

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 CS * Beats Ride <i>Barb Fellars</i>	6:15-7:00 MS * Stronger <i>Zane Glotzbach</i>	6:15-7:00 CS * Beats Ride <i>Scott Wiley</i>	6:15-7:00 MS * Stronger <i>Devin Buchanan</i>	6:30-7:15 YS * Pilates Mat <i>Sophie Herrejon</i>	8:30-9:15 MS * Stronger <i>Jude McCarthy</i>	8:00-8:45 YS * Pilates Fusion <i>Patty Boyle</i>
6:30-7:15 MS * Body Sculpt <i>Victoria Brickert</i>	6:30-7:15 YS * Pilates Rise <i>Shana Peters</i>	6:30-7:15 YS * True Barre: Bala Bangle <i>Angela Leigh</i>	6:30-7:15 YS * Pilates Fusion <i>Patty Boyle</i>	7:00-7:45 CS * Beats Ride <i>Marquis Johnson</i>	9:00-9:45 YS * Pilates Mat <i>Patty Boyle</i>	9:00-9:45 MS * Rounds: Boxing <i>April Falcon</i>
8:00-8:45 YS * True Barre: Bala Bangle <i>Dan Hurst</i>	7:15-8:00 MS * Stacked <i>Zane Glotzbach</i>	8:00-8:45 YS * Pilates Fusion <i>Angela Leigh</i>	7:15-8:00 MS * Athletic Conditioning <i>Devin Buchanan</i>	7:15-8:05 TR * Precision Run + Strength <i>Devin Buchanan</i>	9:15-10:00 CS * Beats Ride <i>Andrea Rubenstein</i>	9:00-9:45 YS * True Barre: Bala Bangle <i>Susan Mowder</i>
9:15-10:00 MS * Body Sculpt <i>CJ</i>	8:15-9:00 YS * Pilates Fusion <i>Julie Valenti</i>	9:15-10:00 MS * Stronger Women <i>Julie Valenti</i>	8:15-9:00 YS * Pilates Fusion <i>Andrea Rubenstein</i>	8:00-8:45 YS * True Barre: Off the Barre <i>Meisha Reid</i>	9:30-10:15 MS * MetCon3 <i>TC Burrows</i>	9:30-10:15 TR * Precision Walk: Elevate <i>Francesca Rollo</i>
10:30-11:15 PD * Hydro Sculpt <i>Mary Lynn Cleary</i>	9:15-10:00 CS * Beats Ride <i>Michael Wollpert</i>	10:30-11:15 PD * Hydro Sculpt <i>Mary Lynn Cleary</i>	9:15-10:00 CS * Beats Ride <i>Andrea Rubenstein</i>	9:15-10:00 MS * Body Sculpt <i>Mikhaila Woodall</i>	10:00-11:00 YS * Sculpted Yoga™ <i>Mikhaila Woodall</i>	9:45-10:30 CS * Beats Ride <i>Alex Amati</i>
10:30-11:15 YS * Pilates Fusion <i>Karim Tonsy</i>	9:15-10:00 YS * True Barre: Off the Barre <i>Karim Tonsy</i>	10:30-11:15 YS * Barefoot Sculpt <i>Karim Tonsy</i>	10:30-11:15 PD * Hydro Sculpt <i>Jude McCarthy</i>	10:30-11:15 YS * Pilates Fusion <i>Mikhaila Woodall</i>	10:15-11:00 PD * Hydro Sculpt <i>Karim Tonsy</i>	10:00-10:45 MS * Stronger <i>Lo Jones</i>
12:00-12:45 YS * Pilates Mat <i>Sammi Callaghan</i>	10:30-11:15 PD * Hydro Sculpt <i>Michael Wollpert</i>	12:00-12:45 YS * Vinyasa Yoga <i>Carly Bress</i>	10:45-11:45 YS * Gentle Yoga <i>April Falcon</i>	12:00-12:45 YS * Gentle Yoga <i>Anita March</i>	10:15-11:00 TR * Precision Run + Strength <i>Jude McCarthy</i>	10:15-11:15 YS * Vinyasa Yoga <i>April Falcon</i>
12:15-1:00 MS * Stronger Women <i>Cassie Liveris</i>	10:45-11:45 YS * Gentle Yoga <i>Alison Riazzi</i>	12:15-1:00 MS * Stronger <i>Victoria Brickert</i>	12:00-12:45 YS * Pilates Fusion <i>Glenn Snellgrose</i>	12:15-1:00 MS * Core6 <i>Devin Buchanan</i>	10:30-11:15 MS * Best Butt Ever <i>Andrea Rubenstein</i>	10:30-11:15 PD * Hydro Sculpt <i>Chelsea Wolfe</i>
4:15-5:00 YS * True Barre: Off the Barre <i>Dan Hurst</i>	12:15-1:00 YS * True Barre: Off the Barre <i>Meisha Reid</i>	4:15-5:00 YS * Pilates Mat <i>Cassie Liveris</i>	12:15-1:00 MS * The Cut <i>CJ</i>	4:15-5:00 YS * True Barre: Off the Barre <i>Anna Stephens</i>	11:15-11:30 MS * Best Abs Ever <i>Andrea Rubenstein</i>	11:30-12:30 YS * Restorative Yoga <i>Allison English</i>
5:15-6:05 MS * Whipped! <i>Devin Buchanan</i>	4:30-5:15 YS * True Barre: Off the Barre <i>Sophie Herrejon</i>	5:15-6:00 YS * True Barre: Off the Barre <i>Lindsay Nolden</i>	4:30-5:15 YS * True Barre: Bala Bangle <i>Heidi Freitag</i>	5:15-6:00 MS * Stronger <i>Michael Wollpert</i>	11:15-12:00 YS * Pilates Fusion <i>Cassie Liveris</i>	11:30-12:30 YS * Restorative Yoga <i>Allison English</i>
5:15-6:15 YS * Vinyasa Yoga <i>Allison English</i>	5:15-6:00 MS * Stronger <i>Lo Jones</i>	5:15-6:00 MS * Core6 <i>CJ</i>	5:15-6:00 MS * Stacked <i>Shannon Gavula</i>	5:15-6:00 MS * Stronger <i>Michael Wollpert</i>	11:45-12:30 MS * The Cut <i>Devin Buchanan</i>	12:00-12:45 MS * Athletic Stretch <i>Chelsea Wolfe</i>
5:45-6:30 CS * Beats Ride <i>Barb Fellars</i>	5:30-6:15 CS * THEME RIDE: <i>Joseph Destino</i>	5:45-6:30 TR * Precision Walk: Elevate <i>Jude McCarthy</i>	5:30-6:15 CS * THEME RIDE: <i>Jude McCarthy</i>	5:45-6:30 YS * Restorative Yoga <i>Christy Pemrick</i>	12:15-1:00 YS * True Barre: Bala Bangle <i>Andrea Rubenstein</i>	12:45-1:30 YS * Pilates Fusion <i>Thomas Selvidge</i>
6:00-6:45 TR * Precision Run@ <i>Joseph Destino</i>	5:30-6:15 YS * Pilates Fusion <i>Sophie Herrejon</i>	6:15-7:00 YS * Power Vinyasa <i>Mike Massimino</i>	5:30-6:15 YS * Pilates Fusion <i>Karim Tonsy</i>			2:00-2:45 YS * Pilates Mat <i>Sammi Callaghan</i>
6:15-7:00 MS * The Cut <i>Devin Buchanan</i>	6:15-7:00 MS * Cardio Dance <i>Karim Tonsy</i>	6:30-7:15 MS * Best Butt Ever <i>Eleonora Davidkova</i>	6:30-7:15 MS * Body Sculpt <i>Karim Tonsy</i>			4:00-5:00 YS * Weekend Wind Down Yoga <i>Stephanie Azzaretto</i>
6:30-7:15 YS * Hatha Yoga <i>Allison English</i>	6:30-7:30 YS * Sculpted Yoga™ <i>Christy Pemrick</i>	7:30-8:15 YS * Pilates Fusion <i>Steph Smolen</i>	6:30-7:15 YS * True Barre: Off the Barre <i>Susan Mowder</i>			
7:30-8:15 YS * Pilates Mat <i>Kia Williams</i>	7:15-8:00 MS * True Barre: Cardio <i>Jaclyn Walters</i>					

EQUINOX

GOLD COAST

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MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT-SUN 07:00 AM 07:00 PM

GROUP FITNESS MANAGER

jude.mccarthy@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

PD Pool Deck

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.

THEME RIDE: A cycling experience that exclusively explores a musical artist, genre, or decade -- with a playlist carefully curated by an Equinox instructor. All new, every time.

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

Gentle Yoga A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.

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.

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.

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.

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.

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: 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.

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.

The Cut A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

Swim

Hydro Sculpt A head above water, non-stop full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with programming that is gain without pain. Swim cap required.

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.

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.

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. An Equinox exclusive.