

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-8:15 MS * Body Sculpt <i>Robin Retherford</i>	7:15-8:00 CS * Beats Ride <i>Team Equinox</i>	7:30-8:00 MS * Upper Body Pump <i>Dominik Snopkowski</i>	7:15-8:00 CS * Beats Ride <i>Candace Storch</i>	7:30-8:15 MS * Body Sculpt <i>Robin Retherford</i>	9:00-9:45 YS * True Barre: Bala Bangle <i>Robin Retherford</i>	9:15-10:00 MS * Stronger <i>Alex Barreto</i>
8:30-9:20 YS * True Barre <i>Amber Immordino</i>	8:15-9:00 YS * Pilates Fusion <i>Carol Alvarez</i>	8:00-8:30 MS * Best Abs Ever <i>Dominik Snopkowski</i>	8:15-9:00 YS * Pilates Rise <i>Katalin Axmann</i>	8:30-9:30 YS * Vinyasa Yoga <i>Papa Guru</i>	9:15-10:00 MS * MetCon3 <i>PJ Venturino</i>	9:30-10:30 CS * Endurance Ride 60 <i>Hugo Gatjens</i>
9:15-10:00 MS * MetCon Monday <i>Alex Barreto</i>	9:15-10:00 MS * Body Sculpt <i>Nikki Cucurullo</i>	8:30-9:30 YS * Vinyasa Yoga <i>Shanti</i>	9:15-10:00 MS * MetCon3 <i>Darryl Crosier</i>	9:15-10:00 MS * Studio Dance: Latin Rhythms <i>Jonathan Lara Castillo</i>	9:15-10:00 TR * Precision Walk: Elevate <i>Shanti</i>	10:30-11:15 MS * 360 Strength <i>Alex Barreto</i>
10:00-10:50 YS * Pilates Rise <i>Katalin Axmann</i>	10:15-11:00 CS * Beats Ride <i>Dominik Snopkowski</i>	9:15-10:00 MS * Whipped! <i>Matt Devanney</i>	9:15-10:00 YS * Barefoot Sculpt <i>Rachel Lynn</i>	10:00-10:50 YS * True Barre <i>Amber Immordino</i>	9:30-10:15 CS * Beats Ride <i>Nikki Cucurullo</i>	10:30-11:15 YS * True Barre: Bala Bangle <i>Amber Immordino</i>
10:45-11:30 MS * Studio Dance: Latin Rhythms <i>Jonathan Lara Castillo</i>	11:00-11:50 YS * True Barre <i>Araceli Kaba</i>	10:00-10:50 YS * Pilates at the Barre <i>Carol Alvarez</i>	10:15-11:00 MS * Rounds: Boxing <i>Darryl Crosier</i>	10:30-11:15 MS * Rounds: Boxing <i>PJ Venturino</i>	10:15-11:15 YS * Vinyasa Yoga <i>Shanti</i>	10:45-11:15 TR * Precision Run 30 <i>Angel Alicea</i>
11:00-11:45 CS * Beats Ride <i>Nikki Cucurullo</i>	12:00-12:45 MS * Athletic Conditioning <i>Darryl Crosier</i>	10:45-11:30 MS * Studio Dance: Latin Rhythms (L2) <i>Jonathan Lara Castillo</i>	11:00-11:50 YS * True Barre <i>Araceli Kaba</i>	11:00-11:45 CS * Anthem Ride <i>Amber Roach</i>	10:30-11:15 MS * Best Butt Ever <i>Nikki Cucurullo</i>	11:30-12:15 MS * Rounds: Boxing <i>Angel Alicea</i>
12:00-12:45 MS * Stacked <i>Carol Alvarez</i>	12:45-1:45 YS * Vinyasa Yoga <i>Emilia Garth</i>	11:00-11:45 CS * Beats Ride <i>Rachel Morales</i>	12:00-12:45 MS * Stacked <i>Nikki Cucurullo</i>	12:00-12:45 MS * Core6 <i>Amber Roach</i>	11:30-12:15 MS * Studio Dance: Latin Rhythms <i>Martin Mitchel</i>	11:30-12:30 YS * Vinyasa Yoga <i>Alex Barreto</i>
12:45-1:00 MS * Best Abs Ever <i>Carol Alvarez</i>	5:30-6:15 MS * Best Butt Ever <i>Taliah Mekki</i>	11:15-12:15 YS * Restorative Yoga <i>Papa Guru</i>	12:45-1:45 YS * Power Vinyasa <i>Emilia Garth</i>	12:45-1:45 YS * Restorative Yoga <i>Lauren James</i>	11:30-12:15 YS * Athletic Stretch <i>Katalin Axmann</i>	3:00-4:00 YS * Yin Yoga <i>Lauren James</i>
5:30-6:15 MS * Rounds: Boxing <i>PJ Venturino</i>	5:30-6:15 YS * Pilates Mat <i>Andrew Blake Ames</i>	12:00-12:50 MS * Stronger <i>Rachel Morales</i>	5:30-6:15 MS * Best Butt Ever <i>Nas Analouei</i>	5:00-5:45 YS * Pilates Mat <i>Christina Specos</i>	3:00-4:00 YS * Restorative Yoga <i>Shakti Reyna</i>	
6:00-6:45 YS * True Barre: Bala Bangle <i>Robin Retherford</i>	6:15-6:45 MS * Best Abs Ever <i>Taliah Mekki</i>	12:30-1:15 YS * Pilates Mat <i>Natalie Rivera</i>	6:15-6:45 MS * Best Abs Ever <i>Nas Analouei</i>	6:00-6:45 MS * MetCon3 <i>KC Della-Fera</i>	4:15-5:00 YS * Sonic Meditation <i>Shakti Reyna</i>	
6:30-7:15 MS * Stronger <i>Matt Devanney</i>	6:15-7:00 TR * Precision Walk: Elevate <i>Angel Alicea</i>	5:30-6:15 MS * MetCon3 <i>Darryl Crosier</i>	6:15-7:00 TR * Precision Run + Strength <i>Angel Alicea</i>	6:00-7:00 MS * Yin Yoga + Sound Meditation <i>Katalin Axmann</i>		
7:15-8:15 YS * Power Vinyasa <i>Emilia Garth</i>	6:45-7:45 YS * Power Vinyasa <i>Shanti</i>	6:00-6:50 YS * True Barre <i>Amber Immordino</i>	6:30-7:15 CS * Beats Ride <i>Hugo Gatjens</i>			
	7:00-7:45 MS * Rounds: Boxing <i>Angel Alicea</i>	6:30-7:15 MS * Body Sculpt <i>Nikki Cucurullo</i>	7:00-8:00 YS * Yin Yoga <i>Rachel Lynn</i>			
		7:15-8:15 YS * Hatha Yoga <i>Emilia Garth</i>				

# EQUINOX

## SOUTH BEACH

520 Collins Avenue

MIAMI BEACH FL 33139

EQUINOX.COM

@EQUINOX

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

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

**SAT-SUN** 08:00 AM 07:00 PM

## GROUP FITNESS MANAGER

nikki.cucurulloperes@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**TR** Treadmill Area

## 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 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.

**Endurance Ride 60** An extended cycling workout so you can ride those extra miles. A Stages Console measures your performance to motivate and challenge you while building strength, power, and endurance.



## 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 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.

**Power Vinyasa** A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

**Restorative Yoga** A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

**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.

**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 + Sound Meditation** Relax and rejuvenate with a healing mix of yin yoga along with a live sound bath. You'll experience restorative yoga poses, designed to open hips, pelvis and lower back, combined with the therapeutic sounds of crystal singing bowls to bring you a much deeper mind-body connection.



## Hiit

**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.

**Core6** Train your center from every angle. Explore six distinct core pathways using SandBells and bodyweight. This structured interval flow with bursts of high intensity will build a stronger, more resilient foundation that supports your every movement inside and outside the club. An Equinox exclusive.

**MetCon Monday** Mondays are for MetCon, so start your week strong! 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.

**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.

**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.

**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

**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.

**True Barre: Bala Bangle** This sculpt class features the Bala Bangle and light dumbbells to add variety to traditional barre exercises. Define and tone your body 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 Mat** This authentic class incorporates a continuous series of mat exercises rooted in the teachings of Joseph Pilates. Strengthen your core, improve flexibility, and dramatically transform your body.

**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.

**Pilates at the Barre** Pilates amplified with resistance. Sculpt and strengthen using our signature anchored bands to unlock stability and connection. Target muscles with intention, build functional strength, and challenge your core. An Equinox exclusive.



## Dance

**Studio Dance: Latin Rhythms** A choreography-driven dance class using the Latin dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.



## Boxing

**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.



## Regeneration

**Athletic Stretch** Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

**Sonic Meditation** Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. An Equinox exclusive.



## Sculpt

**Barefoot Sculpt** A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

**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.



## Strength

**360 Strength** Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, ViPR, and dynamic full-body exercises. An Equinox exclusive.

**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.

**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.

**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.

**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.