

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 MS * Athletic Conditioning <i>Emmanuel Griffin</i>	6:00-6:45 CS * Beats Ride <i>Nikki Cucurullo</i>	6:15-7:00 MS * Stronger <i>Matt Devanney</i>	6:00-6:45 CS * Beats Ride <i>Liz Butler</i>	6:00-6:45 MS * MetCon3 <i>Darryl Crosier</i>	8:30-9:15 MS * Whipped! <i>Rachel Dugan</i>	8:45-9:30 YS * True Barre <i>Amber Immordino</i>
7:00-7:45 MS * MetCon Monday <i>Matt Devanney</i>	6:15-7:00 MS * Stacked <i>Nas Analouei</i>	7:00-7:45 BR * Rounds: Boxing <i>Angel Alicea</i>	7:00-7:45 MS * Stronger <i>Liz Butler</i>	7:00-7:45 MS * Rounds: Boxing <i>Darryl Crosier</i>	9:00-10:00 YS * Pilates Fusion <i>Paul Richardson</i>	9:00-9:45 BR * Rounds: Boxing <i>Angel Alicea</i>
7:00-7:45 YS * Pilates Fusion <i>Carol Alvarez</i>	7:00-8:00 YS * Vinyasa Yoga <i>Papa Guru</i>	7:30-8:15 CS * Beats Ride <i>Amber Roach</i>	8:15-9:00 YS * True Barre: Bala Bangle <i>Robin Retherford</i>	7:30-8:15 CS * Beats Ride <i>Sabrina Mautner</i>	9:30-10:15 CS * Beats Ride <i>Sabrina Mautner</i>	9:00-9:45 CS * Beats Ride <i>Taliah Mekki</i>
8:30-9:15 MS * Stronger <i>Nas Analouei</i>	7:15-8:00 MS * Body Sculpt <i>Nikki Cucurullo</i>	7:45-8:15 BR * Best Abs Ever <i>Angel Alicea</i>	9:15-10:05 YS * Pilates at the Barre <i>Lauren Lampa</i>	8:30-9:20 MS * Core6 <i>Rachel Morales</i>	9:45-10:30 MS * Body Sculpt <i>Rachel Dugan</i>	9:45-10:15 BR * Best Abs Ever <i>Angel Alicea</i>
9:30-10:20 MS * Body Sculpt <i>Amber Roach</i>	8:15-9:00 YS * True Barre <i>Amber Immordino</i>	8:30-9:15 MS * Best Butt Ever <i>Amber Roach</i>	9:45-10:30 TR * Precision Run® <i>Rachel Dugan</i>	8:30-9:15 YS * Pilates Fusion <i>Rachel Dugan</i>	10:45-11:30 CS * Beats Ride <i>KC Della-Fera</i>	10:00-10:50 TR * Precision Run® <i>JP Shami</i>
10:15-11:00 YS * Pilates Mat <i>Paul Richardson</i>	8:30-9:15 CS * Beats Ride <i>Robin Retherford</i>	8:30-9:15 YS * Pilates Fusion <i>Lauren Lampa</i>	10:30-11:30 YS * Slow Flow Yoga <i>Paul Richardson</i>	9:30-10:15 MS * Stronger <i>Rachel Dugan</i>	10:45-11:30 MS * Stronger <i>Alex Barreto</i>	10:00-11:00 YS * Vinyasa Yoga <i>Steven Herbst</i>
10:30-11:00 CS * Beats Ride 30 <i>Amber Roach</i>	9:15-10:00 MS * Athletic Conditioning <i>Alex Barreto</i>	9:30-10:15 MS * Body Sculpt <i>Liz Butler</i>	10:45-11:30 MS * MetCon3 <i>Rachel Dugan</i>	10:30-11:00 CS * Beats Ride 30 <i>Rachel Dugan</i>	11:00-11:45 BR * Rounds: Boxing <i>Darryl Crosier</i>	10:30-11:15 MS * Best Butt Ever <i>Carol Alvarez</i>
11:15-12:15 YS * Restorative Yoga <i>Emilia Garth</i>	9:30-10:15 YS * Pilates Mat <i>Sue Spinelli</i>	10:45-11:30 MS * Stronger <i>Dominic Manfredi</i>	12:00-12:50 YS * True Barre <i>Amber Immordino</i>	10:45-11:30 MS * Studio Dance: Latin Rhythms (L2) <i>Jonathan Lara Castillo</i>	11:45-12:30 MS * Best Stretch Ever <i>Alex Barreto</i>	11:15-12:15 YS * Hatha Yoga <i>Steven Herbst</i>
12:15-1:00 MS * Stacked <i>Andrew Blake Ames</i>	10:30-11:30 YS * Yin Yoga <i>Shanti</i>	11:00-12:00 YS * Restorative Yoga <i>Linda Pedrosa</i>	12:15-1:00 MS * Body Sculpt <i>Andrew Blake Ames</i>	11:00-12:00 YS * Yin Yoga <i>Papa Guru</i>	11:45-12:30 YS * True Barre: Bala Bangle <i>Robin Retherford</i>	11:20-11:50 MS * Best Abs Ever <i>Carol Alvarez</i>
5:30-6:15 MS * Stronger <i>Emmanuel Griffin</i>	10:45-11:30 MS * Core6 <i>Amber Roach</i>	12:15-1:00 MS * MetCon3 <i>PJ Venturino</i>	5:30-6:30 YS * Vinyasa Yoga <i>Steven Herbst</i>	12:15-1:00 MS * Athletic Conditioning <i>Darryl Crosier</i>	12:45-1:45 MS * Studio Dance: Latin Rhythms <i>Boris Garrido</i>	12:15-1:00 MS * Athletic Conditioning <i>Darryl Crosier</i>
5:45-6:45 YS * Power Vinyasa <i>Javier Lopez</i>	12:00-12:50 YS * True Barre: Bala Bangle <i>Amber Immordino</i>	12:15-1:00 YS * True Barre: Cardio <i>Carol Alvarez</i>	5:45-6:35 MS * 360 Strength <i>Amber Roach</i>	12:15-1:15 YS * Pilates Mat <i>Natalie Rivera</i>	3:45-4:45 YS * Vinyasa Yoga <i>Javier Lopez</i>	1:00-1:50 YS * Pilates Rise <i>Carol Alvarez</i>
6:00-6:45 CS * Beats Ride <i>Dominic Manfredi</i>	12:15-1:00 MS * Limited Series: Stronger Women <i>Rachel Dugan</i>	5:30-6:20 MS * Pilates Rise <i>Natalie Rivera</i>	6:15-7:00 BR * Rounds: Boxing <i>Aurelio Figari</i>	5:00-5:45 YS * Pilates Fusion <i>Jil Deviscour</i>		3:30-4:30 YS * Yin Yoga <i>Shakti Reyna</i>
6:30-7:15 MS * Rhythmic Sculpt <i>Andrew Blake Ames</i>	4:45-5:30 MS * Studio Dance: Latin Rhythms <i>Jonathan Lara Castillo</i>	5:30-6:30 YS * Vinyasa Yoga <i>Javier Lopez</i>	6:45-7:30 MS * Body Sculpt <i>Amber Roach</i>	5:30-6:15 MS * Rounds: Kickboxing <i>Darryl Crosier</i>		4:45-5:30 YS * Sonic Meditation <i>Shakti Reyna</i>
6:45-7:30 BR * Rounds: Boxing <i>Emmanuel Griffin</i>	5:30-6:15 YS * Barefoot Sculpt <i>Amber Roach</i>	6:00-6:45 CS * Beats Ride <i>Nicole Ramos</i>	7:00-7:45 YS * Sonic Meditation <i>Steven Herbst</i>	6:00-7:00 YS * Vinyasa Yoga (L2) <i>Jil Deviscour</i>		
7:00-8:00 YS * Vinyasa Yoga <i>Javier Lopez</i>	5:45-6:30 MS * Stacked <i>Alex Barreto</i>	6:45-7:30 MS * Whipped! <i>Matt Devanney</i>				
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8:00-8:30 MS * Best Abs Ever <i>Angel Alicea</i>	6:30-7:15 CS * Beats Ride <i>Kevin Duran</i>					
	6:30-7:20 TR * Precision Run® <i>Matt Devanney</i>					
	6:30-7:45 YS * Yin Yoga Meditation <i>Steven Herbst</i>					
	6:45-7:30 MS * Stronger <i>Alex Barreto</i>					
	7:45-8:30 MS * Best Stretch Ever <i>Alex Barreto</i>					

# EQUINOX

## BRICKELL

1441 Brickell Avenue #4

MIAMI FL 33131

EQUINOX.COM

@EQUINOX

**MON-THU** 05:00 AM 11:00 PM

**FRI** 05:00 AM 10:00 PM

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

## GROUP FITNESS MANAGER

dominic.manfredi@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**TR** Treadmill Area

**BR** Boxing Studio

## 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 30** Get ready for 30 minutes of intense, challenging Cycling intervals with a banging playlist to motivate you in this max ride. With zero down time, we'll have you in and out in 30 minutes. Guaranteed.

## **Running**

**Precision Run**® An interval-based, treadmill running workout created by running expert, David Sikk. 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.

## **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.

**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.

**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 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.

**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.

**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.

## **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.

**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**

**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.

**Rhythmic Sculpt** Move to the beat in this dynamic Sculpt class that keeps you moving in steady, light-impact motion. This mid-intensity workout shapes and tones your body. Increase endurance with movement that seamlessly flows to the rhythm of the music. An Equinox exclusive.

## **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.

**Limited Series: Stronger Women** Introducing Stronger Women. Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women's performance program. Optimized for women, but open to all.

**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.