

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 MS * MetCon Monday <i>Alex Barreto</i>	6:00-6:45 MS * Stacked <i>Liz Butler</i>	6:00-6:45 MS * Rounds: Boxing <i>Aurelio Figari</i>	6:00-6:45 MS * Athletic Conditioning <i>Tony Thomas</i>	6:00-6:45 CS * Beats Ride <i>Aurelio Figari</i>	8:30-9:15 YS * True Barre <i>Natalie Rivera</i>	8:30-9:15 MS * Rounds: Boxing <i>Darryl Crosier</i>
7:00-7:45 MS * Body Sculpt <i>Alex Barreto</i>	7:00-7:50 YS * Pilates at the Barre <i>Natalie Rivera</i>	6:00-7:00 YS * Power Vinyasa <i>Taylor Wright</i>	7:00-7:45 YS * True Barre <i>Natalie Rivera</i>	6:00-6:45 YS * Pilates Fusion <i>Natalie Rivera</i>	9:15-10:15 CS * Beats Ride 60 <i>Amber Roach</i>	9:15-10:00 TR * Precision Walk: Elevate <i>Dominik Snopkowski</i>
8:15-9:00 TR * Precision Walk: Elevate <i>Shanti</i>	7:30-8:15 MS * Athletic Conditioning <i>Tony Thomas</i>	7:00-7:45 MS * Tabata Max <i>Rachel Dugan</i>	7:30-8:15 MS * Cardio Sculpt <i>Tony Thomas</i>	7:00-7:45 MS * Rounds: Boxing <i>Aurelio Figari</i>	9:30-10:15 MS * Body Sculpt <i>Liz Butler</i>	9:30-10:15 MS * Stronger <i>Matt Devanney</i>
9:15-10:00 MS * Best Butt Ever <i>Liz Butler</i>	8:15-8:30 MS * Best Abs Ever <i>Tony Thomas</i>	8:15-9:00 TR * Precision Walk: Elevate <i>Rachel Dugan</i>	8:15-8:30 MS * Best Abs Ever <i>Tony Thomas</i>	8:15-9:00 TR * Precision Walk: Elevate <i>Shanti</i>	9:30-10:30 YS * Hatha Yoga <i>Steven Herbst</i>	9:30-10:15 YS * Pilates Mat <i>Penny Needle</i>
9:15-10:15 YS * Vinyasa Yoga <i>Penny Needle</i>	8:30-9:00 TR * Precision Run 30 <i>Rachel Dugan</i>	9:15-10:00 MS * Body Sculpt <i>Rachel Dugan</i>	8:30-9:00 TR * Precision Run 30 <i>Amber Roach</i>	9:15-10:00 MS * Best Butt Ever <i>Aurelio Figari</i>	10:30-11:15 CS * Beats Ride <i>Liz Butler</i>	10:30-11:15 MS * Body Sculpt <i>Dominik Snopkowski</i>
10:15-11:00 CS * Beats Ride <i>Liz Butler</i>	9:15-10:00 MS * Stacked <i>Rachel Dugan</i>	9:15-10:15 YS * Vinyasa Yoga <i>Penny Needle</i>	9:15-10:00 MS * Stronger <i>Amber Roach</i>	9:15-10:00 YS * Hatha Yoga <i>Penny Needle</i>	10:30-11:15 MS * Best Butt Ever <i>Amber Roach</i>	10:30-11:45 YS * Vinyasa Yoga <i>Penny Needle</i>
10:30-11:15 MS * Studio Dance: Groove House <i>Rodrigo Gallardo</i>	9:15-10:15 YS * True Barre <i>Taliah Mekki</i>	10:30-11:15 MS * Stronger <i>Nikki Cucurullo</i>	9:15-10:05 YS * True Barre <i>Amber Immordino</i>	10:15-11:00 CS * Beats Ride <i>Robin Retherford</i>	10:45-11:45 YS * Pilates Mat <i>Penny Needle</i>	11:30-12:15 MS * Core6 <i>Dominik Snopkowski</i>
11:15-12:00 YS * True Barre <i>Natalie Rivera</i>	10:15-11:00 CS * Beats Ride <i>Rachel Dugan</i>	11:15-12:00 YS * Pilates at the Barre <i>Taliah Mekki</i>	10:15-11:00 CS * Beats Ride <i>Amber Roach</i>	10:15-11:00 YS * Pilates Mat <i>Penny Needle</i>	11:30-12:15 MS * Rounds: Boxing <i>Phillip Hawes</i>	12:30-1:15 MS * Studio Dance: Latin Rhythms <i>Boris Garrido</i>
12:15-1:00 MS * Core6 <i>Amber Roach</i>	10:30-11:30 YS * Power Vinyasa <i>Javier Lopez</i>	12:15-1:00 YS * Barefoot Sculpt <i>Amber Roach</i>	10:30-11:30 YS * Vinyasa Yoga <i>Javier Lopez</i>	10:30-11:15 MS * Feel Good Friday: Studio Dance <i>Rodrigo Gallardo</i>	11:30-12:15 TR * Precision Walk: Elevate <i>Amber Roach</i>	3:30-4:30 YS * Yin Yoga <i>Linda Pedrosa</i>
12:15-1:00 YS * Pilates Mat <i>Natalie Rivera</i>	11:15-12:00 MS * Stronger <i>Matt Devanney</i>	5:30-6:15 CS * <b>Beats Ride</b> <i>Cathy Medina</i>	11:15-12:00 MS * Body Sculpt <i>Robin Retherford</i>	11:15-12:00 YS * True Barre: Bala Bangle <i>Robin Retherford</i>	12:00-1:15 YS * Power Vinyasa <i>Javier Lopez</i>	
5:30-6:15 CS * Beats Ride <i>Cathy Medina</i>	12:15-1:00 MS * Body Sculpt <i>Robin Retherford</i>	5:45-6:30 MS * Stronger <i>Alex Barreto</i>	12:15-1:00 MS * Studio Dance: Latin Rhythms (L2) <i>Jonathan Lara Castillo</i>	12:15-1:00 MS * Body Sculpt <i>Taliah Mekki</i>	12:30-1:15 MS * Studio Dance: Groove House <i>Rodrigo Gallardo</i>	
5:45-6:30 MS * Stronger <i>Amber Roach</i>	5:30-6:15 MS * MetCon3 <i>Dominik Snopkowski</i>	5:45-6:30 YS * Pilates at the Barre <i>Lauren Lampa</i>	5:30-6:15 MS * Body Sculpt <i>Rachel Morales</i>	5:30-6:30 MS * Studio Dance: Latin Rhythms <i>Martin Mitchel</i>		
5:45-6:30 YS * Pilates Fusion <i>Jil Deviscour</i>	5:45-6:30 YS * True Barre <i>Natalie Rivera</i>	6:45-7:30 MS * Athletic Conditioning <i>Alex Barreto</i>	5:45-6:30 YS * Pilates Fusion <i>Natalie Rivera</i>	5:45-7:00 YS * Restorative Yoga <i>Shanti</i>		
6:45-7:35 MS * Whipped! <i>Amber Roach</i>	6:30-7:15 CS * Beats Ride <i>Dominik Snopkowski</i>	6:45-7:30 YS * Best Stretch Ever <i>Shanti</i>	6:30-7:15 CS * Beats Ride <i>Rachel Morales</i>			
6:45-7:30 MS * Hatha Yoga <i>Steven Herbst</i>	6:30-7:15 MS * Studio Dance: Groove House <i>Rodrigo Gallardo</i>	7:45-8:30 MS * <b>Cardio Dance:</b> <b>Zumba®</b> <i>Cathy Medina</i>	6:30-7:15 MS * Studio Dance: Groove House <i>Rodrigo Gallardo</i>			
7:45-8:30 MS * Studio Dance: Latin Rhythms (L2) <i>Jonathan Lara Castillo</i>	6:45-7:45 YS * Vinyasa Yoga <i>Javier Lopez</i>		6:45-7:45 YS * Vinyasa Yoga <i>Javier Lopez</i>			
7:45-8:30 YS * Sonic Meditation <i>Steven Herbst</i>	7:30-8:00 MS * Upper Body Pump <i>Darryl Crosier</i>					
	8:00-8:30 MS * Best Abs Ever <i>Darryl Crosier</i>					

# EQUINOX

## CORAL GABLES

The Village of Merrick Park at 370  
San Lorenzo Avenue

CORAL GABLES FL 33146

EQUINOX.COM

@EQUINOX

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

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

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

## GROUP FITNESS MANAGER

liz.butler@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**

**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.

**Beats Ride 60** An extended rhythmic cycling class so you can ride those extra miles to 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.

## **Running**

**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.

## **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, dumbbells, 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.

**Tabata Max** Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

**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 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**

**Cardio Dance: Zumba®** A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

**Feel Good Friday: Studio Dance** Fridays are all about the "feels". Start your weekend with a feel-good choreography-driven dance class. Unleash your inner dancer and prepare for the dance floor with playlists and moves that will keep you coming back.

**Studio Dance: Groove House** Created by Rodrigo Gallardo, this cardio dance workout runs the spectrum from Latin Ballroom Style to Modern Pop Moves and everything in between. Mi casa es su casa! In this house, everyone is welcome!

**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**

**Best Stretch Ever** Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. An Equinox Exclusive.

**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.

**Cardio Sculpt** A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.

## **Strength**

**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.