

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:30 TR * Precision Run@ <b>Nima Nourhaghighi</b>	6:45-7:30 MS * Ropes and Rowers <i>Jill Niedoba</i>	6:45-7:15 MS * Best Butt Ever <i>Claire Kim</i>	6:45-7:30 MS * Stronger <i>Jana Dahmer</i>	7:00-7:45 CS * Precision Ride <i>Michael Smith</i>	9:15-10:05 YS * Power Vinyasa <i>Michael DeCorte</i>	9:30-10:15 TR * Precision Run@ <i>Michael DeCorte</i>
7:15-8:00 YS * True Barre: Bala Bangle <i>Sean De Francia</i>	7:00-7:45 CS * Beats Ride <i>Steve Beamish</i>	7:00-7:50 CS * Precision Ride <i>Jill Niedoba</i>	7:00-7:50 BR * Rounds: Boxing <i>Mariah Maxheimer</i>	7:00-7:45 YS * True Barre: Off the Barre <i>Katherine Toogood</i>	10:15-11:05 BR * Rounds: Boxing <i>Mariah Maxheimer</i>	10:15-11:05 BR * Rounds: Boxing <i>Christine Dela Cruz</i>
11:30-12:15 MS * MetCon Monday <i>Nariko Chaffe</i>	7:00-7:45 YS * Power Vinyasa <i>Michael DeCorte</i>	7:30-8:15 YS * Pilates Fusion <i>Claire Kim</i>	7:00-7:45 CS * Beats Ride <i>Steve Beamish</i>	8:00-8:30 MS * Best Butt Ever <i>Katherine Toogood</i>	10:15-10:45 MS * Upper Body Pump <i>Kayla Albarran</i>	10:30-11:15 MS * MetCon3 <b>Mel Sauve</b>
11:30-12:15 YS * True Barre: Off the Barre <i>Katherine Toogood</i>	7:45-8:00 YS * Meditation <i>Lana Evanson</i>	11:30-12:15 MS * Stronger <i>Claudia Ong</i>	7:30-8:15 YS * Vinyasa Yoga (Heated) <i>Shawna Nichol</i>	11:45-12:35 BR * Rounds: Boxing <i>Kieran Knight</i>	10:30-11:15 CS * Beats Ride <i>Brian Palic</i>	10:30-11:30 YS * Weekend Wind Down Yoga <i>Michael DeCorte</i>
12:15-1:05 BR * Rounds: Boxing <i>Jana Dahmer</i>	11:30-12:00 MS * Athletic Conditioning <i>Claudia Ong</i>	11:30-12:15 YS * True Barre: Off the Barre <i>Rachel Fix</i>	11:30-12:00 MS * Athletic Conditioning <i>Nariko Chaffe</i>	12:00-12:45 MS * Whipped! <i>Kayla Albarran</i>	10:45-11:15 MS * Best Butt Ever <i>Kayla Albarran</i>	10:45-11:30 CS * THEME RIDE: Battle of the DJs <i>Victoria Valente</i>
12:30-1:15 MS * Stronger <b>Mariah Maxheimer</b>	11:30-12:15 YS * Pilates Mat <i>Shawna Nichol</i>	12:15-1:05 BR * Rounds: Boxing <i>Constantine Patiniotis</i>	11:30-12:15 YS * Pilates Fusion <i>Claudia Ong</i>	12:00-12:45 YS * Vinyasa Yoga <i>Jacqui Wells</i>	10:45-11:30 YS * True Barre: Off the Barre <i>Aimee Brothman</i>	
12:30-1:20 YS * Sculpted Yoga™ <i>Carla Kava</i>	12:15-1:00 MS * Core6 <i>Claudia Ong</i>	12:30-1:15 MS * MetCon3 <i>Nariko Chaffe</i>	12:15-1:00 MS * Stacked <i>Nariko Chaffe</i>	5:15-6:00 MS * MetCon3 <i>Victoria Macchione</i>	11:30-12:15 MS * Ropes and Rowers <i>Kayla Albarran</i>	11:30-12:15 MS * Stronger <b>Christine Dela Cruz</b>
5:15-6:00 MS * Core6 <i>Claudia Ong</i>	12:30-1:15 YS * Power Vinyasa <i>Michael DeCorte</i>	12:30-1:15 YS * Pilates Fusion <i>Carla Kava</i>	12:30-1:15 YS * Vinyasa Yoga <i>Justin B Haley</i>	5:15-6:00 YS * Vinyasa Yoga (Heated) <i>Justin B Haley</i>	11:45-12:30 YS * Pilates Fusion <i>Aimee Brothman</i>	11:45-12:30 YS * Pilates Fusion <i>Adina Oprea</i>
5:30-6:15 YS * Power Vinyasa <i>Michael DeCorte</i>	4:45-5:15 MS * Upper Body Pump <i>Eva Redpath</i>	5:15-6:00 MS * Stronger <i>Nariko Chaffe</i>	5:15-6:00 YS * Power Vinyasa <i>Naomi Campbell</i>	6:15-7:05 YS * Yin Yoga (Heated) <i>Justin B Haley</i>		
5:45-6:30 CS * Beats Ride <i>Victoria Valente</i>	5:15-6:00 YS * Pilates Fusion <i>Claudia Ong</i>	5:30-6:15 YS * True Barre: Bala Bangle <i>Sydney Keir</i>	5:30-6:15 MS * Athletic Conditioning <i>Victoria Macchione</i>			
6:00-6:50 BR * Rounds: Boxing <i>Daniel Roach</i>	5:30-6:15 MS * MetCon3 <i>Eva Redpath</i>	5:45-6:30 CS * Beats Ride <i>Brian Palic</i>	5:45-6:30 CS * Beats Ride <i>Victoria Valente</i>			
6:15-7:00 MS * Stronger <i>Thomas Young</i>	5:45-6:30 CS * Precision Ride <i>Michael Smith</i>	6:00-6:50 BR * Rounds: Boxing <i>Claudia Ong</i>	6:15-7:05 BR * Rounds: Boxing <i>Kieran Knight</i>			
6:30-7:15 TR * Precision Run@ <i>Michael DeCorte</i>	6:15-7:05 BR * Rounds: Boxing <i>Kieran Knight</i>	6:15-7:00 MS * Stacked <i>Nariko Chaffe</i>	6:30-7:15 MS * Whipped! <i>Victoria Macchione</i>			
6:30-7:15 YS * Pilates Rise <i>Aimee Brothman</i>	6:30-7:15 MS * Lower Body Blast <i>Laura Colucci</i>	6:30-7:15 TR * Precision Run@ <i>Anastasia McQueen</i>	6:30-7:15 YS * True Barre: Off the Barre <i>Katherine Toogood</i>			
7:30-8:15 YS * Yin Yoga <i>Michael DeCorte</i>	6:30-7:15 TR * Precision Run@ <b>Matthew Rossoff</b>	6:30-7:15 YS * Pilates Fusion <i>Sean De Francia</i>	7:30-8:15 YS * Pilates Fusion <i>Sean De Francia</i>			
	6:30-7:15 YS * True Barre: Off the Barre <i>Eva Redpath</i>	7:30-8:15 YS * Yin Yoga Meditation (Heated) <i>Anastasia McQueen</i>				
	7:30-8:20 YS * Restorative Yoga <b>Shawna Nichol</b>					

# EQUINOX

## BAY STREET

199 Bay Street, Commerce Court West

TORONTO M5L 1E2

EQUINOX.COM

@EQUINOX

**MON-THU** 05:30 AM 10:00 PM

**FRI** 05:30 AM 09:00 PM

**SAT-SUN** 08:00 AM 05:00 PM

## GROUP FITNESS MANAGER

claudia.ong@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.

**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.

**THEME RIDE: Battle of the DJs** 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** 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.



## Yoga

**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.

**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, 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.

**Lower Body Blast** Train everything below the belt in a class that focuses on lower body strength, definition, and endurance. Expect exercises using bodyweight and a variety of equipment including weights and bands. You'll push your legs and glutes to the limit.

**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.

**Ropes and Rowers** Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. 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.



## 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.



## Regeneration

**Meditation** Turn your senses inward to transform your state in real time. Own the stillness of the moment as you cycle through focused breath work and guided observation of body and mind.



## 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.