

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	6:00-6:45 MS Stacked! <i>Chris Tolmie</i>	8:15-9:15 CS◆ The Pursuit: Build Noah Pantaleon	9:00-9:45 CS◆ Studio Cycling <i>Michael Greg</i>
7:30-8:15 MS Definitions <i>Noah Pantaleon</i>	7:30-8:15 MS Beyond Strength <i>Tony Thomas</i>	7:30-8:30 YS Power Yoga <i>Shanti</i>	7:30-8:20 MS METCON3 <i>Colton Stollenmaier</i>	7:30-8:30 YS Athletic Yoga Shanti	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>	8:30-8:45 YS Meditation <i>Noah Pantaleon</i>	8:25-8:55 MS◆ THE MUSE™ <i>Lindsey Ransom</i>	9:00-10:00 MS◆ Best Butt Ever <i>Joshua Funderburg</i>	9:15-10:00 YS◆ Ballet Barre Workout (L2) <i>Anita Hope</i>	9:15-10:15 TR◆ Precision Running® <i>Gregory Harden</i>
8:30-8:45 YS Meditation <i>Noah Pantaleon</i>	9:00-10:00 YS◆ Barre <i>Natalie Rivera</i>	9:00-9:45 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◆ Studio Cycling Kate Carrick	10:00-11:00 CS◆ The Pursuit: Burn Chris Tolmie
9:00-10:00 MS◆ Body Precision Gabriel Hidalgo	9:15-10:15 TR◆ Precision Running® <i>Gabriel Hidalgo</i>	9:00-10:00 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>	10:00-11:30 YS◆ Vinyasa Yoga <i>Penny Needle</i>
9:00-10:00 YS◆ True Barre <i>Lindsey Ransom</i>	10:15-11:00 CS◆ Studio Cycling Sabrina Mautner	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>	10:15-11:00 MS Best Butt Ever <i>Jil Deviscour</i>
10:15-11:00 CS◆ Studio Cycling Kate Carrick	10:15-11:15 MS Pilates <i>Sue Spinelli</i>	10:15-11:00 CS◆ Studio Cycling Raul Duarte	10:15-11:00 CS◆ ANTHEM™ <i>Noah Pantaleon</i>	11:15-12:15 MS Pilates <i>Lindsey Ransom</i>	10:30-11:00 PD◆ TRI Train Swim <i>Estefania Fierro</i>	11:15-12:00 MS◆ PURE STRENGTH <i>Jil Deviscour</i>
10:15-11:15 YS Pilates <i>Lindsey Ransom</i>	10:15-11:30 YS Vinyasa Yoga <i>Javier Lopez</i>	10:15-11:15 MS◆ Skybeat® <i>Skyler Rodgers</i>	10:15-11:15 MS Zumba® <i>Cathy Medina</i>	12:15-1:15 YS Gentle Yoga <i>Nicolay Del Salto</i>	10:45-11:45 MS◆ Boxing Boot Camp <i>Danny Lauchaire</i>	11:15-12:05 TR◆ Elevate <i>Estefania Fierro</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>	10:30-11:30 TR◆ Precision Running® <i>Noah Pantaleon</i>	10:15-11:30 YS Yoga Flow <i>Javier Lopez</i>	12:20-1:10 MS Body Challenge <i>Freddy Satizabal</i>	10:45-11:45 TR◆ Precision Running® <i>Gabriel Hidalgo</i>	
12:15-1:00 CS◆ ANTHEM™ <i>Candace Storch</i>	12:15-1:15 MS BOX180™ <i>Christa DiPaolo</i>	12:15-1:00 MS◆ THE MUSE™ <i>Robin Retherford</i>	12:15-1:00 MS Above the Belt Joshua Funderburg	5:30-6:15 CS◆ ANTHEM™ <i>Cathy Medina</i>	11:10-11:40 CS◆ TRI Train Cycle <i>Estefania Fierro</i>	
12:15-1:00 MS◆ Best Butt Ever <i>Christina Leon</i>	12:15-1:15 TR◆ Precision Running® <i>Estefania Fierro</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>	11:30-1:00 YS Power Yoga (L2) <i>Javier Lopez</i>	
12:15-1:15 YS Warrior Flow™ Adrian Molina	12:15-1:15 YS Vinyasa Yoga <i>Penny Needle</i>	5:30-6:15 CS◆ Studio Cycling Candace Storch	12:15-1:15 YS Vinyasa Yoga <i>Penny Needle</i>			
1:00-1:15 MS Ab Lab <i>Christina Leon</i>	5:30-6:00 MS◆ Firestarter <i>Robin Retherford</i>	5:30-6:15 MS◆ PURE STRENGTH <i>Danny Lauchaire</i>	1:00-1:15 MS Ab Lab <i>Joshua Funderburg</i>		12:00-1:00 MS Groove House <i>Rodrigo Gallardo</i>	
5:30-6:15 CS◆ Studio Cycling <i>Gabriel Hidalgo</i>	5:30-6:30 YS Pilates <i>Natalie Rivera</i>	6:00-7:00 PD◆ EQX H2O: Endurance <i>Estefania Fierro</i>	5:30-6:20 MS Tabata Circuit <i>Noah Pantaleon</i>			
5:30-6:20 MS◆ Skybeat® <i>Skyler Rodgers</i>	5:45-6:15 CS◆ TRI Train Cycle <i>Estefania Fierro</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 YS◆ Barre (L1) <i>Ana Figueras</i>	6:00-6:15 MS Ab Lab <i>Robin Retherford</i>	6:15-7:15 YS Athletic Yoga <i>Steven Herbst</i>	6:30-7:30 MS Groove House <i>Rodrigo Gallardo</i>			
6:00-7:00 PD◆ EQX H2O: Speed <i>Estefania Fierro</i>	6:15-6:45 TR◆ TRI Train Run <i>Estefania Fierro</i>	6:30-7:00 MS◆ THE CUT: Jump Rope <i>Danny Lauchaire</i>	6:45-7:45 CS◆ The Pursuit: Build Noah Pantaleon			
6:30-7:15 MS Fully Loaded <i>Gabriel Hidalgo</i>	6:30-7:30 MS◆ Groove House <i>Rodrigo Gallardo</i>	6:45-7:30 CS◆ Studio Cycling Raul Duarte	6:45-8:00 YS Power Yoga (L2) <i>Javier Lopez</i>			
6:45-7:30 CS◆ Studio Cycling Raul Duarte	6:45-7:30 CS◆ ANTHEM™ <i>Robin Retherford</i>	7:05-7:20 MS Ab Lab <i>Danny Lauchaire</i>	7:45-8:30 MS Best Butt Ever <i>Colton Stollenmaier</i>			
6:45-7:45 YS Power Yoga <i>Rene Martin</i>	6:45-8:00 YS Power Yoga (L2) <i>Javier Lopez</i>	7:15-8:15 TR◆ Precision Running® <i>Brian Van Cleave</i>				
7:00-8:00 TR◆ Precision Running® <i>Colton Stollenmaier</i>	7:45-8:45 MS◆ Kickboxing <i>Miguel Garcia</i>	7:30-8:30 MS Dance Fitness Workout <i>Eliana Bonilla</i>				
7:30-8:15 MS◆ THE MUSE™ <i>Anya Weir</i>		7:30-8:30 YS◆ Barre <i>Ana Figueras</i>				
8:15-8:30 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

ANTHEM™ Turn your cycling up to 11 with a music-fueled indoor ride. Bike to the beat of our hand-picked tracks in a sequence tailored to take you on a journey that's as challenging as it is thrilling. Get lost in every moment and let the power of the playlist drive your performance.

STUDIO CYCLING Road training done only the way Equinox could. Improve athletic performance with this terrain-based technique class that focuses on cadence, climbs, and sprints for a challenging ride that follows the unpredictability of real-world roads.

THE PURSUIT: BUILD Tap into the power of the team as you push past the finish line. An immersive digital experience that uses data visualization and gaming, this competition-based class consists of three hill stages to build strength and endurance.

THE PURSUIT: BURN Get in the game with this digitally immersive Cycling experience that uses data visualization to push your performance out of your comfort zone. Five precisely timed high-intensity interval games will be sure to help you level up.

TRI TRAIN CYCLE Tri harder, train harder in this performance-based class designed to prepare you for a triathlon. Combine your challenging 30-minute ride with a 30-minute run or swim class to get you ready to perform.

🏃 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, tones and strengthens 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, tones and strengthens 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 Strength starts at your core. Amp up your core strength, balance, and posture in a focused workout featuring the latest 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.

STACKED! Hit the body with a healthy dose of high-density training incorporating short intervals with strategic recovery periods done ladder-style. Transform your body with targeted movement complexes that are stacked together for an intense, challenging workout.

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 Get an upper body upgrade. Challenge your chest, back, shoulders, arms and abs with a super-efficient upper-body sculpting workout.

BODY PRECISION Define yourself. Mix up low-impact cardio with weight-bearing moves for an inventive, non-stop conditioning session. Build lean muscle, rev up your metabolism, and enhance your ab definition. 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 Power your most important parts. Enhance your core, back strength, and flexibility with a workout that makes you stand straighter, walk taller, and move better.

DANCE FITNESS WORKOUT Fuse vitality and grace to raise your spirits and your heart rate in a workout that's equal parts dance, sculpt, and cardio.

DEFINITIONS You define you. Tone, sculpt, and shape every muscle in an intense total-body workout.

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.

🩰 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.