio Cycling CS Terence McKinnon		10:30 - 11:15 * Cycle Beats CS Luis Best	11:15 - 12:15 Chisel'd MS Chantal
	<b>10:00 - 10:30 RX Series</b> <b>YS Christina Leon</b>		<b>10:00 - 10:30 Core Cuts</b> <b>MS Robin Retherford</b>		10:30 - 11:30 Mitana Dance MS Miguel Falcon	
	<b>10:45 - 11:45 Barre Pilates</b> <b>YS Abbie Appel</b>		<b>10:00 - 10:30 RX Series</b> <b>YS Joey Corona</b>		10:30 - 11:45 Power Yoga YS Katie Turrisi	
			10:45 - 11:45 Zumba@ MS Henry Cedeno		11:30 - 12:30 Cardio Sculpt MS Luis Best	
			10:45 - 11:45 Lean Line YS Jote			
	12:00 - 1:00 Vinyasa Yoga YS Katie Turrisi		12:00 - 1:00 Vinyasa Yoga YS Jannee Alt			
<b>5:45 - 6:30 Eliminator</b> <b>MS Abbie Appel</b>	5:30 - 6:00 Booty Blast MS Philip Gray	5:45 - 6:30 Iron Tabata MS Elizabeth Treese	6:00 - 6:30 Ab Lab MS Luis Best	5:45 - 6:15 Ab Lab MS Elizabeth Treese	5:30 - 6:45 Yinyasa Yoga YS Javier Lopez	
6:00 - 7:00 Inside Out Barre YS Elizabeth Treese	6:00 - 6:30 Ab Lab MS Luis Best	6:00 - 7:00 * Precision Running TR Carley Siedlecki	6:00 - 7:00 Barre Bootcamp YS Lindsey Ransom	6:15 - 7:00 * Cycle 45 CS Raul Duarte		
6:30 - 7:30 * Studio Cycling CS Brian Heckler	<b>6:00 - 7:00 Barre Burn</b> <b>YS Elizabeth Vino</b>	6:30 - 7:30 * Studio Cycling CS Jeanette Martin-Auer	6:30 - 7:15 * Cycle Beats CS Luis Best	6:15 - 6:45 Kettlebell Power MS Elizabeth Treese		
6:30 - 7:00 Rockstar Abz MS Philip Gray	6:30 - 7:15 * Cycle 45 CS Andrea Franklin	6:30 - 7:00 Rockstar Abz MS Philip Gray	6:30 - 7:15 Boot Camp MS Mike Walczak	6:15 - 7:30 Power Yoga YS Joey Corona		
7:00 - 8:00 Just Lift! MS Philip Gray	6:30 - 7:15 Boxing Boot Camp MS Mike Walczak	7:00 - 8:00 Just Lift! MS Philip Gray	7:15 - 8:15 Mitana Dance MS Miguel Falcon			
7:00 - 8:15 Power Yoga YS Gradiva Ciani	7:15 - 8:15 Mitana Dance MS Miguel Falcon	7:00 - 8:15 Power Yoga YS Joey Corona	7:15 - 8:30 Vinyasa Yoga YS Shanti			
8:00 - 9:00 Groove House MS Skyler Rodgers	7:15 - 8:30 Vinyasa Yoga YS Elgar Richards	8:00 - 9:00 Groove House MS Skyler Rodgers				

## JANUARY 2015 - CLASS DESCRIPTIONS

### 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

#### 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  
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.

#### 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.

#### CORE CUTS

Intervals of core conditioning at its best. This intelligent workout focuses on the development of a strong, coordinated trunk, abdominals and back musculature for a lean and strong center.

#### 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 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.

#### ELIMIN8TOR

An intense full-body workout that turns a challenging metabolic training class into an interactive game. Eliminate exercises in an intense countdown using cards as your guide. Shape the path your workout will take and push yourself to the limit.

#### 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.

#### JUMP ROPE!

This isn't your schoolyard jump rope routine! An incredible cardio workout that will help you fine-tune your jumping skills.

#### 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.

#### 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!

#### 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. Sign-up is required at the front desk. 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.

#### RUNNER'S RESET

Reset, Restore and Recover pre or post run. Myofascial routines, athletic stretching, breath and mindset combine for the ultimate pre/post or day off routine. Stretch your run with the tools and techniques used by elite athletes and lifelong runners.

#### RX SERIES

Here's the rub: Don't expect to achieve results without proper R&R. Designed by Jill Miller to explore the 3 "M"s – massage, mobilization and maximizing performance – and revitalize your body. Self-myofascial massage, range-of-motion stretches and breath strategy combine for high performance.

#### 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.

#### 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.