

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>	9:00-9:45 MS * Rounds: Boxing <i>April Falcon</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 YS * True Barre: Bala Bangle <i>Susan Mowder</i>
6:45-7:30 YS * Vinyasa Yoga <i>Katya Ortega</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>	9:30-10:15 TR * Precision Walk: Elevate <i>Francesca Rollo</i>
8:00-8:45 YS * True Barre: Bala Bangle <i>Dan Hurst</i>	9:15-10:00 CS * Beats Ride <i>Michael Wollpert</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>	9:45-10:30 CS * Beats Ride <i>Alex Amati</i>
9:15-10:00 MS * Body Sculpt <i>CJ</i>	9:15-10:00 MS * Leg Day <i>Julie Valenti</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>	10:00-10:45 MS * Stronger <i>Lo Jones</i>
10:30-11:15 PD * Hydro Sculpt <i>Chelsea Wolfe</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>	10:15-11:15 YS * Vinyasa Yoga <i>April Falcon</i>
10:30-11:15 YS * Pilates Fusion <i>Karim Tonsy</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>	10:30-11:15 YS * Pilates Fusion <i>Mikhaila Woodall</i>	10:15-11:00 TR * Precision Run + Strength <i>Jude McCarthy</i>	10:30-11:15 PD * Hydro Sculpt <i>Chelsea Wolfe</i>
12:00-12:45 YS * Pilates Mat <i>Sammi Callaghan</i>	10:45-11:45 YS * Gentle Yoga <i>Alison Riazi</i>	12:15-1:00 MS * Stronger <i>Victoria Brickert</i>	12:00-12:45 YS * Pilates Fusion <i>Glenn Snellgrose</i>	12:00-12:45 YS * Gentle Yoga <i>Anita March</i>	10:30-11:15 MS * Leg Day <i>Andrea Rubenstein</i>	11:00-11:45 MS * Core6 <i>Victoria Brickert</i>
12:15-1:00 MS * Stronger Women <i>Cassie Liveris</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 * Cardio Sculpt <i>CJ</i>	12:15-1:00 MS * Core6 <i>Devin Buchanan</i>	11:15-12:00 YS * Pilates Fusion <i>Cassie Liveris</i>	11:30-12:30 YS * Restorative Yoga <i>Allison English</i>
4:15-5:00 YS * True Barre: Off the Barre <i>Dan Hurst</i>	4:30-5:15 YS * True Barre: Off the Barre <i>Sophie Herrejon</i>	5:15-6:00 MS * Leg Day <i>CJ</i>	4:30-5:15 YS * True Barre: Bala Bangle <i>Heidi Freitag</i>	4:15-5:00 YS * True Barre: Off the Barre <i>Anna Stephens</i>	11:45-12:30 MS * The Cut <i>Devin Buchanan</i>	12:00-12:45 MS * Athletic Stretch <i>Chelsea Wolfe</i>
5:15-6:05 MS * Whipped! <i>Devin Buchanan</i>	5:15-6:00 YS * Stronger <i>Lo Jones</i>	5:15-6:00 YS * True Barre: Off the Barre <i>Lindsay Nolden</i>	5:15-6:00 MS * Stacked <i>Shannon Gavula</i>	5:15-6:00 MS * Stronger <i>Michael Wollpert</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>
5:15-6:15 YS * Vinyasa Yoga <i>Allison English</i>	5:30-6:15 MS * 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>		2:00-2:45 YS * Pilates Mat <i>Sammi Callaghan</i>
5:45-6:30 CS * Beats Ride <i>Barb Fellars</i>	5:30-6:15 CS * THEME RIDE: <i>Joseph Destino</i>	6:15-7:00 MS * Core6 <i>Eleonora Davidkova</i>	5:30-6:15 YS * Pilates Fusion <i>Karim Tonsy</i>			
6:00-6:45 TR * Precision Run + Strength <i>Joseph Destino</i>	5:30-6:15 YS * Pilates Fusion <i>Sophie Herrejon</i>	6:30-7:15 YS * Restorative Yoga <i>Katya Ortega</i>	6:30-7:15 MS * Body Sculpt <i>Karim Tonsy</i>			
6:15-7:00 MS * The Cut <i>Devin Buchanan</i>	6:15-7:00 MS * Cardio Dance <i>Karim Tonsy</i>	7:30-8:15 YS * Pilates Fusion <i>Dan Hurst</i>	6:30-7:15 YS * True Barre: Off the Barre <i>Susan Mowder</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 Mat <i>Kia Williams</i>	7:15-8:00 MS * Cardio Sculpt <i>CJ</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 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.

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.

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: 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.

Cardio Sculpt A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.

Strength

Leg Day Don't skip Leg Day: lower-body strength training featuring squats, hinges, lunges, and carries. Heavier loads. Structured intervals. Designed to deliver visible definition. 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.