

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:30 YS Warrior Flow™ <i>Adrian Molina</i>	6:30-7:15 MS Purgatory BootCamp™ <i>Angel Alicea</i>	6:30-7:30 CS◆ The Pursuit: Burn <i>Tarra Martinez</i>	6:30-7:00 MS Tabata <i>Russell Smith</i>	9:00-9:15 MS Rockstar Abz <i>Roya Siroospour</i>	9:15-9:45 MS <b>Upper Body Conditioning</b> <b>Roya Siroospour</b>	9:15-10:00 MS Beyond Strength <i>Tarra Martinez</i>
9:15-10:15 MS Super Sculpt <i>Tarra Martinez</i>	7:00-7:45 CS◆ Studio Cycling <i>Tarra Martinez</i>	6:30-7:30 YS Warrior Flow™ <i>Adrian Molina</i>	7:00-7:30 MS Ab Lab <i>Russell Smith</i>	9:15-10:15 MS Super Sculpt <i>Roya Siroospour</i>	9:15-10:15 YS Lean Lines <i>Robin Retherford</i>	9:15-10:15 YS Core & Stretch <i>Elissa Barbach</i>
9:15-10:15 YS Lean Lines <i>Jade Perkins</i>	8:00-8:45 MS◆ Battleground <i>Angel Alicea</i>	9:15-9:30 MS Ab Lab <i>Abbie Appel</i>	8:00-8:45 CS◆ Studio Cycling <i>Dwayne Frection</i>	9:45-10:45 YS Lean Lines <i>Amber Immordino</i>	9:45-10:15 MS Booty Blast <i>Roya Siroospour</i>	10:15-11:15 MS Zumba® <i>Cathy Medina</i>
10:30-11:15 CS◆ Studio Cycling <i>Oscar Perez</i>	9:00-10:00 YS Warrior Flow™ <i>Adrian Molina</i>	9:30-10:15 MS Chisel'd <i>Abbie Appel</i>	9:00-10:00 YS Warrior Flow™ <i>Adrian Molina</i>	10:30-11:15 CS◆ Rhythm Revolution <i>Aidan Rivera</i>	10:20-11:20 MS <b>Dance your Pants Off!</b> <b>Anya Weir</b>	10:30-11:15 CS◆ Studio Cycling <i>Michael Greg</i>
10:30-11:20 MS Boxing Boot Camp <i>Dwayne Frection</i>	9:15-10:00 MS Cardio Sculpt <i>Roya Siroospour</i>	10:30-11:15 CS◆ Studio Cycling <i>Oscar Perez</i>	9:15-10:00 MS Best Butt Ever <i>Abbie Appel</i>	10:30-11:30 MS Dance! <i>Jonathan Lara Castillo</i>	10:30-11:30 CS◆ The Pursuit: Build <i>Russell Smith</i>	10:30-11:30 TR◆ Precision Running® <i>Angel Alicea</i>
10:30-11:30 YS Vinyasa Yoga <i>Pablo Lucero</i>	9:30-10:20 TR◆ Elevate <i>Russell Smith</i>	10:30-11:15 MS◆ <b>PURE STRENGTH</b> <b>Russell Smith</b>	9:30-10:30 TR◆ Precision Running® <i>Danny Lauchaire</i>	11:00-12:00 YS Vinyasa Yoga <i>Jannee Alt</i>	10:30-11:45 YS Warrior Flow™ <i>Adrian Molina</i>	10:30-11:45 YS Power Yoga <i>Paul Richardson</i>
5:30-6:15 MS◆ <b>PURE STRENGTH</b> <i>Angel Alicea</i>	10:00-10:45 CS◆ Studio Cycling <i>Michael Greg</i>	10:30-11:30 YS Lean Lines <i>Amber Immordino</i>	10:00-10:45 CS◆ Studio Cycling <i>Abbie Appel</i>	5:45-6:15 MS Ab Lab <i>Emmanuel Griffin</i>	11:30-12:15 MS <b>Tabata</b> <b>Chris Tolmie</b>	11:30-12:15 MS Fully Loaded <i>Angel Alicea</i>
6:00-6:50 YS True Barre <i>Lindsey Ransom</i>	10:15-11:15 MS Zumba® <i>Cathy Medina</i>	12:00-1:00 YS Power Yoga <i>Nicolay Del Salto</i>	10:15-11:15 MS Dance! <i>Gigi Stoot</i>	6:15-6:45 MS Kettlebell Power <i>Emmanuel Griffin</i>	11:50-12:20 YS Meditation <i>Dennis Hunter</i>	
6:15-6:45 MS Best Abs Ever <i>Angel Alicea</i>	10:45-11:45 YS Barre <i>Abbie Appel</i>	5:30-6:00 MS <b>Firestarter</b> <b>Joshua Funderburg</b>	11:00-11:50 YS Lean Lines <i>Robin Retherford</i>	6:15-7:30 YS Power Yoga <i>Joey Corona</i>	5:30-6:45 YS Vinyasa Yoga <i>Javier Lopez</i>	
6:30-7:30 CS◆ The Pursuit: Build <i>Chris Tolmie</i>	12:00-1:00 YS Core & Stretch <i>Elissa Barbach</i>	6:00-6:30 MS <b>Best Butt Ever</b> <b>Joshua Funderburg</b>	12:00-1:00 YS Athletic Stretch <i>Heaton Graham</i>			
6:50-7:35 MS <b>THE CUT</b> <b>Christa DiPaolo</b>	5:30-6:00 MS Best Butt Ever <i>Russell Smith</i>	6:00-6:30 MS <b>Best Butt Ever</b> <b>Joshua Funderburg</b>	5:30-6:15 MS◆ Battleground <i>Angel Alicea</i>			
7:00-8:15 YS Power Yoga <i>Gradiva Ciani</i>	6:00-6:30 MS Best Abs Ever <i>Russell Smith</i>	6:00-6:50 YS Lean Lines <i>Robin Retherford</i>	6:00-6:50 TR◆ Elevate <i>Colton Stollenmaier</i>			
7:45-8:35 MS <b>Skybeat®</b> <b>Rock Evans</b>	6:00-7:00 TR◆ Precision Running® <i>Colton Stollenmaier</i>	6:35-7:05 MS <b>Core Cuts</b> <b>Roya Siroospour</b>	6:00-7:00 YS <b>Vinyasa Yoga</b> <b>JP Tiffert</b>			
	6:00-7:00 YS Barre <i>Elizabeth Vino</i>	7:00-7:45 CS◆ Studio Cycling <i>Joshua Funderburg</i>	6:30-7:30 CS◆ The Pursuit: Burn <i>Russell Smith</i>			
	6:30-7:15 CS◆ Rhythm Revolution <i>Andrea Franklin</i>	7:00-8:15 YS Power Yoga <i>Heaton Graham</i>	6:30-7:15 MS Boxing Boot Camp <i>Angel Alicea</i>			
	6:35-7:20 MS <b>Fully Loaded</b> <b>Miguel Falcon</b>	7:05-7:55 MS <b>Just Lift!</b> <b>Roya Siroospour</b>	7:10-8:10 YS <b>True Barre</b> <b>Mari Espinoza</b>			
	7:15-8:30 YS Vinyasa Yoga <i>Elgar Richards</i>	8:00-9:00 MS Dance! <i>Jonathan Lara Castillo</i>	7:30-8:20 MS <b>Skybeat®</b> <i>Skyler Rodgers</i>			
	7:30-8:30 MS MITANA DANCE <i>Miguel Falcon</i>					

## SOUTH BEACH

520 COLLINS AVENUE  
MIAMI BEACH FLORIDA  
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305.673.1172  
EQUINOX.COM  
@EQUINOX

**MON - FRI:** 5:30AM - 11:00PM  
**SAT & SUN:** 8:00AM - 9:00PM

**GROUP FITNESS MANAGER**  
RUSSELL SMITH  
russell.smith@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
MS	Main Studio
CS	Cycling Studio
TR	Treadmill Area

### 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 locations.

## 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.

**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.

## 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.

**KETTLEBELL POWER** Kettlebells have long been considered a powerful and effective training tool for maximizing results in workouts. Come experience a powerful full body workout using the new Kettlebells. Build power,

and condition your body while learning dynamic new exercises using the Kettlebell

**PURGATORY BOOTCAMP™** Designed by Angel Alicea, this high intensity, no-nonsense, non-stop conditioning/cardio class will push you mentally as well as physically. Using your bodyweight as the main source of resistance, you will perform variations of push-ups, squats and lunges. Be prepared to work.

**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

**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 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.

**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!

**BOOTY BLAST** Dedicated to the bottom half: glutes, hips, thighs and abs. Burning buns and a blast!

**CARDIO SCULPT** A total body workout for both muscular strength and endurance. Continuous movement to great music keeps the heart rate up for a sweat-drenched sculpting session.

**CHISEL'D** A total body workout with exercises that transition from one muscle group to the next. Continuous movement and great music to keep the heart rate up for a sweat drenched session.

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

**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.

**JUST LIFT!** Grab a bar and some plates and get ready to LIFT! This full-body barbell workout will tackle all of your major muscle groups one by one. Squat, lunge, curl,

and press your way to a stronger, fitter and more toned YOU!

**LEAN LINES** This total body toning workout incorporates a cardio combination of pilates, ballet and resistance training to maximize fat burning and develop long lean muscles.

**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.

**ROCKSTAR ABZ** Non stop core workout using the medicine ball and physio ball for maximum results. A series of floor planks will also build lower back strength to improve posture and tighten your lower core leaving you sleek and ready to Rock the beach!

**SUPER SCULPT** Total body conditioning using weights, body bars and steps. Builds strength and endurance in the entire body.

**UPPER BODY CONDITIONING** In 30 minutes shape and define your upper body with effective, time-efficient methods using a variety of equipment. Workout ends with core training.

## DANCE

**DANCE YOUR PANTS OFF!** Learning the steps to a choreographed routine while toning thighs, hips, & glutes. Expect all styles of dance & music while increasing flexibility, learning valuable dance & performance technique, & burning calories in the most enjoyable way. No dance experience necessary, laughter is mandatory.

**DANCE!** Equinox dance instructors teach you fun combinations to popular dance music. Styles may include jazz, modern, funk and hip hop.

**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.

## BOXING & MARTIAL ARTS

**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.