

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:50 Ropes and Rowers MS * Geoff Bagshaw	6:15-7:00 Body Sculpt MS * Zachary Fiorido	6:00-6:45 Tabata Max MS * Luke Sykes	6:00-6:45 MetCon3 MS * Luke Sykes	6:00-6:45 Rounds: Boxing BR * Luke Sykes	8:45-9:35 True Barre: Cardio BA * Toni Nielsen	8:15-9:00 Body Sculpt MS * Geoff Bagshaw
6:15-7:00 Beats Ride CS * Monique Blythe	6:30-7:15 Rounds: Boxing BR * Luke Sykes	6:15-7:00 Beats Ride CS * Monique Blythe	6:00-6:45 Precision Walk: Elevate TR * Zachary Fiorido	6:00-6:45 Stacked Kelly Dunlop	9:00-9:45 Stacked MS * Jennifer Wick	8:30-9:20 True Barre BA * Toni Nielsen
6:15-7:00 Precision Run + Strength TR * Zachary Fiorido	7:00-7:45 Precision Ride CS * Maxwell Lattimer	7:00-7:50 Hatha Yoga YS * Mandi Von Alkier	7:00-7:45 Beats Ride CS * Shaiful Zakaria	6:15-7:00 Beats + Bands Ride CS * Zachary Fiorido	9:00-9:45 Pilates Fusion (Heated) YS * Davi Teixeira	8:30-9:00 Precision Run 30 TR * Liz Jacobs
7:00-7:50 Hatha Yoga YS * Mandi Von Alkier	7:00-7:45 Pilates Fusion YS * Hadis Kiani	7:30-8:15 MetCon3 MS * Luke Sykes	7:00-8:00 Vinyasa Yoga (Heated) YS * Krystina Kodesh	7:00-7:45 Precision Run® TR * Luke Sykes	9:15-10:00 Beats Ride CS * Monique Blythe	9:05-10:05 Weekend Wind Down Yoga
7:30-8:15 Stronger MS * Zachary Fiorido	7:15-8:05 True Barre BA * Zachary Fiorido	8:00-8:50 True Barre BA * Mandi Von Alkier	7:15-8:05 Pilates at the Barre BA * Zachary Fiorido	7:00-7:50 Vinyasa Yoga YS * Marcus Tong	9:15-10:00 Precision Run® TR * Sara Cathcart	9:15-10:00 Beats Ride CS * Davi Teixeira
8:00-8:50 True Barre BA * Mandi Von Alkier	7:30-8:15 Athletic Conditioning Luke Sykes	9:15-10:00 Cardio Sculpt Geoff Bagshaw	7:30-8:20 Whipped! Luke Sykes	7:30-8:15 Stronger Zachary Fiorido	10:00-10:50 True Barre BA * Sara Allen	9:45-10:35 Pilates at the Barre BA * Toni Nielsen
9:15-10:00 Pilates Fusion YS * Carolyn Cheung	9:15-9:45 Upper Body Pump MS * Shaiful Zakaria	10:15-11:15 Vinyasa Yoga Emma Colling	9:15-10:00 Core6 MS * Shaiful Zakaria	9:15-10:00 Limited Series: Stronger Women Sara Cathcart	10:00-10:45 Rounds: Boxing BR * Donny Watson	9:45-10:30 MetCon3 MS * Jhomer Suyom
10:30-11:20 True Barre BA * Carolyn Cheung	10:30-11:15 Best Abs Ever Shaiful Zakaria	11:45-12:35 Pilates at the Barre Carolyn Cheung	10:30-11:30 Vinyasa Yoga Marcus Tong	10:15-11:15 Vinyasa Yoga (Heated) YS * Mari Dickey	10:15-11:15 Sculpted Yoga™ Davi Teixeira	10:30-11:15 Rounds: Boxing BR * Kiwi A
	10:30-11:30 Vinyasa Yoga Christie Baumgartner	12:00-12:45 Pilates Fusion MS * Alex Jack	12:00-12:45 Pilates Fusion MS * Krystina Kodesh	11:45-12:35 True Barre Taylor Mackay	10:30-11:00 Upper Body Pump MS * Geoff Bagshaw	10:45-11:45 Vinyasa Yoga YS * Marcus Tong
12:00-12:45 Body Sculpt MS * Geoff Bagshaw	12:00-12:45 Pilates Fusion Sara Allen	1:00-2:00 Vinyasa Yoga Krystina Kodesh	12:10-12:55 Stacked MS * Shaiful Zakaria	12:00-12:30 Best Butt Ever Geoff Bagshaw	11:00-11:45 Beats Ride CS * Aida Mohajeri	11:00-11:50 True Barre BA * Davi Teixeira
12:15-1:15 Vinyasa Yoga YS * Christie Baumgartner	12:10-1:00 Whipped! Shaiful Zakaria	1:30-2:15 Stronger MS * Shaiful Zakaria	1:00-1:45 Beats Ride CS * Zachary Fiorido	12:15-1:15 Vinyasa Yoga YS * Kristi Albernaz	11:15-12:00 Lower Body Blast MS * Geoff Bagshaw	
12:45-1:00 Best Abs Ever MS * Geoff Bagshaw	1:00-1:45 Beats Ride CS * Jennifer Wick	3:15-4:00 Body Sculpt Geoff Bagshaw	1:30-2:20 True Barre: Bala Bangle Krystina Kodesh	12:30-1:15 Rounds: Boxing BR * Luke Sykes	12:15-1:15 Vinyasa Yoga (Heated) YS * Matt Caza	12:15-1:15 Vinyasa Yoga YS * Todd Randall
1:30-2:15 Athletic Conditioning MS * Josie Norburn	1:30-2:30 Yin Yoga (Heated) Matt Caza	4:00-5:00 Vinyasa Yoga Christie Baumgartner	3:30-4:00 Quick HIIT Shaiful Zakaria	12:30-1:00 Best Abs Ever MS * Geoff Bagshaw	1:15-2:15 Vinyasa Yoga YS * Todd Randall	5:00-6:00 Vinyasa Yoga (Heated) YS * Emma Colling
3:30-4:15 MetCon Monday MS * Donny Watson	3:30-4:15 Core6 Toni Nielsen	4:45-5:35 True Barre Carolyn Cheung	4:00-4:30 Best Butt Ever MS * Shaiful Zakaria	2:00-2:50 Pilates at the Barre BA * Zachary Fiorido	1:30-2:15 Athletic Conditioning Donny Watson	
4:00-5:00 Vinyasa Yoga (Heated) YS * Sasha Smith	4:00-4:45 Pilates Fusion YS * Krystina Kodesh	5:00-5:45 Stronger MS * Shaiful Zakaria	4:00-4:45 Pilates Fusion YS * Toni Nielsen	4:00-4:50 Pilates at the Barre BA * Toni Nielsen	4:00-4:45 MetCon3 MS * Jhomer Suyom	
4:45-5:35 True Barre BA * Davi Teixeira	4:45-5:35 True Barre: Cardio BA * Toni Nielsen	5:15-5:45 Precision Run 30 MS * Geoff Bagshaw	5:10-6:00 Ropes and Rowers Zachary Fiorido	4:00-5:00 Yin Yoga Matt Caza	5:00-6:00 Vinyasa Yoga (Heated) YS * Josh Chen	
5:00-5:50 Whipped! MS * Geoff Bagshaw	5:00-5:45 MetCon3 Sara Cathcart	5:30-6:15 Rounds: Boxing Kelly Dunlop	5:15-6:15 Vinyasa Yoga (Heated) YS * Davi Teixeira	5:00-5:45 Ropes and Rowers Zachary Fiorido		
5:15-6:00 Beats Ride CS * Monique Blythe	5:15-6:00 Pilates Fusion Krystina Kodesh	5:45-6:30 Beats Ride MS * Davi Teixeira	5:30-6:15 Beats Ride MS * Zachary Fiorido	5:45-6:35 Pilates Rise Davi Teixeira		
5:30-6:15 Precision Run® TR * Zachary Fiorido	5:30-6:15 Beats Ride Angela Straker	5:45-6:30 Pilates Fusion Krystina Kodesh	5:45-6:35 Beats Ride MS * Zachary Fiorido	5:45-6:35 True Barre: Bala Bangle Davi Teixeira		
5:30-6:30 Vinyasa Yoga (Heated) YS * Emma Colling	5:45-6:30 Rounds: Boxing BR * Donny Watson	6:00-6:50 Pilates at the Barre Zachary Fiorido	5:45-6:30 Rounds: Boxing BR * David Kim-Mackinnon	5:45-6:45 Vinyasa Yoga (Heated) YS * Christie Baumgartner		
6:00-6:50 Pilates Rise BA * Davi Teixeira	5:45-6:00 Best Abs Ever MS * Sara Cathcart	6:15-7:00 Core6 MS * Shaiful Zakaria	6:30-7:00 Best Butt Ever MS * Zachary Fiorido	6:15-7:00 Best Butt Ever MS * Zachary Fiorido		
6:15-7:00 Circuit Training MS * Alex Jack	6:00-6:45 Precision Run® Zachary Fiorido	6:30-7:15 Rounds: Boxing Kelly Dunlop	6:30-7:15 Rounds: Boxing BR * Zachary Fiorido	6:15-7:00 Stacked MS * Donny Watson		
6:30-7:15 Beats + Bands Ride CS * Zachary Fiorido	6:30-7:15 Body Sculpt Angela Straker	7:00-8:15 Yin Yoga (Heated) Christie Baumgartner	6:45-7:30 Rounds: Boxing BR * Zachary Fiorido	7:00-7:50 Pilates at the Barre Davi Teixeira		
7:15-8:15 Vinyasa Yoga YS * Yudu Baznath	6:45-7:30 Rounds: Boxing BR * Donny Watson	7:00-8:15 Vinyasa Yoga YS * Yudu Baznath	6:45-7:45 Vinyasa Yoga YS * Yudu Baznath	7:00-7:50 Best Abs Ever MS * Zachary Fiorido		
7:30-8:15 Studio Dance: Hip Hop MS * Cara Lee Hrdlitschka	6:45-7:45 Vinyasa Yoga YS * Connor Roff	7:30-8:15 Stacked MS * Donny Watson	6:45-7:45 Vinyasa Yoga YS * Yudu Baznath	7:00-7:50 Pilates at the Barre Davi Teixeira		
	7:00-7:50 True Barre BA * Zachary Fiorido	7:45-8:30 Stronger MS * Shaiful Zakaria	7:00-7:50 Best Abs Ever MS * Zachary Fiorido	7:00-7:30 Best Abs Ever MS * Zachary Fiorido		

# EQUINOX

## WEST GEORGIA STREET

1131 West Georgia Street

VANCOUVER V6E 4G2

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

## GROUP FITNESS MANAGER

geoff.bagshaw@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

BA Barre 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 + 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 + 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 Run 30** An express version of our signature interval-based treadmill program, created by running expert, David Siik. Perfectly balanced speeds and inclines will have you crushing goals while having fun. An Equinox exclusive, welcome to the express lane. Bring headphones.

**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

**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.

**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.

## ◆ 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.

**Circuit Training** Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

**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.

**Quick HIIT** A fast and effective full-body HIIT workout. A mix of strength, cardio, and core will bring the heat in just 30 minutes. 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.

**Tabata Max** Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

**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: Cardio** Give your barre workout a cardio boost with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. 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 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: 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.

## ◆ 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.

**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.

**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 Abs Ever** A challenging six-pack of exercises that builds and defines abdominal muscles. Strengthen and chisel your core while you ignite your metabolism and enhance total-body performance.

**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.