

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:00 YS * Vinyasa Yoga <i>Michael DeCorte</i>	6:30-7:20 TR * Precision Walk: Elevate <i>Nima Nourhaghighi</i>	6:30-7:15 YS * Pilates at the Barre <i>Adina Oprea</i>	6:30-7:15 YS * True Barre <i>Sean De Francia</i>	7:15-8:00 MS * Athletic Conditioning <i>Kayla Albarran</i>	8:00-8:45 MS * Athletic Conditioning <i>Shawn Marzalik</i>	8:15-9:00 YS * Pilates at the Barre <i>Anastasia McQueen</i>
7:15-8:00 MS * Core6 <i>Adina Oprea</i>	6:30-7:15 YS * True Barre <i>Sydney Keir</i>	7:15-8:00 MS * Stacked <i>Nima Nourhaghighi</i>	6:45-7:35 TR * Precision Walk: Elevate <i>Michael DeCorte</i>	7:15-8:15 YS * Vinyasa Yoga <i>Michael DeCorte</i>	8:15-9:00 YS * True Barre: Bala Bangle <i>Sean De Francia</i>	9:00-9:30 MS * Best Butt Ever <i>Eva Redpath</i>
8:15-9:00 YS * Pilates Fusion <i>Aimee Brothman</i>	7:15-8:00 MS * Stronger Jana Dahmer	7:30-8:15 YS * True Barre: Bala Bangle <i>Eva Redpath</i>	7:15-7:45 MS * Upper Body Pump <i>Shawn Marzalik</i>	8:30-9:15 YS * True Barre: Bala Bangle <i>Rachel Fix</i>	9:00-9:45 MS * MetCon3 <i>Shawn Marzalik</i>	9:15-10:05 YS * Pilates Rise <i>Karen Medina</i>
9:15-10:00 YS * True Barre <i>Aimee Brothman</i>	7:30-8:15 YS * Pilates Mat <i>Adina Oprea</i>	8:30-9:15 YS * Pilates Fusion <i>Adina Oprea</i>	7:30-8:15 YS * Pilates Fusion <i>Carla Kava</i>	9:30-10:00 MS * Upper Body Pump <i>Kayla Albarran</i>	9:15-10:00 YS * Pilates Fusion <i>Justin B Haley</i>	9:30-10:00 MS * Upper Body Pump <i>Eva Redpath</i>
9:30-10:15 MS * Athletic Conditioning <i>Claudia Ong</i>	8:30-9:15 YS * Pilates at the Barre <i>Sydney Keir</i>	9:30-10:00 MS * Lower Body Blast <i>Eva Redpath</i>	7:45-8:15 MS * Best Butt Ever <i>Shawn Marzalik</i>	9:30-10:30 YS * Vinyasa Yoga (Heated) <i>Jaffer Hussain</i>	10:00-10:45 MS * Rhythmic Sculpt <i>Carmen Puyo</i>	9:30-10:15 TR * Precision Run® <i>Matthew Rossoff</i>
10:30-11:15 YS * Pilates Fusion <i>Claudia Ong</i>	9:15-10:05 CS * Precision Ride <i>Jill Niedoba</i>	9:30-10:15 YS * Pilates Mat <i>Kim McBean</i>	8:30-9:15 YS * Pilates at the Barre <i>Carla Kava</i>	10:00-10:30 MS * Best Butt Ever <i>Kayla Albarran</i>	10:05-10:50 CS * Beats Ride Michael Smith	10:15-11:00 YS * True Barre: Bala Bangle <i>Eva Redpath</i>
12:00-12:30 MS * Best Butt Ever <i>Eva Redpath</i>	9:30-10:15 MS * Stacked Adina Oprea	10:00-10:30 MS * Upper Body Pump <i>Eva Redpath</i>	9:15-10:05 CS * Precision Ride <i>Jill Niedoba</i>	10:45-11:45 YS * Yin Yoga Meditation (Heated) <i>Jaffer Hussain</i>	10:15-11:00 YS * True Barre: Bala Bangle <i>Karen Medina</i>	10:30-11:15 MS * Stacked <i>Jess Hoffeldt</i>
12:00-12:45 YS * Pilates Mat <i>Anastasia McQueen</i>	9:45-10:30 YS * Pilates Fusion <i>Anastasia McQueen</i>	10:45-11:30 YS * True Barre: Bala Bangle <i>Eva Redpath</i>	9:30-10:15 MS * Stronger <i>Claudia Ong</i>	11:00-11:45 MS * Stronger <i>Bianca Celotti</i>	11:00-11:45 MS * Stronger <i>Bianca Celotti</i>	10:45-11:30 CS * Beats Ride <i>Charlotte Steel</i>
12:30-1:00 MS * Upper Body Pump <i>Eva Redpath</i>	10:45-11:45 YS * Slow Flow Yoga <i>Marla Bond</i>	12:00-12:45 YS * Pilates Fusion <i>Britanny Booth</i>	9:45-10:30 YS * True Barre <i>Bianca Celotti</i>	12:15-1:00 MS * Rounds: Bags and Mitts <i>Constantine Patiniotis</i>	11:00-11:50 TR * Precision Run® <i>Michael DeCorte</i>	11:15-12:00 YS * Pilates Fusion <i>Anastasia McQueen</i>
1:30-2:15 YS * True Barre: Bala Bangle <i>Eva Redpath</i>	12:00-12:45 MS * Limited Series: Stronger Women Shawn Marzalik	12:15-1:00 MS * Stacked <i>Kayla Albarran</i>	10:45-11:30 YS * Pilates Mat <i>Bianca Gross</i>	12:15-1:00 YS * Pilates at the Barre <i>Karen Medina</i>	11:15-12:05 YS * Vinyasa Yoga <i>Justin B Haley</i>	11:30-12:15 MS * MetCon3 <i>Eva Redpath</i>
4:15-5:00 YS * True Barre <i>Sydney Keir</i>	12:15-1:00 YS * True Barre <i>Tricia Tomiczek</i>	12:15-1:00 MS * True Barre <i>Britanny Booth</i>	12:00-12:45 MS * Stronger <i>Bianca Celotti</i>	5:00-5:45 MS * Athletic Conditioning <i>Julian Ho</i>	12:00-12:45 MS * Athletic Conditioning <i>Bianca Celotti</i>	12:15-1:15 YS * Yin Yoga <i>Jaffer Hussain</i>
5:00-5:45 MS * Stronger <i>Brian Palic</i>	1:30-2:15 YS * True Barre: Off the Barre <i>Rachel Fix</i>	4:15-5:00 YS * Pilates Fusion Chloe Tilp	12:30-1:15 YS * True Barre: Bala Bangle <i>Sydney Keir</i>	5:15-6:15 YS * Power Vinyasa <i>Michael DeCorte</i>	12:30-1:20 YS * Weekend Wind Down Yoga <i>Justin B Haley</i>	1:00-1:30 MS * Upper Body Pump <i>Victoria Macchione</i>
5:15-6:00 YS * Pilates Fusion <i>Anastasia McQueen</i>	YS * True Barre <i>Rachel Fix</i>	5:00-5:45 MS * Whipped! Team Equinox	1:30-2:15 YS * Pilates Mat <i>Adina Oprea</i>	6:00-6:45 MS * Stronger <i>Team Equinox</i>	1:00-1:50 MS * Studio Dance: Hip Hop <i>Tuch</i>	1:30-2:00 MS * Best Butt Ever <i>Victoria Macchione</i>
5:30-6:15 CS * THEME RIDE: <i>Team Equinox</i>	4:00-4:45 YS * Pilates at the Barre <i>Carla Kava</i>	5:15-6:15 YS * Vinyasa Yoga <i>Jacqui Wells</i>	4:00-4:45 YS * Pilates at the Barre <i>Adina Oprea</i>	6:00-6:45 TR * Precision Run® <i>Julian Ho</i>	1:00-1:50 TR * Precision Walk: Elevate <i>Michael DeCorte</i>	1:30-2:15 YS * Pilates Fusion <i>Adina Oprea</i>
6:00-6:45 MS * MetCon Monday <i>Eva Redpath</i>	5:00-5:50 YS * Pilates Rise <i>Aimee Brothman</i>	6:00-6:45 CS * MetCon <i>Michael Smith</i>	5:00-5:45 YS * Pilates Fusion <i>Victoria Bannister</i>	6:30-7:15 YS * Pilates Fusion <i>Aimee Brothman</i>	1:45-2:30 YS * Pilates Fusion <i>Aimee Brothman</i>	2:30-3:15 YS * True Barre <i>Rachel Fix</i>
6:15-7:05 TR * Precision Run® <i>Brian Palic</i>	5:15-6:00 MS * Athletic Conditioning <i>Julian Ho</i>	6:00-6:45 MS * Stronger <i>Team Equinox</i>	5:15-6:00 MS * MetCon3 <i>Jana Dahmer</i>	7:00-8:00 MS * Studio Dance: Hip Hop <i>Tuch</i>	2:00-2:45 MS * Stronger <i>Jana Dahmer</i>	3:30-4:15 YS * True Barre: Bala Bangle <i>Rachel Fix</i>
6:30-7:15 YS * True Barre: Bala Bangle <i>Carla Kava</i>	6:00-6:50 YS * Vinyasa Yoga (Heated) <i>Justin B Haley</i>	6:00-6:50 TR * Precision Run® <i>Nima Nourhaghighi</i>	6:00-7:00 YS * Sculpted Yoga™ <i>Carla Kava</i>	7:30-8:15 YS * True Barre <i>Aimee Brothman</i>	2:45-3:30 YS * True Barre: Bala Bangle <i>Aimee Brothman</i>	4:30-5:30 YS * Weekend Wind Down Yoga (Heated) <i>Marla Bond</i>
7:30-8:20 YS * Vinyasa Yoga <i>Carla Kava</i>	6:15-7:00 CS * Beats + Bands Ride <i>Julian Ho</i>	6:30-7:20 YS * Pilates Rise <i>Aimee Brothman</i>	6:15-7:00 CS * Beats Ride <i>Courtney Norton</i>		3:45-4:45 YS * Power Vinyasa <i>Michael DeCorte</i>	
	6:15-7:00 MS * Stacked <i>Jess Hoffeldt</i>	7:30-8:15 YS * True Barre <i>Sydney Keir</i>	6:15-7:00 MS * Stacked <i>Jana Dahmer</i>		5:00-6:00 YS * Yin Yoga (Heated) <i>Michael DeCorte</i>	
	6:15-7:05 TR * Precision Walk: Elevate <i>Anastasia McQueen</i>		7:15-8:15 YS * Slow Flow Yoga (Heated) <i>Marla Bond</i>			
	7:15-8:05 YS * Yin Yoga (Heated) <i>Justin B Haley</i>					

EQUINOX

YORKVILLE
55 Avenue Road
TORONTO M5R 3L2
EQUINOX.COM
@EQUINOX

MON-THU 05:30 AM 10:00 PM
FRI 05:30 AM 09:00 PM
SAT-SUN 07:00 AM 07:00 PM
Kids
MON-FRI 09:00 AM 02:00 PM
SAT-SUN 08:00 AM 02:00 PM

GROUP FITNESS MANAGER
adina.oprea@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 + Bands Ride Beats + Bands combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving Equinox exclusive.

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: 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.

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

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 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.

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.

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: 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.

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: Hip Hop A choreography-driven dance class using the latest street 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: Bags and Mitts Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in authentic boxing drills as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.



Sculpt

Rhythmic Sculpt Move to the beat in this dynamic Sculpt class that keeps you moving in steady, low-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

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.

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.