

| 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> | 8:00-9:00 YS * Slow Flow Yoga <i>Anastasia McQueen</i> |
| 7:15-8:00 MS * MetCon3 <i>Team Equinox</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> | 8:15-9:00 MS * MetCon3 <i>Eva Redpath</i> |
| 8:15-9:00 YS * Pilates Fusion <i>Aimee Brothman</i> | 7:15-8:00 MS * Athletic Conditioning <i>Shawn Marzalik</i> | 7:30-8:15 CS * Beats Ride <i>Maddi Soubry</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> | 9:15-10:00 MS * Lower Body Blast <i>Eva Redpath</i> |
| 9:15-10:00 YS * True Barre <i>Aimee Brothman</i> | 7:30-8:15 YS * Pilates Mat <i>Adina Oprea</i> | 7:30-8:15 YS * True Barre: Bala Bangle <i>Eva Redpath</i> | 7:30-8:30 YS * Sculpted Yoga™ <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> | 9:15-10:05 YS * Pilates Rise <i>Karen Medina</i> |
| 9:30-10:15 MS * Athletic Conditioning <i>Eva Redpath</i> | 8:30-9:15 YS * Pilates at the Barre <i>Sydney Keir</i> | 8:30-9:15 YS * Pilates Fusion <i>Adina Oprea</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> | 9:30-10:00 MS * Lower Body Blast <i>Eva Redpath</i> | 8:45-9:30 YS * Pilates Fusion <i>Carla Kava</i> | 10:00-10:30 MS * Best Butt Ever <i>Kayla Albarran</i> | 10:05-10:50 CS * THEME RIDE: <i>Maddi Soubry</i> | 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 <i>Jana Dahmer</i> | 9:30-10:15 YS * Pilates Mat <i>Kim McBean</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> | 10:00-10:30 MS * Upper Body Pump <i>Eva Redpath</i> | 9:30-10:15 MS * Stronger <i>Claudia Ong</i> | 12:15-1:00 MS * Rounds: Bags and Mitts <i>Constantine Patiniotis</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> | 10:45-11:30 YS * True Barre: Bala Bangle <i>Eva Redpath</i> | 9:45-10:30 YS * True Barre <i>Bianca Celotti</i> | 12:15-1:00 YS * Pilates Fusion <i>Claudia Ong</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> | 12:15-1:00 YS * True Barre <i>Britanny Booth</i> | 12:00-12:45 YS * Pilates Fusion <i>Britanny Booth</i> | 10:45-11:30 YS * Pilates Mat <i>Bianca Gross</i> | 1:30-2:15 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> | 12:30-1:15 MS * Athletic Conditioning <i>Claudia Ong</i> | 12:15-1:00 MS * Stacked <i>Kayla Albarran</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> | 1:30-2:15 YS * True Barre <i>Britanny Booth</i> | 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> | 4:00-4:45 YS * Pilates at the Barre <i>Carla Kava</i> | 4:15-5:00 YS * Pilates Fusion <i>Claudia Ong</i> | 1:30-2:15 YS * Pilates Mat <i>Adina Oprea</i> | 6:00-6:45 CS * THEME RIDE: <i>Julian Ho</i> | 1:00-1:50 TR * Precision Walk: Elevate <i>Michael DeCorte</i> | 1:30-2:00 MS * Best Butt Ever <i>Victoria Macchione</i> |
| 5:30-6:15 CS * THEME RIDE: <i>Maddi Soubry</i> | 5:00-5:50 YS * Pilates Rise <i>Aimee Brothman</i> | 5:00-5:45 MS * Whipped! <i>Kayla Albarran</i> | 4:00-4:45 YS * Pilates at the Barre <i>Adina Oprea</i> | 6:00-6:45 MS * Stronger <i>Jess Hoffeldt</i> | 1:15-2:15 MS * Studio Dance: Hip Hop <i>Tuch</i> | 2:30-3:15 YS * Pilates at the Barre <i>Adina Oprea</i> |
| 6:00-6:45 MS * MetCon Monday <i>Eva Redpath</i> | 5:15-6:00 MS * Athletic Conditioning <i>Julian Ho</i> | 5:15-6:15 YS * Vinyasa Yoga <i>Jacqui Wells</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> | 3:30-4:15 YS * True Barre: Bala Bangle <i>Rachel Fix</i> |
| 6:15-7:05 TR * Precision Run® <i>Brian Palic</i> | 6:00-6:50 YS * Vinyasa Yoga (Heated) <i>Justin B Haley</i> | 6:00-6:45 MS * Stronger <i>Claudia Ong</i> | 5:15-6:00 MS * MetCon3 <i>Team Equinox</i> | 7:00-7:45 MS * Studio Dance: Hip Hop <i>Tuch</i> | 2:45-3:30 MS * Rounds: Bags and Mitts <i>Jana Dahmer</i> | 4:30-5:30 YS * Weekend Wind Down Yoga <i>Marla Bond</i> |
| 6:30-7:15 YS * True Barre: Bala Bangle <i>Carla Kava</i> | 6:15-7:00 CS * Beats + Bands Ride <i>Julian Ho</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> | 3:45-4:45 YS * Power Vinyasa <i>Michael DeCorte</i> | |
| 7:30-8:20 YS * Vinyasa Yoga <i>Carla Kava</i> | 6:15-7:00 MS * Stacked <i>Jess Hoffeldt</i> | 6:15-7:00 CS * Beats Ride <i>Joey Bacauanu</i> | 6:15-7:00 CS * Beats Ride <i>Courtney Norton</i> | | 5:00-6:00 YS * Yin Yoga <i>Michael DeCorte</i> | |
| | 6:15-7:05 TR * Precision Walk: Elevate <i>Anastasia McQueen</i> | 6:30-7:20 MS * Pilates Rise <i>Aimee Brothman</i> | 6:15-7:00 CS * Stacked <i>Jana Dahmer</i> | | | |
| | 7:15-8:05 YS * Yin Yoga (Heated) <i>Justin B Haley</i> | 7:00-7:45 MS * Rounds: Bags and Mitts <i>Reggie Suyao</i> | 7:15-8:15 YS * Slow Flow Yoga <i>Marla Bond</i> | | | |
| | 7:30-8:15 MS * Stronger <i>Jana Dahmer</i> | 7:30-8:15 YS * True Barre <i>Sydney Keir</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.

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.

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.