

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:30 MS * <b>Best Butt Ever</b> <b>Darryl Crosier</b>	7:00-7:50 TR * <b>Precision Walk: Elevate</b> <b>Dominik Snopkowski</b>	6:45-7:30 MS * <b>Athletic Conditioning</b> <b>Angela Spagna</b>	7:00-7:45 CS * Beats Ride <b>Angel Alicea</b>	7:00-8:00 YS * Vinyasa Yoga <b>Angela Spagna</b>	9:00-9:45 CS * Precision Ride <b>Angel Alicea</b>	9:00-9:45 YS * True Barre: Bala Bangle <b>Robin Retherford</b>
7:00-8:00 YS * Vinyasa Yoga <b>Javier Lopez</b>	8:00-8:45 MS * Body Sculpt <b>Dominik Snopkowski</b>	7:00-8:00 YS * Vinyasa Yoga <b>Javier Lopez</b>	8:00-8:45 MS * Best Butt Ever <b>Taliah Mekki</b>	8:15-9:00 MS * Rounds: Boxing <b>Miguel Garcia</b>	9:00-9:45 YS * True Barre: Off the Barre <b>Wilber Escobar</b>	10:00-10:45 MS * Body Sculpt <b>Robin Retherford</b>
8:15-9:00 MS * Rounds: Boxing <b>Darryl Crosier</b>	8:45-9:45 YS * Vinyasa Yoga <b>Linda Pedrosa</b>	8:15-9:00 YS * Pilates Mat <b>Pauline Case</b>	8:45-9:45 YS * Power Vinyasa <b>Eli Palermo</b>	9:15-10:00 MS * Core6 <b>Danny Lauchaire</b>	9:15-10:00 MS * MetCon3 <b>Danny Lauchaire</b>	10:00-11:00 YS * Vinyasa Yoga <b>Matthew Mileo</b>
9:15-10:00 MS * Stronger <b>Danny Lauchaire</b>	9:15-10:00 MS * Stacked <b>Wilber Escobar</b>	9:15-10:00 MS * Athletic Conditioning <b>Darryl Crosier</b>	9:15-10:00 MS * Body Sculpt <b>Taliah Mekki</b>	9:45-10:30 YS * Pilates Mat <b>Sue Spinelli</b>	10:00-10:50 TR * Precision Run@ <b>Angel Alicea</b>	11:00-11:45 MS * Stronger <b>Phillip Hawes</b>
9:15-10:00 YS * Pilates Fusion <b>Rachel Dugan</b>	9:15-10:00 TR * Precision Run + Strength <b>Angel Alicea</b>	10:15-11:00 CS * Beats Ride <b>Stephanie Clayton</b>	9:15-10:00 TR * Precision Run + Strength <b>Angel Alicea</b>	10:15-11:00 CS * Beats Ride <b>Hugo Gatjens</b>	10:00-10:45 YS * Pilates Fusion <b>Linda Pedrosa</b>	11:15-12:15 YS * Athletic Stretch <b>Elissa Barbach</b>
10:15-11:00 CS * Beats Ride <b>Suzanne L. Witrock</b>	10:00-10:50 YS * Pilates Fusion <b>Suzanne L. Witrock</b>	10:15-11:00 MS * Best Butt Ever <b>Darryl Crosier</b>	10:00-10:50 YS * Barefoot Sculpt <b>Suzanne L. Witrock</b>	10:30-11:30 MS * Cardio Dance <b>Boris Garrido</b>	10:15-11:00 MS * Cardio Dance <b>Wilber Escobar</b>	12:00-12:45 MS * Rounds: Boxing <b>Phillip Hawes</b>
10:15-11:00 MS * Body Sculpt <b>Rachel Dugan</b>	10:30-11:30 MS * Studio Dance: Contemporary <b>Boris Garrido</b>	11:15-12:00 YS * True Barre: Off the Barre <b>Pauline Case</b>	10:15-11:00 MS * Rounds: Boxing <b>Danny Lauchaire</b>	11:00-12:00 YS * Sculpted Yoga™ <b>Danny Lauchaire</b>	11:00-12:00 YS * Vinyasa Yoga <b>Danny Lauchaire</b>	4:00-5:00 YS * Weekend Wind Down Yoga <b>Elissa Barbach</b>
11:00-12:00 YS * Power Vinyasa <b>Javier Lopez</b>	11:00-11:45 YS * <b>Athletic Stretch</b> <b>Elissa Barbach</b>	12:00-1:00 MS * <b>Studio Dance: Hip Hop</b> <b>Trevor Silva</b>	11:00-11:50 TR * <b>Precision Walk: Elevate</b> <b>Suzanne L. Witrock</b>	12:00-12:45 MS * Athletic Conditioning <b>Phillip Hawes</b>	11:15-12:00 MS * Stronger <b>Angel Alicea</b>	
12:00-12:45 MS * MetCon Monday <b>Rachel Dugan</b>	12:00-1:00 YS * Slow Flow Yoga <b>Linda Pedrosa</b>	12:15-1:15 YS * Hatha Yoga <b>Pauline Case</b>	12:00-1:00 YS * Slow Flow Yoga <b>Tazz Carter</b>	12:15-1:15 YS * Athletic Stretch <b>Elissa Barbach</b>	12:15-1:15 YS * Yin Yoga Meditation <b>Omar Ananias</b>	
12:15-1:15 YS * Athletic Stretch <b>Elissa Barbach</b>	12:15-1:00 MS * Best Butt Ever <b>Angel Alicea</b>	5:30-6:00 MS * Best Butt Ever <b>Justin Pham</b>	12:15-1:00 MS * Stronger <b>Danny Lauchaire</b>	5:30-6:15 YS * Pilates Fusion <b>Linda Pedrosa</b>	1:30-2:30 YS * Sound Meditation <b>Omar Ananias</b>	
5:30-6:00 MS * Upper Body Pump <b>Danny Lauchaire</b>	6:00-7:00 YS * Sculpted Yoga™ <b>Danny Lauchaire</b>	6:00-7:00 YS * Power Vinyasa <b>Omar Ananias</b>	6:00-6:45 YS * Barefoot Sculpt <b>Dominik Snopkowski</b>	6:30-7:30 YS * Slow Flow Yoga <b>Linda Pedrosa</b>		
6:00-6:45 YS * Pilates Fusion <b>Linda Pedrosa</b>	6:15-7:00 MS * Rounds: Boxing <b>Emmanuel Griffin</b>	6:15-7:00 CS * Beats Ride <b>Justin Pham</b>	6:15-7:00 MS * Cardio Dance <b>Boris Garrido</b>			
6:15-7:00 CS * Beats Ride <b>Stephanie Clayton</b>	7:10-8:00 TR * Precision Walk: Elevate <b>Danny Lauchaire</b>	6:15-7:00 MS * Stronger <b>Angel Alicea</b>	7:00-8:00 YS * Power Vinyasa <b>Tazz Carter</b>			
6:15-7:00 MS * Core6 <b>Danny Lauchaire</b>	7:15-8:00 MS * Stacked <b>Emmanuel Griffin</b>	7:15-8:00 MS * Rounds: Kickboxing <b>Angel Alicea</b>	7:15-8:00 MS * MetCon3 <b>Emmanuel Griffin</b>			
7:00-8:00 YS * Power Vinyasa <b>Linda Pedrosa</b>	7:15-8:00 MS * True Barre <b>Natalie Barmucha</b>	7:15-8:30 YS * Yin Yoga + Sound Meditation <b>Omar Ananias</b>				
7:15-8:00 MS * Stronger <b>Phillip Hawes</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

danny.lauchaire@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.

**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 + 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.

**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 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.

## 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.

**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.

## 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.

**Studio Dance: Hip Hop** A choreography-driven dance class using the latest street 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.

**Rounds: Kickboxing** Shoes on, guard up. Unleash the fusion of power and agility in Rounds: Kickboxing. This dynamic class blends boxing with kickboxing techniques, pushing you to your limits through skillful combinations and intense bag work. Your journey to peak fitness starts here. 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.

**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 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.