

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 MS CrossTraining Revolution <i>Bryan Ensel</i>	6:00-7:00 CS◆ Studio Cycling <i>Chris Tolmie</i>	6:00-7:00 MS Boxing Boot Camp <i>Emmanuel Griffin</i>	6:00-7:00 CS◆ The Pursuit: Burn Joshua Funderburg	6:00-7:00 MS Sweat <i>Chris Tolmie</i>	8:15-9:15 CS◆ The Pursuit: Build <i>Noah Pantaleon</i>	9:00-9:45 CS◆ Studio Cycling <i>Michael Greg</i>
7:30-8:25 MS Definitions <i>Noah Pantaleon</i>	7:30-8:15 MS Beyond Strength <i>Tony Thomas</i>	7:30-8:30 TR◆ Precision Running® <i>Noah Pantaleon</i>	7:30-8:20 MS METCON3 <i>Colton Stollenmaier</i>	7:30-8:30 MS Athletic 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>
7:30-8:30 YS Power Yoga (L2) <i>Luis Jimenez</i>	9:00-10:00 MS Tabata Strength <i>Colton Stollenmaier</i>	7:30-8:30 YS Power Yoga <i>Shanti</i>	8:25-8:55 MS◆ THE MUSE™ <i>Lindsey Ransom</i>	9:00-10:00 MS◆ Best Butt Ever <i>Joshua Funderburg</i>	9:00-10:00 YS◆ True Barre <i>Natalie Rivera</i>	10:00-11:15 YS Vinyasa Yoga <i>Penny Needle</i>
8:30-8:45 MS Meditation <i>Noah Pantaleon</i>	9:15-10:15 TR◆ Precision Running® <i>Gabriel Hidalgo</i>	9:00-10:00 CS◆ Studio Cycling <i>Noah Pantaleon</i>	9:00-9:45 MS THE CUT <i>Christa DiPaolo</i>	9:15-10:30 YS◆ Ballet Barre Workout (L2) <i>Anita Hope</i>	9:30-10:30 CS◆ Rhythm Revolution <i>Kate Carrick</i>	10:15-11:15 CS◆ The Pursuit: Burn <i>Chris Tolmie</i>
9:00-9:30 MS◆ VIPR™ <i>Gabriel Hidalgo</i>	10:15-11:00 CS◆ Rhythm Revolution <i>Sabrina Mautner</i>	9:00-9:50 MS METCON3 <i>Gabriel Hidalgo</i>	9:00-10:00 YS◆ Barre <i>Lindsey Ransom</i>	10:10-11:10 MS◆ Skybeat® <i>Skyler Rodgers</i>	9:45-10:30 MS Definitions <i>Noah Pantaleon</i>	10:15-11:00 MS Best Butt Ever <i>Jil Deviscour</i>
9:00-10:00 YS◆ True Barre <i>Lindsey Ransom</i>	10:15-11:15 MS Pilates <i>Sue Spinelli</i>	9:00-10:00 YS◆ Barre Pilates <i>Penny Needle</i>	9:15-10:15 TR◆ Precision Running® <i>Angel Alicea</i>	10:15-11:00 CS◆ Studio Cycling <i>Joshua Funderburg</i>	10:15-11:15 YS Pilates <i>Penny Needle</i>	11:15-12:05 TR◆ Elevate <i>Estefania Fierro</i>
9:35-10:05 MS Body PRECISION <i>Gabriel Hidalgo</i>	10:15-11:30 YS Vinyasa Yoga <i>Javier Lopez</i>	10:15-11:00 CS◆ Rhythm Revolution <i>Raul Duarte</i>	10:15-11:00 MS Rhythm Revolution <i>Sabrina Mautner</i>	11:15-12:15 MS Pilates <i>Lindsey Ransom</i>	10:30-11:00 PD◆ TRI Train Swim <i>Estefania Fierro</i>	11:30-12:15 MS◆ PURE STRENGTH <i>Jil Deviscour</i>
10:15-11:00 CS◆ Rhythm Revolution <i>Kate Carrick</i>	11:30-12:00 MS◆ THE CUT: Jump Rope <i>Christa DiPaolo</i>	10:15-11:00 CS◆ Rhythm Revolution <i>Raul Duarte</i>	10:15-11:30 YS Yoga Flow <i>Javier Lopez</i>	12:15-12:15 YS Gentle Yoga <i>Anubha Elaine Boudouris</i>	10:40-11:10 MS◆ Boxing Boot Camp <i>Danny Lauchaire</i>	11:30-12:00 YS Meditation <i>Penny Needle</i>
10:15-11:15 YS Pilates <i>Lindsey Ransom</i>	12:15-1:15 MS BOX180™ <i>Christa DiPaolo</i>	10:15-11:15 MS◆ Skybeat® <i>Skyler Rodgers</i>	10:30-11:30 MS Zumba® <i>Cathy Medina</i>	12:20-1:10 MS Body Challenge <i>Freddy Satizabal</i>	10:45-11:45 TR◆ Precision Running® <i>Gabriel Hidalgo</i>	
10:30-11:30 MS Groove House <i>Rodrigo Gallardo</i>	12:15-1:15 TR◆ Elevate <i>Noah Pantaleon</i>	12:15-1:00 MS◆ THE MUSE™ <i>Robin Retherford</i>	12:15-12:45 MS Above the Belt <i>Joshua Funderburg</i>	5:30-6:15 CS◆ Rhythm Revolution <i>Cathy Medina</i>	11:10-11:40 CS◆ TRI Train Cycle <i>Estefania Fierro</i>	
12:15-1:00 CS◆ Rhythm Revolution <i>Candace Storch</i>	12:15-1:15 YS Vinyasa Yoga <i>Penny Needle</i>	1:00-1:15 MS Core Conditioning <i>Robin Retherford</i>	12:15-1:15 TR◆ Precision Running® <i>Gabriel Hidalgo</i>	5:30-6:30 MS Definitions <i>Marco (Marquinho) Buonomo</i>	11:20-11:50 MS◆ THE CUT: Jump Rope <i>Danny Lauchaire</i>	
12:15-1:00 MS◆ Best Butt Ever <i>Christina Leon</i>	5:30-6:00 MS◆ Firestarter <i>Robin Retherford</i>	5:30-6:15 CS◆ Rhythm Revolution <i>Candace Storch</i>	12:15-1:15 YS Vinyasa Yoga <i>Penny Needle</i>	12:45-1:15 MS Core Cuts <i>Joshua Funderburg</i>	11:30-1:00 YS Power Yoga (L2) <i>Javier Lopez</i>	
12:15-1:15 YS Power Yoga (L2) <i>Luis Jimenez</i>	5:30-6:30 YS Pilates <i>Natalie Rivera</i>	5:30-6:15 MS◆ PURE STRENGTH <i>Danny Lauchaire</i>	12:45-1:15 MS Core Cuts <i>Joshua Funderburg</i>			
1:00-1:15 MS Ab Lab <i>Christina Leon</i>	5:45-6:15 CS◆ TRI Train Cycle <i>Estefania Fierro</i>	6:00-7:00 PD◆ EQX H2O: Endurance <i>Estefania Fierro</i>	5:30-6:20 MS Tabata Circuit <i>Noah Pantaleon</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>	6:00-6:20 MS Ab Lab <i>Robin Retherford</i>	6:15-7:15 YS Athletic Yoga <i>Steven Herbst</i>	5:30-6:30 YS◆ Barre Pilates <i>Natalie Rivera</i>	5:30-6:30 MS Definitions <i>Marco (Marquinho) Buonomo</i>		
5:30-6:20 MS◆ Skybeat® <i>Skyler Rodgers</i>	6:15-6:45 TR◆ TRI Train Run <i>Estefania Fierro</i>	6:15-7:15 YS Core Conditioning <i>Robin Retherford</i>	6:30-7:30 MS Groove House <i>Rodrigo Gallardo</i>	6:30-7:30 MS THE CUT: Jump Rope <i>Danny Lauchaire</i>		
5:30-6:30 YS◆ Barre (L1) <i>Ana Figueras</i>	6:30-7:15 CS◆ Studio Cycling <i>Robin Retherford</i>	6:30-7:00 MS◆ Rhythm Revolution <i>Raul Duarte</i>	6:35-7:30 CS◆ The Pursuit: Build <i>Noah Pantaleon</i>	6:35-7:30 MS THE CUT: Jump Rope <i>Danny Lauchaire</i>		
6:00-7:00 PD◆ EQX H2O: Power <i>Estefania Fierro</i>	6:30-7:30 MS Groove House <i>Rodrigo Gallardo</i>	6:45-7:30 CS◆ Rhythm Revolution <i>Raul Duarte</i>	6:45-8:00 YS Power Yoga (L2) <i>Javier Lopez</i>	6:45-8:00 YS Power Yoga (L2) <i>Javier Lopez</i>		
6:30-7:15 MS Fully Loaded <i>Gabriel Hidalgo</i>	6:45-8:00 YS Power Yoga (L2) <i>Javier Lopez</i>	7:00-8:00 TR◆ Precision Running® <i>Brian Van Cleave</i>	7:40-8:25 MS Best Butt Ever <i>Colton Stollenmaier</i>	7:40-8:25 MS Best Butt Ever <i>Colton Stollenmaier</i>		
6:45-7:30 CS◆ Rhythm Revolution <i>Raul Duarte</i>	7:40-8:25 MS◆ Kickboxing <i>Miguel Garcia</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>				
7:30-8:00 MS◆ THE MUSE™ <i>Anya Weir</i>						
8:00-8:30 MS Core & Stretch <i>Anya Weir</i>						

CORAL GABLES

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MON - THU: 5:30 AM - 11:00 PM

FRI: 5:30 AM - 10:00 PM

SAT - SUN: 8:00 AM - 8:00 PM

KID'S CLUB HOURS

MON - FRI: 8:00 AM - 1:15 PM

MON - WED: 4:30 PM - 8:30 PM

THU & FRI: 4:30 PM - 8:00 PM

SAT & SUN: 8:00 AM - 1:00 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

Graceful. Intense. Extraordinary. Pack a day's worth of cardio into a burst of fierce, dance-inspired athleticism, with our newest signature class, THE MUSE.

🚴 CYCLING

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.

TRI TRAIN CYCLE A series of 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.

🏃 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

ATHLETIC YOGA A yoga class designed to meet the needs of the athlete. The focus is on stretching and strengthening with the intention of improving performance, whatever your sport. Challenging for all levels this workout is truly meditation in motion.

GENTLE YOGA Deep stretches for increased range of motion benefit all fitness levels. Gentle enough to attend every day and ideal for students looking to begin their practice or for those concerned with injury.

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.

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.

🏋️ ATHLETIC TRAINING

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.

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.

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.

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.

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.

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.

TABATA CIRCUIT At your request we combined the best of two classes: the movement of Whipped, and the intensity of Tabata. This cardio/strength circuit workout with tabata intervals keeps you moving and consistently introduces new challenges for the full body. It's all or nothing in this breathless workout.

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.

🩰 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.

🏋️ LONG + LEAN

ABOVE THE BELT A complete upper body workout in one session. Chest, back, shoulders, and arms are exercised along with abdominals for the most efficient workout ever.

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 & STRETCH An alignment class that focus on two very important components of fitness: core strength and flexibility.

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.

CORE CUTS Intervals of core conditioning at its best. This intelligent workout focuses on the development of a strong, coordinated trunk, abdominals and back musculature for a lean and strong center.

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.

THE MUSE™ Get swept off your feet in a burst of dance-inspired cardio. Train like a dancer with a fierce athletic edge as you use light round-weights to boost your burn. Twist and turn to simple choreography in a music-driven flow that'll have your heart racing and your spirits energized.

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.

🩰 PILATES

BARRE PILATES Combining the principles of ballet-derived exercises and classic Mat Pilates, this full body, non-impact workout will challenge your core strength and enhance your flexibility. Low-weight, high repetition standing work will be followed by core mat work and stretching.

PILATES An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, & mobility.

🩰 DANCE

BODY LANGUAGE Channel your inner dancer and communicate with your body. This cardio-centric dance class flows through a series of music video-inspired combinations to today's top hits, as well as a few throwbacks.

GROOVE HOUSE Mi casa es su casa! In this house, everyone is welcome and the party is on and poppin'! This cardiovascular dance workout runs the spectrum from Latin grooves to funky moves and everything in between. Catch the groove!

SKYBEAT® Skybeat combines basic plyometrics, aerobic sequencing, and simple hip-hop dance moves for an easy to follow dance class. Get ready to sweat, raise your heart rate and have fun.