

MONDAY 11/20		TUESDAY 11/21		WEDNESDAY 11/22		THURSDAY 11/23		FRIDAY 11/24		SATURDAY 11/25		SUNDAY 11/26	
6:00-7:00 MS	Strength & Sweat <i>Emmanuel Griffin</i>	6:00-7:00 CS◆	Studio Cycling <i>Chris Tolmie</i>	6:00-6:45 MS	CrossTraining Revolution <i>Rilde Leon</i>	9:00-10:00 MS	Thanks and Planks <i>Ana Schochet (SUB)</i>	6:00-7:00 MS	Sweat <i>Chris Tolmie</i>	8:15-9:15 CS◆	The Pursuit: Burn <i>Noah Pantaleon</i>	9:00-9:45 CS◆	Studio Cycling <i>Michael Greg</i>
7:45-8:45 YS	Vinyasa Yoga <i>Luis Jimenez (SUB)</i>	7:30-8:15 MS	Beyond Strength <i>Tony Thomas</i>	7:45-8:45 YS	Power Yoga <i>Shanti</i>	9:00-10:00 YS◆	Barre <i>Natalie Rivera (SUB)</i>	7:45-8:45 YS	Power Yoga <i>Shanti</i>	8:30-9:30 MS	Dance Fitness Workout <i>Eliana Bonilla</i>	9:00-10:00 MS	BODY LANGUAGE <i>Andres Escobar</i>
8:00-8:45 MS	Body PRECISION <i>Noah Pantaleon</i>	9:00-10:00 MS	Tabata Strength <i>Colton Stollenmaier</i>	9:00-10:00 CS◆	Studio Cycling <i>Noah Pantaleon</i>	10:15-11:00 CS◆	Beast n Feast Ride <i>Ana Schochet (SUB)</i>	8:00-8:45 MS◆	PURE STRENGTH <i>Chris Tolmie (SUB)</i>	9:00-10:00 YS◆	True Barre <i>Natalie Rivera</i>	10:00-11:15 YS	Vinyasa Yoga <i>Penny Needle</i>
9:00-9:30 MS◆	VIPR™ <i>Gabriel Hidalgo</i>	9:00-10:00 YS◆	Barre <i>Natalie Rivera</i>	9:00-10:00 MS	METCON3 <i>Gabriel Hidalgo</i>	10:30-11:30 MS	Zumba® <i>Cathy Medina</i>	9:00-10:00 MS◆	Best Butt Ever <i>Ana Schochet (SUB)</i>	9:30-10:30 CS◆	Rhythm Revolution <i>Kate Carrick</i>	10:15-11:15 CS◆	The Pursuit: Build <i>Chris Tolmie</i>
9:00-10:00 YS◆	True Barre <i>Anita Hope (SUB)</i>	9:15-10:15 TR◆	Precision Running® <i>Gabriel Hidalgo</i>	9:00-10:00 TR◆	Elevate <i>Estefania Fierro</i>	11:30-1:00 YS	Gratitude Yoga <i>Javier Lopez</i>	9:10-10:10 YS◆	Ballet Barre Workout <i>Natalie Rivera (SUB)</i>	9:45-10:30 MS	Definitions <i>Noah Pantaleon</i>	10:15-11:00 MS	Best Butt Ever <i>Noah Pantaleon (SUB)</i>
9:35-10:05 MS	Definitions <i>Gabriel Hidalgo</i>	10:15-11:00 CS◆	Rhythm Revolution <i>Sabrina Mautner</i>	9:00-10:00 YS◆	Barre Pilates <i>Anita Hope (SUB)</i>			10:10-11:10 MS	Skybeat® <i>Skyler Rodgers</i>	10:15-11:15 YS	Pilates <i>Penny Needle</i>	11:15-12:00 MS	Beyond Strength <i>Noah Pantaleon (SUB)</i>
10:15-11:00 CS◆	Rhythm Revolution <i>Kate Carrick</i>	10:15-11:15 MS	Pilates <i>Ana Schochet (SUB)</i>	10:15-11:00 CS◆	Rhythm Revolution <i>Raul Duarte</i>			10:15-11:10 CS◆	Studio Cycling <i>Lauren Kaplan (SUB)</i>	10:30-11:40 PD◆	TRI-Train (Swim/Cycle) <i>Estefania Fierro</i>	11:15-12:05 TR◆	Elevate <i>Estefania Fierro</i>
10:15-11:15 YS	Pilates <i>Natalie Rivera (SUB)</i>	10:15-11:15 YS	Yoga Flow <i>Javier Lopez</i>	10:15-11:15 MS	Skybeat® <i>Skyler Rodgers</i>			11:15-12:15 MS	Pilates <i>Natalie Valdez (SUB)</i>	10:40-11:10 MS◆	Boxing Boot Camp <i>Danny Lauchaire</i>	11:30-12:00 YS	Meditation <i>Dennis Hunter</i>
10:30-11:30 MS	Groove House <i>Rodrigo Gallardo</i>	11:30-12:00 MS◆	THE CUT: Jump Rope <i>Christa DiPaolo</i>	10:15-11:15 YS	Warrior Flow™ <i>Adrian Molina</i>					10:45-11:45 TR◆	Precision Running® <i>Noah Pantaleon (SUB)</i>		
12:15-1:00 CS◆	Rhythm Revolution <i>Candace Storch</i>	12:15-1:15 MS	BOX180™ <i>Christa DiPaolo</i>	12:15-1:15 CS◆	The Pursuit: Build <i>Noah Pantaleon</i>			12:15-1:00 CS◆	Studio Cycling <i>Candace Storch (SUB)</i>	11:20-11:50 MS◆	THE CUT: Jump Rope <i>Danny Lauchaire</i>		
12:15-1:00 MS◆	Best Butt Ever <i>Noah Pantaleon (SUB)</i>	12:15-1:15 YS	Vinyasa Yoga <i>Shanti (SUB)</i>	12:15-12:45 MS◆	Firestarter <i>Robin Retherford</i>			12:15-1:00 MS	Body Challenge <i>Freddy Satizabal</i>	11:30-1:00 YS	Power Yoga (L2) <i>Javier Lopez</i>		
12:15-1:15 YS	Warrior Flow™ <i>Adrian Molina</i>	5:30-6:00 MS◆	Firestarter <i>Robin Retherford</i>	12:45-1:15 MS	Core Conditioning <i>Robin Retherford</i>			12:15-1:15 YS	Warrior Flow™ <i>Adrian Molina</i>				
1:00-1:15 MS	Ab Lab <i>Noah Pantaleon (SUB)</i>	5:30-6:30 YS	Pilates <i>Natalie Rivera</i>	5:30-6:15 CS◆	Rhythm Revolution <i>Candace Storch</i>			5:30-6:15 CS◆	Rhythm Revolution <i>Cathy Medina</i>	12:00-1:00 MS	Groove House <i>Rodrigo Gallardo</i>		
5:30-6:15 CS◆	Studio Cycling <i>Gabriel Hidalgo</i>	5:45-6:55 TR◆	TRI-Train (Cycle/Run) <i>Estefania Fierro</i>	5:30-6:15 MS◆	PURE STRENGTH <i>Danny Lauchaire</i>			5:30-6:30 MS	Definitions <i>Marco (Marquinho) Buonomo</i>				
5:30-6:20 MS	Skybeat® <i>Rock Evans (SUB)</i>	6:00-6:20 MS	Ab Lab <i>Robin Retherford</i>	6:00-7:00 PD◆	EQX H2O: Endurance <i>Estefania Fierro</i>								
5:30-6:30 YS◆	Barre (L1) <i>Ana Figueras</i>	6:30-7:15 CS◆	Studio Cycling <i>Robin Retherford</i>	6:15-7:15 YS	Yoga Strength <i>Shanti (SUB)</i>								
6:00-7:00 PD◆	EQX H2O: Speed <i>Estefania Fierro</i>	6:30-7:30 MS◆	Groove House <i>Rodrigo Gallardo</i>	6:30-7:00 MS◆	THE CUT: Jump Rope <i>Danny Lauchaire</i>								
6:30-7:15 MS	Fully Loaded <i>Gabriel Hidalgo</i>	6:45-8:00 YS	Power Yoga (L2) <i>Javier Lopez</i>	6:45-7:30 CS◆	Rhythm Revolution <i>Raul Duarte</i>								
6:45-7:30 CS◆	Rhythm Revolution <i>Raul Duarte</i>	7:40-8:25 MS	Battleground <i>Emmanuel Griffin</i>	7:05-7:20 MS	Ab Lab <i>Danny Lauchaire</i>								
6:45-7:45 YS	Power Yoga <i>Rene Martin</i>			7:30-8:30 MS	Dance Fitness Workout <i>Eliana Bonilla</i>								
7:00-8:00 TR◆	Precision Running® <i>Colton Stollenmaier</i>			7:30-8:30 YS◆	Barre <i>Ana Figueras</i>								
7:30-8:30 MS	Dance your Pants Off! <i>Anya Weir</i>												

CORAL GABLES

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THANKSGIVING MODIFIED HOURS

NOVEMBER 23: 07:00 AM - 02:00 PM

GROUP FITNESS MANAGER

NOAH PANTALEON

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SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

L1	Beginner
L2	Intermediate
L3	Advanced

STUDIO KEY

MS	Main Studio
YS	Yoga Studio
CS	Cycling Studio
PD	Pool Deck
TR	Treadmill Area

WHAT'S NEW THIS MONTH

Fall back into fitness and create good habits for the holiday season and upcoming winter months.

STUDIO CYCLING

BEAST N FEAST RIDE Get into high gear with this challenging ride that will take you through climbs & sprints for a complete cycling workout.

RHYTHM REVOLUTION From classic beats to today's hot grooves, this cycling class brings rhythm to your ride. Whether you're a serious cyclist or just starting out, this class offers a hard core workout, where the music matters. The ride is part party, part sweat fest and is as diverse as the playlist.

STUDIO CYCLING A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focus on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging.

THE PURSUIT: BUILD Take on three intense hill stages designed to improve endurance and increase strength. The goal of the class is to travel a collective distance, so with every ride you get stronger and work harder, for longer.

THE PURSUIT: BURN Precisely timed high-intensity intervals to maximize your performance, The Pursuit: Burn, is a hardcore cycling experience scientifically designed to push you to a new level of fitness.

RUNNING

ELEVATE Start taking your stride to new heights in this 45-minute incline based treadmill workout. Improve your cardio fitness and challenge your physical ability across a variety of treadmill terrains, powering up hills and recovering on flats.

PRECISION RUNNING You don't have to go outside to blaze new trails. Innovated by David Siik, Precision Running is redefining our indoor treadmill training with the only method-driven program in the industry.

YOGA

GRATITUDE YOGA The perfect class for giving thanks. Join us for some energizing Yoga characterized by poses and sequences linked to breath and appreciation.

POWER YOGA Our most athletic Vinyasa practice. A vigorous, dynamic, physically and spiritually energizing form of Yoga that sculpts, hones and tones every muscle in the body. Includes various elements of many different Yoga styles.

VINYASA YOGA A vigorous, more athletic approach to yoga characterized by flowing poses and sequences that are linked to the breath. Sequencing will vary with instructor philosophy.

WARRIOR FLOW™ Spice up your yoga practice with Adrian's challenging mind and body workout. A continuous and dynamic flow of breath and movement that will tone your entire body, improve overall fitness, increase flexibility and boost your sense of well being.

YOGA FLOW A dynamic, physically and spiritually energizing form of yoga that sculpts, hones and tones every muscle in the body. Linking one movement into the next and the presence of mind from one moment to the next.

YOGA STRENGTH A creative use of the primary series with the benefit of learning and listening to what our bodies and minds need most. Be inspired to dig deeper to find physical benefit in the strength and flexibility gains of asana practice.

ATHLETIC TRAINING

BATTLEGROUNDS Give everything you've got in this calorie-burning workout featuring team building stations using the rowers, sleds, ropes, TRX, bikes, treadmills, ViPRs, and much more. Cardiovascular drills, resistance training and some friendly, intense BATTLEGROUNDS competition.

CROSSTRaining REVOLUTION A total fitness approach to enhance competence in endurance, strength, flexibility, coordination, and balance for improved overall wellness and fat loss.

FIRESTARTER Prepare for the next generation of cardio HIIT training. Every second is supercharged in a blitz of lightning-fast intervals. Using body weight and a bench, blaze your way up and down with sequences that will crush your personal best.

METCON3 This high-intensity metabolic conditioning workout taxes all three energy systems and acts like a fat-incinerator to ensure results that leave you fit and motivated for the demands of your life.

TABATA STRENGTH No jumping necessary in this low impact yet high intensity class! This workout will test your strength and push you to become stronger! Apply the proven Tabata interval formula to multifunctional weight training exercises (20 seconds hard work 10 seconds rest = 8 rounds) for a total body workout.

THANKS AND PLANKS Get thankful and get tough. Using different cardio and strength intervals, you'll push your cardio new limits through the use of external weights and your own body weight.

TRI-TRAIN (CYCLE/RUN) A series of Cycling and Running performance driven classes designed to get you ready for a triathlon. Challenge yourself in two 30-minute combined classes designed to improve your performance and crush your goals. From beginner to elite, this class will get you the results you crave.

TRI-TRAIN (SWIM/CYCLE) A series of Swim and Cycling performance driven classes designed to get you ready for a triathlon. Challenge yourself in two 30-minute combined classes designed to improve your performance and crush your goals. From beginner to elite, this class will get you the results you crave.

BARRE

BALLET BARRE WORKOUT No prior dance training required. A stretch and ballet technique class that develops long, lean limbs as well as usable skill. Benefits your overall cardiovascular conditioning.

BARRE Realize the dream of the dancer's body. Raise ballet to the next level as you combine precise techniques with athletic intensity for a total body workout.

TRUE BARRE Barre at its most authentic, done the Equinox way. Combine ballet movements with conditioning, core work and stretches for that dancer's physique.

CONDITIONING

AB LAB Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

BEST BUTT EVER Best Butt Ever is strategically engineered to lift and shape your hottest asset. Fire up your glutes, build strength and definition, and get powerful. Waist-whittling exercises are also integrated to further accentuate your new rearview.

BEYOND STRENGTH A conditioning experience to challenge your level of fitness and push you to new limits of endurance, balance, strength, & coordination. Various intervals of cardio & strength using every available tool take you above & beyond—leaving you feeling as if you just completed a tough mudder, & won!

BODY CHALLENGE High intensity intervals of cardio and strength training. Great music, energy & results...Using multi compound movements with weights and the latest weight lifting techniques. Be ready to take your body to the next level.

BODY PRECISION Work smarter not harder! A non-stop synergistic blend of low impact cardiovascular and weight bearing exercises, creatively woven together to promote lean muscle, to rev up your metabolism, and to enhance abdominal definition, core strength & stability, and flexibility. All toys are fair game.

CORE CONDITIONING A non aerobic conditioning class with focus primarily on the abdominals, lower back, shoulder and hip girdle. Enhances abdominal definition, core strength, core stability and flexibility.

DANCE FITNESS WORKOUT Equal parts dance, sculpt and cardio; a fun infusion of vitality and grace that will raise your spirit and your heart rate. Low impact but high definition.

DEFINITIONS An intense total body workout designed to define & tone every muscle in every way & improve muscular strength & endurance.

FULLY LOADED Break out of linear workouts with this fitness class that challenges you to move weight in all directions for a full 360 degrees of loaded movement. Push your performance in 3D — the way your body was meant to move.

PURE STRENGTH Build strength not bulk in team training that puts more weight in the studio than ever, creating a challenging circuit of weight lifting and body resistance.

STRENGTH & SWEAT Take cardio sculpt to the next level. This class will incorporate heavy weight training layers, with a high intensity cardio blast. Hit all of those hard to change areas with resistance and melt the fat over top to show lean muscle.

SWEAT A no nonsense workout with cardio drills and strength building exercises for a challenging, sports training experience. Reach your fitness goals and be prepared to SWEAT in this high-energy, high-intensity class.

VIPTM Vitality, Performance & Reconditioning for more energy, enhanced movement skills, & incredible strength. ViPR delivers a progressive & fun variety of real-life movement & whole body integration for maximum metabolic rate & increased caloric expenditure, resistance, endurance & strength.