

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:30 YS Warrior Flow™ Adrian Molina	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>	6:30-7:00 MS CrossTraining Revolution <i>Drue DeAngelis</i>	9:15-10:00 MS Stacked! <i>Russell Smith</i>	9:15-10:00 MS Beyond Strength <i>Tarra Martinez</i>
9:00-9:15 MS Ab Lab <i>Tarra Martinez</i>	8:00-8:45 CS◆ Studio Cycling <i>Hugo Gatjens</i>	6:30-7:30 YS Warrior Flow™ Adrian Molina	7:00-7:30 MS Ab Lab <i>Russell Smith</i>	7:00-7:30 MS Ab Lab <i>Drue DeAngelis</i>	9:15-10:15 YS Lean Lines <i>Robin Retherford</i>	9:15-10:15 YS Essentrics <i>Elissa Barbach</i>
9:15-10:15 MS Streamline Sculpt <i>Tarra Martinez</i>	9:00-9:15 MS Core Conditioning <i>Christina Leon</i>	9:15-9:30 MS Ab Lab <i>Russell Smith</i>	8:00-8:45 CS◆ Studio Cycling <i>Russell Smith</i>	9:00-9:15 MS Ab Lab <i>Christina Leon</i>	10:00-10:15 MS Ab Lab <i>Russell Smith</i>	9:30-10:15 CS◆ Studio Cycling <i>Robin Retherford</i>
9:15-10:15 YS Lean Lines <i>Jade Perkins</i>	9:00-10:00 YS Warrior Flow™ Adrian Molina	9:15-10:15 YS Pilates <i>Aviva Abrams</i>	9:00-10:00 YS Vinyasa Yoga <i>Linda Pedrosa</i>	9:15-10:00 MS Definitions <i>Christina Leon</i>	10:30-11:30 CS◆ The Pursuit: Burn <i>Russell Smith</i>	10:15-11:15 MS Dance! <i>Luca Colasuonno</i>
10:15-11:00 CS◆ Studio Cycling <i>Russell Smith</i>	9:15-10:00 MS Cardio Sculpt <i>Christina Leon</i>	9:30-10:15 MS Sweat <i>Russell Smith</i>	9:15-10:00 MS The Low Down Tarra Martinez	9:45-10:45 YS Lean Lines <i>Amber Immordino</i>	10:30-11:15 MS◆ Battleground <i>Chris Tolmie</i>	10:30-11:15 CS◆ Studio Cycling <i>Michael Greg</i>
10:30-11:30 MS Boxing Boot Camp <i>Raul Torres</i>	10:15-11:00 CS◆ Studio Cycling <i>Cathy Medina</i>	10:15-11:00 CS◆ Studio Cycling <i>Candace Storch</i>	10:10-10:55 YS Pilates <i>Natalie Valdez</i>	10:15-11:00 CS◆ Studio Cycling <i>Aidan Rivera</i>	10:30-11:30 TR◆ Precision Running® <i>Heather Betancourt</i>	10:30-11:30 TR◆ Precision Running® <i>Angel Alicea</i>
10:30-11:30 TR◆ Precision Running® Tarra Martinez	11:00-11:50 YS Barre Bootcamp <i>Mari Espinoza</i>	10:30-11:30 MS Zumba® Cathy Medina	10:15-11:00 CS◆ Studio Cycling <i>Tarra Martinez</i>	10:15-11:15 MS Dance! Jonathan Lara Castillo	10:30-11:45 YS Power Yoga <i>Jil Deviscour</i>	10:30-11:45 YS Power Yoga <i>Paul Richardson</i>
10:30-11:30 YS Power Yoga <i>Gradiva Ciani</i>	12:00-1:00 YS Essentrics <i>Elissa Barbach</i>	10:30-11:30 YS Lean Lines <i>Amber Immordino</i>	11:00-12:00 YS Lean Lines <i>Robin Retherford</i>	11:00-12:00 YS Vinyasa Yoga <i>Jannee Alt</i>	11:30-12:30 MS Dance! <i>Nelson Polanco</i>	11:30-12:15 MS Fully Loaded <i>Angel Alicea</i>
5:30-6:15 MS◆ PURE STRENGTH <i>Angel Alicea</i>	5:30-6:00 MS Best Butt Ever <i>Russell Smith</i>	11:45-12:45 YS Power Yoga <i>Nicolay Del Salto</i>	5:30-6:15 MS Firestarter <i>Joshua Funderburg</i>	5:45-6:15 MS Ab Lab <i>Emmanuel Griffin</i>	12:00-1:00 YS Essentrics <i>Elissa Barbach</i>	
6:00-6:50 YS True Barre <i>Lindsey Ransom</i>	6:00-6:30 MS Best Abs Ever <i>Russell Smith</i>	5:30-6:00 MS THE MUSE™ <i>Robin Retherford</i>	6:00-6:30 MS Boxing Boot Camp <i>Raul Torres</i>	5:45-7:00 YS Power Yoga <i>Joey Corona</i>	5:30-6:45 YS Vinyasa Yoga <i>Javier Lopez</i>	
6:15-6:45 MS Best Abs Ever <i>Angel Alicea</i>	6:00-7:00 TR◆ Precision Running® <i>Colton Stollenmaier</i>	5:30-6:00 YS◆ THE MUSE™ <i>Robin Retherford</i>	6:00-7:00 YS Vinyasa Yoga <i>JP Tiffert</i>	6:15-6:45 MS Kettlebell Power <i>Emmanuel Griffin</i>		
6:30-7:30 CS◆ The Pursuit: Burn <i>Chris Tolmie</i>	6:00-7:00 YS Barre Bootcamp <i>Jade Perkins</i>	6:00-6:30 MS Best Butt Ever <i>Joshua Funderburg</i>	6:15-7:00 TR◆ Precision Running® <i>Colton Stollenmaier</i>			
6:50-7:35 MS Stacked! <i>Heather Betancourt</i>	6:35-7:20 MS Fully Loaded <i>Miguel Falcon</i>	6:00-6:30 MS Lean Lines <i>Robin Retherford</i>	6:30-7:30 TR◆ The Pursuit: Build <i>Russell Smith</i>			
7:00-8:15 YS Vinyasa Yoga <i>Kristina Colon</i>	6:45-7:30 CS◆ Studio Cycling <i>Russell Smith</i>	6:00-7:00 YS Lean Lines <i>Robin Retherford</i>	6:30-7:15 MS◆ Ropes and Rowers <i>Angel Alicea</i>			
7:45-8:45 MS Zumba® Tammy Reznik	7:15-8:30 YS Vinyasa Yoga <i>Elgar Richards</i>	6:30-7:00 MS Core Conditioning <i>Joshua Funderburg</i>	6:30-7:15 MS◆ Ropes and Rowers <i>Angel Alicea</i>			
	7:30-8:30 MS MITANA DANCE <i>Miguel Falcon</i>	6:45-7:30 CS◆ Studio Cycling <i>Aidan Rivera</i>	7:10-7:55 YS◆ THE MUSE™ <i>Mari Espinoza</i>			
		7:05-7:50 MS THE CUT <i>Brittany Berger</i>	7:30-8:20 MS Skybeat® <i>Skyler Rodgers</i>			
		7:10-8:25 YS Power Yoga <i>Nicolay Del Salto</i>				
		8:00-9:00 MS Dance! <i>Jonathan Lara Castillo</i>				

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

GROUP FITNESS MANAGER
RUSSELL SMITH
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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

YS	Yoga Studio
MS	Main Studio
CS	Cycling Studio
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

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.

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

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

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.

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.

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!

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.

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

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.

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.

ROPES AND ROWERS A full body circuit built on battling ropes and the WaterRower, driving balanced strength and greater cardio fitness to propel your performance. Exhilarating solo and team competitions will push you to bring it, beat it and brag about it!

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.

SWEAT A no nonsense workout with cardio drills and strength building exercises for a challenging, sports training experience. Reach your fitness goals and be prepared to SWEAT in this high-energy, high-intensity class.

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 BOOTCAMP Whip your entire frame into shape with a challenging, Barre-inspired bootcamp workout fueled by high-energy music, weights, and heart-pumping cardio.

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

CARDIO SCULPT Build strength and endurance

all in one intense workout. Continuous movement to the hottest new music keeps your heart pounding as you sculpt and tone your entire body.

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.

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

ESSENTRICS Dynamically stretch and strengthen to re-balance the muscular structure in continuous rotational movements. Using unique flowing movements proven to simultaneously slenderize and tone the abs, waist, and back, this full-body technique liberates muscle chains, relieves tension and empowers the body.

LEAN LINES Your body is our work of art. Create a long, lean physique that's made to be appreciated with an inventive mix of Pilates, Barre, and resistance training.

STREAMLINE SCULPT Prepare for a superior sculpt. Strengthen your entire body with essential conditioning moves re-imagined in a variety of sequences and equipment. Perfect for all fitness levels.

THE LOW DOWN Get a better rearview in a class devoted to intense shaping and sculpting. Challenge your abs and strengthen your glutes, thighs, and hamstrings for a total lower body workout that will enhance your finest assets.

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

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

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.