

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 CS * <b>Beats Ride</b> <b>Kevin Duran</b>	6:30-7:15 CS * <b>Beats Ride</b> <b>Stephanie Clayton</b>	7:00-8:00 YS * <b>Vinyasa Yoga</b> <b>Javier Lopez</b>	6:30-7:15 CS * <b>Beats Ride</b> <b>Angel Alicea</b>	7:00-7:45 YS * <b>Best Butt Ever</b> <b>Carol Alvarez</b>	9:00-9:45 CS * <b>Precision Ride</b> <b>Angel Alicea</b>	8:45-9:30 YS * <b>Body Sculpt</b> <b>Robin Retherford</b>
6:30-7:15 YS * <b>Best Butt Ever</b> <b>Darryl Crosier</b>	7:45-8:30 YS * <b>Body Sculpt</b> <b>Dominik Snopkowski</b>	8:15-9:00 YS * <b>Pilates Mat</b> <b>Pauline Case</b>	7:45-8:30 YS * <b>Best Butt Ever</b> <b>Taliah Mekki</b>	8:15-9:00 YS * <b>True Barre: Off the Barre</b> <b>Carol Alvarez</b>	9:00-9:45 YS * <b>True Barre: Off the Barre</b> <b>Wilber Escobar</b>	9:15-10:00 CS * <b>Beats Ride</b> <b>Kevin Duran</b>
8:15-9:00 YS * <b>Athletic Conditioning</b> <b>Darryl Crosier</b>	8:45-9:45 YS * <b>Vinyasa Yoga</b> <b>Omri Kleinberger</b>	9:10-10:00 TR * <b>Precision Walk: Elevate</b> <b>Danny Lauchaire</b>	8:45-9:45 YS * <b>Vinyasa Yoga</b> <b>Linda Pedrosa</b>	9:15-10:00 TR * <b>Precision Run + Strength</b> <b>Danny Lauchaire</b>	9:15-10:00 TR * <b>Precision Walk: Elevate</b> <b>Luis Weber</b>	9:45-10:45 YS * <b>Vinyasa Yoga</b> <b>Danny Lauchaire</b>
9:15-10:00 YS * <b>Pilates Fusion</b> <b>Rachel Dugan</b>	9:10-10:00 TR * <b>Precision Run + Strength</b> <b>Angel Alicea</b>	9:15-10:00 YS * <b>Athletic Conditioning</b> <b>Darryl Crosier</b>	9:10-10:00 TR * <b>Precision Walk: Elevate</b> <b>Luis Weber</b>	9:45-10:30 YS * <b>Pilates Fusion</b> <b>Pauline Case</b>	10:00-10:50 TR * <b>Precision Run@</b> <b>Angel Alicea</b>	11:00-12:00 YS * <b>Athletic Stretch</b> <b>Elissa Barbach</b>
10:15-11:00 CS * <b>Beats Ride</b> <b>Rachel Dugan</b>	10:00-10:45 YS * <b>Pilates Fusion</b> <b>Suzanne L. Witrock</b>	10:00-10:45 CS * <b>Beats Ride</b> <b>Stephanie Clayton</b>	9:15-10:00 CS * <b>Beats Ride</b> <b>Taliah Mekki</b>	10:00-10:45 CS * <b>Beats Ride</b> <b>Hugo Gatjens</b>	10:00-10:45 YS * <b>Pilates Fusion</b> <b>Linda Pedrosa</b>	12:00-12:50 TR * <b>Precision Walk: Elevate</b> <b>Danny Lauchaire</b>
10:30-11:30 YS * <b>Power Vinyasa</b> <b>Javier Lopez</b>	11:00-11:45 YS * <b>Studio Dance: Contemporary</b> <b>Boris Garrido</b>	10:15-11:00 YS * <b>Best Butt Ever</b> <b>Darryl Crosier</b>	10:00-10:45 YS * <b>Barefoot Sculpt</b> <b>Suzanne L. Witrock</b>	10:45-11:45 YS * <b>Sculpted Yoga™</b> <b>Danny Lauchaire</b>	11:00-12:00 YS * <b>Vinyasa Yoga</b> <b>Jamie Maniscalco</b>	4:00-5:00 YS * <b>Weekend Wind Down</b> <b>Yoga</b> <b>Elissa Barbach</b>
12:00-1:00 YS * <b>Best Stretch Ever</b> <b>Elissa Barbach</b>	12:00-1:00 YS * <b>Vinyasa Yoga</b> <b>Linda Pedrosa</b>	11:15-12:00 YS * <b>True Barre: Off the Barre</b> <b>Pauline Case</b>	12:00-1:00 YS * <b>Slow Flow Yoga</b> <b>Tazz Carter</b>	12:00-1:00 YS * <b>Best Stretch Ever</b> <b>Elissa Barbach</b>	11:15-12:00 CS * <b>Beats Ride</b> <b>Angel Alicea</b>	
12:15-1:00 TR * <b>Precision Walk: Elevate</b> <b>Rachel Dugan</b>	12:15-1:00 TR * <b>Precision Walk: Elevate</b> <b>Angel Alicea</b>	12:15-1:00 TR * <b>Precision Walk: Elevate</b> <b>Luis Weber</b>	12:15-1:00 TR * <b>Precision Run + Strength</b> <b>Angel Alicea</b>	12:15-1:00 TR * <b>Precision Walk: Elevate</b> <b>Danny Lauchaire</b>	12:15-1:15 YS * <b>Yin Yoga Meditation</b> <b>Omar Ananias</b>	
5:00-5:45 YS * <b>Athletic Conditioning</b> <b>Luis Weber</b>	6:00-7:00 YS * <b>Sculpted Yoga™</b> <b>Danny Lauchaire</b>	12:15-1:15 YS * <b>Hatha Yoga</b> <b>Pauline Case</b>	5:00-5:45 YS * <b>Cardio Dance</b> <b>Boris Garrido</b>	4:00-4:45 YS * <b>Cardio Dance</b> <b>Boris Garrido</b>	1:30-2:30 YS * <b>Sound Meditation</b> <b>Omar Ananias</b>	
6:00-6:45 YS * <b>Pilates Fusion</b> <b>Linda Pedrosa</b>	6:30-7:15 CS * <b>Beats Ride</b> <b>Hugo Gatjens</b>	6:00-6:50 YS * <b>Pilates Rise</b> <b>Carol Alvarez</b>	6:00-6:45 YS * <b>Barefoot Sculpt</b> <b>Dominik Snopkowski</b>	5:00-5:30 YS * <b>Best Abs Ever</b> <b>Matt Devanney</b>		
6:15-7:00 CS * <b>Beats Ride</b> <b>Stephanie Clayton</b>	7:10-8:00 TR * <b>Precision Walk: Elevate</b> <b>Danny Lauchaire</b>	6:15-7:00 TR * <b>Precision Walk: Elevate</b> <b>Angel Alicea</b>	7:00-8:00 YS * <b>Power Vinyasa</b> <b>Tazz Carter</b>	5:30-6:00 YS * <b>Upper Body Pump</b> <b>Matt Devanney</b>		
7:00-8:00 YS * <b>Power Vinyasa</b> <b>Linda Pedrosa</b>	7:15-8:00 YS * <b>True Barre: Bala Bangle</b> <b>Wilber Escobar</b>	7:00-8:00 YS * <b>Vinyasa Yoga</b> <b>Omar Ananias</b>		6:30-7:30 YS * <b>Slow Flow Yoga</b> <b>Linda Pedrosa</b>		
8:15-9:00 YS * <b>Sonic Meditation</b> <b>Linda Pedrosa</b>		7:15-8:00 CS * <b>Precision Ride</b> <b>Angel Alicea</b>				

# EQUINOX

## AVENTURA

19501 Biscayne Blvd. (Aventura Mall)

AVENTURA FL 33180

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

luis.weber@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

CS Cycling 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.

**Precision Ride** A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.



## 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®** An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

**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.

**Sculpted Yoga™** Take Vinyasa up a notch with a challenging class that combines yoga with light weight sculpting. Incorporating Bala bangles and hand weights, this class merges Vinyasa flow with low-impact toning exercises to enhance strength, mobility, and balance. An Equinox exclusive.

**Slow Flow Yoga** A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.

**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.

**Weekend Wind Down Yoga** A soothing yoga journey that uses extended postures and supportive props to fully reset body and mind. Move slowly, breathe deeply, and restore completely in this special weekend only class.

**Yin Yoga Meditation** A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.



## Hiit

**Athletic Conditioning** This high energy full body workout is designed by our 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.



## Barre

**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.

**True Barre: Off the Barre** This off-the-barre sculpt class uses light weights and props 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.



## Dance

**Cardio Dance** A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

**Studio Dance: Contemporary** A choreography-driven dance class incorporating styles from jazz to lyrical. Learn a complete combination, improve technique, and unleash your inner dancer.



## 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.

**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.

**Sound Meditation** A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.



## 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

**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.

**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.