

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
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	Tabata Riide Leon	6:00-7:00 CS◆	The Pursuit: Build Joshua Funderburg	6:00-6:45 MS	Battleground <i>Chris Tolmie</i>	8:15-9:15 CS◆	The Pursuit: Burn Noah Pantaleon	9:00-9:45 CS◆	Rhythm Revolution <i>Oscar Perez</i>
7:30-8:15 MS	Battleground <i>Colton Stollenmaier</i>	7:30-8:15 MS	Beyond Strength <i>Tony Thomas</i>	7:45-9:00 YS	Slow Flow Yoga <i>Shanti</i>	7:30-8:30 MS	Body Challenge <i>Colton Stollenmaier</i>	6:45-7:00 MS	Athletic Stretch <i>Chris Tolmie</i>	8:30-9:30 MS	Zumba® <i>Eliana Bonilla</i>	9:00-10:00 MS	BODY LANGUAGE <i>Andres Escobar</i>
7:45-9:00 YS	Vinyasa Yoga Pablo Lucero	9:00-10:00 MS	Tabata <i>Colton Stollenmaier</i>	9:00-9:45 CS◆	Rhythm Revolution <i>Dwayne Frection</i>	9:00-9:45 MS	THE CUT <i>Christa DiPaolo</i>	7:45-9:00 YS	Slow Flow Yoga <i>Shanti</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™ Cardio Intervals <i>Gabriel Hidalgo</i>	9:00-10:00 YS◆	Barre <i>Natalie Rivera</i>	9:00-10:00 MS	METCON3 <i>Gabriel Hidalgo</i>	9:00-10:00 MS	Barre <i>Lindsey Ransom</i>	8:00-8:45 MS◆	PURE STRENGTH <i>Jil Deviscour</i>	9:30-10:30 CS◆	Rhythm Revolution <i>Kate Carrick</i>	10:15-11:15 CS◆	The Pursuit: Build Chris Tolmie
9:00-10:00 YS◆	True Barre <i>Lindsey Ransom</i>	9:15-10:15 TR◆	Precision Running® <i>Gabriel Hidalgo</i>	9:00-10:00 TR◆	Precision Running® Joshua Funderburg	10:15-11:00 CS◆	Rhythm Revolution <i>Sabrina Mautner</i>	9:00-10:00 MS◆	Best Butt Ever <i>Joshua Funderburg</i>	9:45-10:30 MS	Definitions <i>Danny Lauchaire</i>	10:15-11:00 MS	Best Butt Ever <i>Colton Stollenmaier</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>Penny Needle</i>	10:15-11:30 YS	Vinyasa Yoga <i>Javier Lopez</i>	10:10-11:10 MS	Ballet Barre Workout <i>Anita Hope</i>	10:15-11:15 YS	Pilates <i>Penny Needle</i>	11:15-12:00 MS◆	PURE STRENGTH <i>Jil Deviscour</i>
10:15-11:00 CS◆	Rhythm Revolution <i>Kate Carrick</i>	10:15-11:15 MS	Pilates <i>Sue Spinelli</i>	10:15-11:00 CS◆	Rhythm Revolution <i>Raul Duarte</i>	10:30-11:30 MS	Zumba® <i>Cathy Medina</i>	10:15-11:00 CS◆	Skybeat® <i>Skyler Rodgers</i>	10:30-11:40 PD◆	TRI-Train (Swim/Cycle) Estefania Fierro	11:15-12:05 TR◆	Elevate <i>Estefania Fierro</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>	12:15-12:45 MS	Above the Belt <i>Joshua Funderburg</i>	11:15-12:15 MS	Pilates <i>Lindsey Ransom</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>	12:15-1:15 TR◆	Precision Running® Noah Pantaleon	12:15-12:15 MS	Studio Cycling <i>Gabriel Hidalgo</i>	10:45-11:45 TR◆	Precision Running® <i>Gabriel Hidalgo</i>		
12:15-1:00 CS◆	Studio Cycling <i>Dwayne Frection</i>	12:15-1:15 MS	BOX180™ <i>Christa DiPaolo</i>	12:15-1:00 CS◆	Rhythm Revolution Noah Pantaleon	12:15-1:15 YS	Vinyasa Yoga <i>Penny Needle</i>	12:15-1:00 MS	Body Challenge <i>Freddy Satizabal</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>	12:15-1:15 YS	Vinyasa Yoga <i>Penny Needle</i>	12:15-12:45 MS◆	Firestarter <i>Abbie Appel</i>	12:45-1:15 MS	Core Conditioning <i>Abbie Appel</i>	12:15-1:15 YS	Warrior Flow™ <i>Adrian Molina</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>	12:15-12:45 MS◆	Firestarter <i>Abbie Appel</i>	5:30-6:15 MS	METCON3 Joshua Funderburg	5:30-6:30 MS	Studio Cycling <i>Gabriel Hidalgo</i>	12:00-1:00 MS	Groove House <i>Rodrigo Gallardo</i>		
1:00-1:15 MS	Ab Lab <i>Christina Leon</i>	5:30-6:30 YS	Pilates <i>Natalie Rivera</i>	12:45-1:15 MS	Core Conditioning <i>Abbie Appel</i>	5:30-6:15 MS	Core Cuts Joshua Funderburg	5:30-6:30 YS◆	Body Challenge <i>Freddy Satizabal</i>				
5:30-6:15 CS◆	Studio Cycling <i>Gabriel Hidalgo</i>	5:45-6:55 TR◆	TRI-Train (Cycle/Run) Estefania Fierro	5:30-6:15 CS◆	Rhythm Revolution <i>Candace Storch</i>	5:30-6:15 MS◆	PURE STRENGTH Danny Lauchaire	6:30-7:30 MS	Warrior Flow™ <i>Adrian Molina</i>	5:30-6:30 MS	Definitions <i>Marco (Marquinho)</i> <i>Buonomo</i>		
5:30-6:20 MS	Skybeat® <i>Skyler Rodgers</i>	6:00-6:20 MS	Ab Lab <i>Robin Retherford</i>	5:30-6:15 MS◆	Rhythm Revolution <i>Candace Storch</i>	6:00-7:00 PD◆	EQX H2O: Endurance Estefania Fierro	6:30-7:45 YS	Body Challenge <i>Freddy Satizabal</i>				
5:30-6:30 YS◆	Barre (L1) <i>Elizabeth Vino</i>	6:30-7:15 CS◆	Studio Cycling <i>Robin Retherford</i>	6:00-7:00 PD◆	EQX H2O: Endurance <i>Estefania Fierro</i>	6:15-7:30 YS	Yoga Strength <i>Steven Herbst</i>	6:30-7:30 MS	Warrior Flow™ <i>Adrian Molina</i>				
6:00-7:00 PD◆	EQX H2O: Power <i>Estefania Fierro</i>	6:30-7:30 MS◆	Groove House <i>Rodrigo Gallardo</i>	6:15-7:30 YS	Yoga Strength <i>Steven Herbst</i>	6:30-7:00 MS◆	THE CUT: Jump Rope <i>Danny Lauchaire</i>	6:30-7:45 YS	Warrior Flow™ <i>Adrian Molina</i>				
6:30-7:15 MS	Fully Loaded <i>Gabriel Hidalgo</i>	6:30-7:45 YS	Power Yoga (L2) <i>Javier Lopez</i>	6:30-7:00 MS◆	THE CUT: Jump Rope <i>Danny Lauchaire</i>	6:45-7:30 CS◆	Rhythm Revolution <i>Oscar Perez</i>	6:35-7:45 YS	Warrior Flow™ <i>Adrian Molina</i>				
6:45-7:30 CS◆	Rhythm Revolution <i>Raul Duarte</i>	7:40-8:25 MS	Battleground <i>Emmanuel Griffin</i>	6:45-7:30 CS◆	Rhythm Revolution <i>Oscar Perez</i>	7:05-7:20 MS	Ab Lab <i>Danny Lauchaire</i>	6:35-7:30 CS◆	Definitions <i>Marco (Marquinho)</i> <i>Buonomo</i>				
6:45-8:00 YS	Power Yoga <i>Rene Martin</i>			7:05-7:20 MS	Ab Lab <i>Danny Lauchaire</i>	7:30-8:30 MS	Zumba® <i>Eliana Bonilla</i>	7:35-8:30 MS	Best Butt Ever <i>Colton Stollenmaier</i>				
7:00-8:00 TR◆	Precision Running® <i>Colton Stollenmaier</i>			7:30-8:30 MS	Zumba® <i>Eliana Bonilla</i>	7:30-8:30 YS◆	Barre <i>Ana Figueras</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

Noah.Pantaleon@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

L1	Beginner
L2	Intermediate
L3	Advanced

STUDIO KEY

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

WHAT'S NEW THIS MONTH

15 minutes is all it takes to get your Best Arms Ever, our new summer program! This class is designed with your tank top arms in mind. Launching in July in select

STUDIO 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.

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

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.

SLOW FLOW YOGA Slow down and deepen your practice. A vinyasa practice that focuses on quality transitions between posture and awareness of breath and mind.

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 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

BATTLEGROUND 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 BATTLEGROUND competition.

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 A high intensity interval workout protocol where your rest is always shorter than your work. Designed to increase athletic performance and torch calories both during class and after!

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.

VIPTM™ CARDIO INTERVALS Seamless transitions and non-stop movement alternating cardiovascular drills with strength training exercises in a time saver workout that delivers whole body integration for maximum metabolic rate & increased caloric expenditure, leaving you fitter and stronger.

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.

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.

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.

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.

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.

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!

MITANA DANCE Join in on this high energy, fun dance class that features combinations which take their influence from various dance styles including Jazz, Hip Hop, African, Contemporary, Broadway and Modern Ballet. Show us what you've got!

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.

ZUMBA® Easy to follow dance fitness classes that are fun, energetic, and leave you feeling amazing. Zumba® fuses Latin, international and popular music to create a dynamic and effective workout.