

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:55 YS * Vinyasa Yoga <i>Michael DeCorte</i>	6:30-7:20 TR * Precision Walk: Elevate <i>Nima Nourhaghghi</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 * <b>Core6</b> <i>Jana Dahmer</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 Nourhaghghi</i>	7:15-7:45 MS * Best Butt Ever <i>Shawn Marzalik</i>	7:15-8:10 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 <i>Jana Dahmer</i>	7:30-8:15 YS * True Barre: Bala Bangle <i>Eva Redpath</i>	7:30-8:15 YS * Pilates Fusion <i>Carla Kava</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>	7:45-8:15 MS * Upper Body Pump <i>Shawn Marzalik</i>	9:30-10:00 MS * Upper Body Pump <i>Katherine Toogood</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>	8:30-9:15 YS * Pilates at the Barre <i>Carla Kava</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>	9:30-10:15 CS * Precision Ride <i>Team Equinox</i>	10:00-10:30 MS * Best Butt Ever <i>Katherine Toogood</i>	10:05-10:50 CS * Beats Ride <i>Michael Smith</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 * Body Sculpt <i>Adina Oprea</i>	10:00-10:30 MS * Upper Body Pump <i>Eva Redpath</i>	9:30-10:15 MS * Stronger <i>Claudia Ong</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>	9:45-10:30 YS * True Barre <i>Bianca Celotti</i>	12:15-1:00 MS * Rounds: Bags and Mitts <i>Constantine Patiniotis</i>	11:00-11:45 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>	10:45-11:40 YS * Slow Flow Yoga <i>Marla Bond</i>	12:00-12:45 YS * Pilates Fusion <i>Britanny Booth</i>	10:45-11:30 YS * Pilates Mat <i>Bianca Gross</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 <i>Shawn Marzalik</i>	12:15-1:00 MS * Stacked <i>Kayla Albarran</i>	12:00-12:45 MS * Stronger <i>Bianca Celotti</i>	12:15-1:00 YS * Pilates Fusion <i>Claire Kim</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>	1:30-2:15 YS * True Barre <i>Britanny Booth</i>	12:30-1:15 YS * True Barre: Bala Bangle <i>Sydney Keir</i>	1:30-2:15 YS * Pilates Mat <i>Adina Oprea</i>	12:00-12:45 MS * Athletic Conditioning <i>Bianca Celotti</i>	12:15-1:10 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 <i>Chloe Tilp</i>	1:30-2:15 YS * Pilates Mat <i>Adina Oprea</i>	5:00-5:45 MS * Athletic Conditioning <i>Julian Ho</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>	5:00-5:45 MS * MetCon3 <i>Nima Nourhaghghi</i>	4:00-4:45 YS * Pilates at the Barre <i>Adina Oprea</i>	5:15-6:15 YS * Power Vinyasa <i>Michael DeCorte</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>
6:00-6:45 CS * Beats Ride <i>Courtney Norton</i>	5:00-5:50 YS * Pilates Rise <i>Aimee Brothman</i>	5:15-6:10 YS * Vinyasa Yoga <i>Jacqui Wells</i>	5:00-5:45 YS * Pilates Fusion <i>Victoria Bannister</i>	6:00-6:45 MS * MetCon3 <i>Shani Avidan</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>	5:15-6:00 MS * Athletic Conditioning <i>Julian Ho</i>	6:00-6:45 CS * Precision Ride <i>Michael Smith</i>	5:15-6:00 MS * Core6 <i>Jana Dahmer</i>	6:00-6:45 TR * MetCon3 <i>Shani Avidan</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>	6:00-6:50 YS * Vinyasa Yoga (Heated) <i>Justin B Haley</i>	6:00-6:45 MS * Stronger <i>Mike Arlotto</i>	6:00-7:00 YS * Sculpted Yoga™ <i>Carla Kava</i>	6:30-7:15 YS * Pilates Fusion <i>Aimee Brothman</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>	6:15-7:00 CS * Beats + Bands Ride <i>Julian Ho</i>	6:00-6:50 TR * Precision Run® <i>Nima Nourhaghghi</i>	6:15-7:00 CS * Beats Ride <i>Courtney Norton</i>	7:00-8:00 MS * Studio Dance: Hip Hop <i>Tuch</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 MS * Stacked <i>Jess Hoffeldt</i>	6:30-7:20 YS * Pilates Rise <i>Aimee Brothman</i>	6:15-7:00 MS * Stacked <i>Jana Dahmer</i>		3:45-4:45 YS * Power Vinyasa <i>Michael DeCorte</i>	
	6:15-7:05 TR * Precision Walk: Elevate <i>Anastasia McQueen</i>	7:30-8:15 YS * True Barre <i>Sydney Keir</i>	7:15-8:15 YS * Slow Flow Yoga (Heated) <i>Marla Bond</i>		5:00-6:00 YS * Yin Yoga (Heated) <i>Michael DeCorte</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.



### 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.



### 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

**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.

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