

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 Best Butt Ever MS * <i>Darryl Crosier</i> 7:00-7:45 <b>True Barre: Cardio</b> <i>Wilber Escobar</i> 8:15-9:00 Rounds: Boxing MS * <i>Darryl Crosier</i> 9:15-10:00 Stronger MS * <i>Danny Lauchaire</i> 9:15-10:00 Precision Run + Strength <i>Angel Alicea</i> 10:00-10:45 <b>Beats Ride</b> <i>Suzanne L. Witrock</i> 10:15-11:00 Body Sculpt <i>Rachel Dugan</i> 10:30-11:30 Power Vinyasa <i>Javier Lopez</i> <hr/> 12:00-1:00 Athletic Stretch YS * <i>Elissa Barbach</i> 12:15-1:00 Core6 MS * <i>Rachel Dugan</i> <hr/> 5:30-6:00 Best Abs Ever MS * <i>Danny Lauchaire</i> 6:00-6:45 Pilates Fusion <i>Linda Pedrosa</i> 6:15-7:00 Beats Ride CS * <i>Stephanie Clayton</i> 6:15-7:00 Athletic Conditioning <i>Danny Lauchaire</i> 7:00-8:00 Power Vinyasa <i>Linda Pedrosa</i> 7:15-8:00 Stronger MS * <i>Phillip Hawes</i> 8:15-9:00 Sonic Meditation <i>Linda Pedrosa</i>	6:30-7:15 Beats Ride CS * <i>Stephanie Clayton</i> 8:00-8:45 Body Sculpt MS * <i>Dominik Snopkowski</i> 8:45-9:45 Vinyasa Yoga YS * <i>Omri Kleinberger</i> 9:15-10:00 MetCon3 MS * <i>Phillip Hawes</i> 9:15-10:00 Precision Run + Strength <i>Angel Alicea</i> 10:00-10:45 Pilates Fusion 10:15-11:00 Best Butt Ever <i>Darryl Crosier</i> <hr/> 12:00-1:00 Vinyasa Yoga YS * <i>Linda Pedrosa</i> 12:15-1:00 Best Butt Ever <i>Angel Alicea</i> <hr/> 6:00-7:00 Sculpted Yoga™ YS * <i>Danny Lauchaire</i> 6:15-7:00 Rounds: Boxing MS * <i>Emmanuel Griffin</i> 6:30-7:15 Beats Ride CS * <i>Hugo Gatjens</i> 7:10-8:00 Precision Walk: Elevate TR * <i>Danny Lauchaire</i> 7:15-8:00 Stacked MS * <i>Emmanuel Griffin</i> 7:15-8:00 <b>True Barre</b> <i>Araceli Kaba</i> <hr/> 6:30-7:15 Stronger MS * <i>Emmanuel Griffin</i> 7:00-8:00 Vinyasa Yoga <i>Javier Lopez</i> 8:15-9:00 Pilates Mat YS * <i>Pauline Case</i> 9:15-10:00 Athletic Conditioning MS * <i>Darryl Crosier</i> 10:00-10:45 Beats Ride CS * <i>Stephanie Clayton</i> 10:15-11:00 Best Butt Ever <i>Darryl Crosier</i> <hr/> 12:15-1:00 Stronger MS * <i>Danny Lauchaire</i> 12:15-1:15 Hatha Yoga MS * <i>Pauline Case</i> <hr/> 6:00-6:50 Pilates Rise YS * <i>Carol Alvarez</i> 6:15-7:00 Stronger Angel Alicea 7:00-8:00 Vinyasa Yoga Omar Ananias 7:15-8:00 Rounds: Kickboxing MS * <i>Angel Alicea</i> <hr/> 6:30-7:15 Beats Ride Angel Alicea 8:00-8:45 Best Butt Ever MS * <i>Taliah Mekki</i> 8:45-9:45 Vinyasa Yoga Linda Pedrosa 9:15-10:00 Precision Run + Strength <i>Justine Ayala</i> 10:00-10:45 Barefoot Sculpt YS * <i>Suzanne L. Witrock</i> 10:15-11:00 Stronger MS * <i>Justine Ayala</i> <hr/> 12:15-1:00 Stronger MS * <i>Taliah Mekki</i> 12:15-1:15 Hatha Yoga MS * <i>Pauline Case</i> <hr/> 6:00-6:45 Barefoot Sculpt Carol Alvarez 6:15-7:00 Cardio Dance Boris Garrido 7:00-8:00 Power Vinyasa Omar Ananias 7:15-8:00 MetCon3 Emmanuel Griffin <hr/> 6:30-7:15 <b>Body Sculpt</b> <i>Carol Alvarez</i> 8:15-9:00 Rounds: Boxing Miguel Garcia 9:15-10:00 True Barre: Off the Barre MS * <i>Danny Lauchaire</i> 9:45-10:30 Pilates Fusion Pauline Case 10:00-10:45 Beats Ride Hugo Gatjens 10:30-11:30 Cardio Dance Boris Garrido 10:45-11:45 Sculpted Yoga™ Danny Lauchaire <hr/> 12:00-1:00 Athletic Stretch Elissa Barbach 12:15-1:00 <b>Athletic Conditioning</b> <i>Phillip Hawes</i> <hr/> 9:00-9:45 Precision Ride Angel Alicea 9:45-10:30 Pilates Fusion Linda Pedrosa 10:00-10:50 Precision Run® Angel Alicea 10:00-10:45 Pilates Fusion Linda Pedrosa 10:15-11:00 Cardio Dance Wilber Escobar 11:00-12:00 Vinyasa Yoga Danny Lauchaire <hr/> 11:15-12:00 Stronger Angel Alicea 12:15-1:15 Yin Yoga Meditation Omar Ananias 13:30-2:30 Sound Meditation Omar Ananias <hr/> 4:00-5:00 Weekend Wind Down Yoga Elissa Barbach	9:00-9:45 Precision Ride Angel Alicea 9:45-10:30 Pilates Fusion Linda Pedrosa 10:00-10:50 Precision Run® Angel Alicea 10:00-10:45 Pilates Fusion Linda Pedrosa 10:15-11:00 Cardio Dance Wilber Escobar 11:00-12:00 Vinyasa Yoga Danny Lauchaire <hr/> 12:00-12:45 Rounds: Boxing Phillip Hawes <hr/> 4:00-5:00 Weekend Wind Down Yoga Elissa Barbach				

# EQUINOX

## AVENTURA

19501 Biscayne Blvd. (Aventura Mall)

AVVENTURA 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 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 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.

**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.

**True Barre: Cardio** Give your barre workout a cardio boost with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. 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.

## 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 start 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.

**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.

**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.