

THURSDAY 5/25		FRIDAY 5/26		SATURDAY 5/27		SUNDAY 5/28		MONDAY 5/29		TUESDAY 5/30		WEDNESDAY 5/31	
6:30-7:15 MS◆	PURE STRENGTH <i>Chris Tolmie</i>	9:00-9:15 MS	Rockstar Abz <i>Roya Siroospour</i>	9:15-9:45 MS	Upper Body Conditioning <i>Roya Siroospour</i>	9:15-10:00 MS	Memorial Day Challenge <i>Danny Lauchaire</i>	9:15-10:15 MS	Summer Slam <i>Russell Smith, Tony Thomas</i>	6:30-7:15 MS	Purgatory BootCamp™ <i>Angel Alicea</i>	6:30-7:30 CS◆	The Pursuit: Build <i>Russell Smith</i>
8:00-8:45 CS◆	Studio Cycling <i>Russell Smith (SUB)</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>	10:30-11:15 CS◆	Red, Ride and Blue <i>Oscar Perez</i>	7:00-7:45 CS◆	Studio Cycling <i>Raul Duarte</i>	6:30-7:30 YS	Warrior Flow™ <i>Adrian Molina</i>
9:00-10:00 YS	Warrior Flow™ <i>Adrian Molina</i>	10:30-11:15 CS◆	Rhythm Revolution <i>Aidan Rivera</i>	9:45-10:15 MS	Summer Sculpt <i>Roya Siroospour</i>	10:15-11:15 MS	Zumba® <i>Cathy Medina</i>	10:30-11:45 YS	Memorial Day Warrior Yoga <i>Paul Richardson</i>	9:00-10:00 YS	Warrior Flow™ <i>Adrian Molina</i>	9:15-9:30 MS	Ab Lab <i>Abbie Appel</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: Burn <i>Russell Smith</i>	10:30-11:15 CS◆	Gear up for Summer <i>Michael Greg</i>			9:15-10:00 MS	Cardio Sculpt <i>Roya Siroospour</i>	9:30-10:15 MS	Chisel'd <i>Abbie Appel</i>
10:00-10:45 CS◆	Studio Cycling <i>Abbie Appel</i>	11:00-12:00 YS	Vinyasa Yoga <i>Jil Deviscour (SUB)</i>	10:30-11:30 MS	Dance! <i>Gigi Stoot</i>	10:30-11:30 TR◆	Precision Running® <i>Angel Alicea</i>			10:00-10:45 CS◆	Studio Cycling <i>Michael Greg</i>	10:30-11:15 CS◆	Studio Cycling <i>Russell Smith</i>
10:15-11:15 MS	Dance! <i>Gigi Stoot</i>			10:30-11:45 YS	Warrior Flow™ <i>Adrian Molina</i>	10:30-11:45 YS	Power Yoga <i>Paul Richardson</i>			10:15-11:15 MS	Zumba® <i>Cathy Medina</i>	10:30-11:00 MS◆	Firestarter <i>Julian Diasa</i>
11:00-12:00 YS	Lean Lines <i>Robin Retherford</i>			11:35-12:20 MS	Tabata <i>Chris Tolmie</i>	10:30-11:45 YS	Fully Loaded <i>Angel Alicea</i>			10:45-11:45 YS	Barre <i>Abbie Appel</i>	10:30-11:30 YS	Barre <i>Lindsey Ransom</i>
12:00-1:00 YS	Pilates Power <i>Sue Spinelli</i>			11:50-12:20 YS	Meditation <i>Dennis Hunter</i>	11:30-12:15 MS				12:00-1:00 YS	Core & Stretch <i>Elissa Barbach</i>	11:00-11:30 MS	Metabolic Meltdown <i>Julian Diasa</i>
6:00-6:30 MS	Best Abs Ever <i>Angel Alicea</i>									5:30-6:00 MS	Booty Blast <i>Giovanni Roselli</i>	12:00-1:00 YS	Power Yoga <i>JP Tiffert (SUB)</i>
6:00-7:00 YS	Barre <i>Miguel Falcon</i>									6:00-6:30 MS	Best Abs Ever <i>Giovanni Roselli</i>	5:45-6:30 MS	Best Butt Ever <i>Joshua Funderburg</i>
6:30-7:30 CS◆	The Pursuit: Build <i>Russell Smith (SUB)</i>									6:00-7:00 YS	Barre <i>Elizabeth Vino</i>	6:00-7:00 YS	Lean Lines <i>Robin Retherford</i>
6:30-7:15 MS	Boxing Boot Camp <i>Angel Alicea</i>									6:30-7:15 CS◆	Rhythm Revolution <i>Andrea Franklin</i>	6:30-7:00 MS	Core Cuts <i>Roya Siroospour</i>
7:15-8:30 YS	Warrior Flow™ <i>Adrian Molina</i>									6:30-7:15 MS	Fully Loaded <i>Giovanni Roselli</i>	7:00-8:00 CS◆	The Pursuit: Burn <i>Joshua Funderburg</i>
7:30-8:20 MS	Skybeat® <i>Skyler Rodgers</i>									7:15-8:30 YS	Vinyasa Yoga <i>Elgar Richards</i>	7:00-7:50 MS	Just Lift! <i>Roya Siroospour</i>
										7:30-8:30 MS	MITANA DANCE <i>Miguel Falcon</i>	7:15-8:30 YS	Power Yoga <i>Joey Corona</i>
												8:00-9:00 MS	Dance! <i>Jonathan Lara Castillo</i>

SOUTH BEACH

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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

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

MS	Main Studio
CS	Cycling Studio
YS	Yoga Studio
TR	Treadmill Area

WHAT'S NEW THIS MONTH

Spring is in the air. Welcome the new season with rejuvenating classes your body has been craving.

STUDIO CYCLING

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.

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

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.

METABOLIC MELTDOWN An intense full-body workout designed to spike your body's metabolic rate. Jump, crawl, pull,

push and swing as you melt away the pounds and create a new lean body.

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.

SUMMER SLAM Kick off summer as you dynamically mix cardio and strength intervals. Push yourself with external weights and your own weight to take your performance higher.

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.

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.

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.

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.

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!

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

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.

PILATES

PILATES POWER Rethink your Pilates practice! Focus on traditional Pilates concepts and alignment techniques while adding functional strength and flexibility through a blend of exercises designed to add power and stamina.

DANCE

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.