

THURSDAY 5/25		FRIDAY 5/26		SATURDAY 5/27		SUNDAY 5/28		MONDAY 5/29		TUESDAY 5/30		WEDNESDAY 5/31	
6:00-7:00 CS♦	The Pursuit: Build Joshua Funderburg	7:45-9:00 YS	Slow Flow Yoga Shanti	8:15-9:15 CS♦	The Pursuit: Burn Noah Pantaleon	9:00-9:45 CS♦	Rhythm Revolution Oscar Perez	9:00-10:00 YS♦	True Barre Lindsey Ransom	6:00-7:00 CS♦	Studio Cycling Chris Tolmie	6:00-6:45 MS	Tabata Chris Tolmie
7:30-8:30 MS	<b>Summer Sculpt</b> Julian Diasa	9:10-10:10 YS♦	Ballet Barre Workout Anita Hope	9:00-10:00 YS♦	True Barre Natalie Rivera	10:00-11:15 YS	Vinyasa Yoga Penny Needle	10:15-11:00 CS♦	Rhythm Revolution Kate Carrick	7:30-8:30 MS	Beyond Strength Tarra Martinez	7:45-9:00 YS	Slow Flow Yoga Shanti
9:00-9:45 MS	THE CUT Christa DiPaolo	10:15-11:00 CS♦	Studio Cycling Joshua Funderburg	9:30-10:30 CS♦	<b>Gear up for Summer</b> Kate Carrick	10:15-11:15 CS♦	The Pursuit: Build Chris Tolmie	12:15-1:00 CS♦	<b>Red, Ride and Blue</b> Gabriel Hidalgo	9:00-10:00 MS	Tabata Colton Stollenmaier	9:00-9:45 CS♦	Rhythm Revolution Raul Duarte
9:00-10:00 YS♦	True Barre Lindsey Ransom	12:15-1:00 CS♦	Studio Cycling Gabriel Hidalgo	10:15-11:15 YS	Pilates Penny Needle	11:30-12:00 YS	Meditation Dennis Hunter	12:15-1:15 YS	Vinyasa Yoga Jil Deviscour (SUB)	9:00-10:00 YS♦	True Barre Natalie Rivera	9:00-10:00 MS	METCON3 Gabriel Hidalgo
10:15-11:00 CS♦	Studio Cycling Joshua Funderburg (SUB)	12:15-1:15 YS	<b>Memorial Day Warrior Yoga</b> Adrian Molina	10:45-11:45 TR♦	Precision Running® Joshua Funderburg (SUB)					9:15-10:15 TR♦	Precision Running® Gabriel Hidalgo	9:00-10:00 YS♦	Barre Pilates Penny Needle
10:15-11:30 YS	Vinyasa Yoga Javier Lopez			11:30-1:00 YS	Power Yoga (L2) Javier Lopez					10:15-11:00 CS♦	Studio Cycling Sabrina Mautner	10:15-11:00 CS♦	Rhythm Revolution Raul Duarte
10:30-11:30 MS	Zumba® Luca Colasuonno (SUB)									10:15-11:15 MS	<b>Pilates</b> Sue Spinelli	10:15-11:15 MS	Skybeat® Skyler Rodgers
12:15-12:45 MS	Above the Belt Joshua Funderburg									10:15-11:30 YS	Vinyasa Yoga Javier Lopez	10:15-11:15 YS	Warrior Flow™ Adrian Molina
12:15-1:15 TR♦	Precision Running® Noah Pantaleon									12:15-1:15 MS	BOX180™ Christa DiPaolo	12:15-1:00 CS♦	CYCLEtherapy™ Noah Pantaleon
12:15-1:15 YS	Vinyasa Yoga Pablo Lucero (SUB)									12:15-1:15 YS	Vinyasa Yoga Penny Needle	12:15-12:45 MS♦	Firestarter Abbie Appel
12:45-1:15 MS	Best Abs Ever Joshua Funderburg									5:30-6:00 MS♦	Firestarter Christina Leon	12:45-1:15 MS	Core Conditioning Abbie Appel
5:30-6:20 MS	<b>Memorial Day Challenge</b> Noah Pantaleon									5:30-6:30 YS	Pilates Natalie Rivera	5:30-6:30 CS♦	The Pursuit: Burn Noah Pantaleon
5:30-6:30 YS♦	Barre Pilates Natalie Rivera									6:00-6:30 MS	Best Abs Ever Christina Leon	5:30-6:15 MS♦	PURE STRENGTH Danny Lauchaire
6:30-7:30 MS	Groove House Rodrigo Gallardo									6:30-7:15 CS♦	Studio Cycling Christina Leon	6:00-7:00 PD♦	EQX H2O: Speed Estefania Fierro
6:30-7:45 YS	Power Yoga (L2) Javier Lopez									6:30-7:30 MS♦	Groove House Rodrigo Gallardo	6:15-7:30 YS	Yoga Strength Steven Herbst
6:45-7:45 CS♦	The Pursuit: Build Noah Pantaleon									6:30-7:45 YS	Power Yoga (L2) Javier Lopez	6:30-7:15 MS	METCON3 Colton Stollenmaier
										7:35-8:30 MS	Boxing Boot Camp Emmanuel Griffin	6:45-7:30 CS♦	Rhythm Revolution Raul Duarte
												7:30-8:30 MS	Zumba® Eliana Bonilla
												7:30-8:30 YS♦	Barre Ana Figueras

## CORAL GABLES

THE VILLAGE OF MERRICK PARK AT 370 SAN LORENZO AVE  
CORAL GABLES FLORIDA 33146  
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## MEMORIAL DAY HOLIDAY HOURS

**MAY 27 - MAY 28** 08:00 AM - 06:00 PM

**MAY 29:** 08:00 AM - 07:00 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

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

**WHAT'S NEW THIS MONTH**  
Spring is in the air. Welcome the new season with rejuvenating classes your body has been craving.

## STUDIO CYCLING

**CYCLE THERAPY™** Connect to the 7 energy centers of the body with this innovative approach to cycling. A challenging yet meditative practice of spiritual athleticism that balances your body & mind, while aligning with your body's energetic system. Unleash the power within!

**GEAR UP FOR SUMMER** Get on the summer starting line and get ready to push yourself through multiple climbs, sprints and sequences for a heart-pumping, unpredictable thrill ride.

**RED, RIDE AND BLUE** 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.

**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

**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

**MEMORIAL DAY WARRIOR YOGA** Honor your inner Yoga warrior in a vigorous, more athletic approach to Yoga featuring flowing poses and sequences that support the breath.

**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

**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!

## 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

**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 ABS EVER** Chisel your core and ignite your metabolism with a challenging, 30-minute six-pack of exercises that builds abdominal muscles and enhances total-body performance.

**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!

**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.

**MEMORIAL DAY CHALLENGE** Looking for an incredible, fat-burning, heart-pumping workout? Then this class is for you! Using combinations of athletic-based aerobic moves, step, body bars, hand weights, medicine balls and tubes, this high-energy, multi-intensity class is the ultimate in cardiovascular workouts.

**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.

**SUMMER SCULPT** Get ready for summer in an intense total-body conditioning session using weights, body bars and steps.

## 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

**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.

**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.

## BOXING & MARTIAL ARTS

**BOX180™** Christa DiPaolo's BOX180™, is an adrenaline-fueled, cardio boxing workout that is guaranteed to challenge every muscle in the body resulting in a 180-degree full body transformation. Mountain climb, push up, jab and uppercut your way through a physically and mentally motivating workout.

**BOXING BOOT CAMP** Work on creating or enhancing your boxing skills. Great for cardio conditioning, as well as building strength and endurance through, boxing drills, shadow boxing, kickboxing, jump rope, and a variety of core strengthening exercises. Check with the front desk to see if gloves and wraps are required.

**THE CUT** A cardio-forward boxing workout with no bags, no wraps and no ring. It's just you, light hand-weights and your own killer instinct, set to an explosive playlist that powers you through five rhythmic, relentless rounds. This one-of-a-kind class will train you to move, look and feel like a champion.

## POOL

**EQX H2O: SPEED** Race your way through all four competitive strokes and turns as you master sprints to optimize your speed, technique and form over short distances.

## ACTIVE REGENERATION

**MEDITATION** Create stillness for self-transformation. Various methods of breathwork combined with disciplined self-observation of the mind and body. Conscious exploration of thoughts, feelings, and expectations bring clarity of purpose. Themes may explore happiness, peace, health, abundance and prosperity.