

MONDAY 11/20		TUESDAY 11/21		WEDNESDAY 11/22		THURSDAY 11/23		FRIDAY 11/24		SATURDAY 11/25		SUNDAY 11/26	
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>	9:00-10:00 MS	Carve and Sculpt <i>Russell Smith,</i> <i>Roya Siroospour</i>	6:30-7:00 MS	Boot Camp <i>Heather Betancourt</i> <i>(SUB)</i>	9:15-9:45 MS	Upper Body Conditioning <i>Roya Siroospour</i>	9:15-10:00 MS	Beyond Strength <i>Tarra Martinez</i>
9:00-9:15 MS	Rockstar Abz <i>Tarra Martinez</i>	8:00-8:45 CS◆	Studio Cycling <i>Hugo Gatjens</i>	6:30-7:30 YS	Warrior Flow™ <i>Adrian Molina</i>	9:00-10:00 YS	Gratitude Yoga <i>Adrian Molina</i>	7:00-7:30 MS	Ab Lab <i>Heather Betancourt</i> <i>(SUB)</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	Super Sculpt <i>Tarra Martinez</i>	9:00-10:00 YS	Warrior Flow™ <i>Adrian Molina</i>	9:15-9:30 MS	Ab Lab <i>Russell Smith</i>	10:15-11:15 CS◆	Beast n Feast Ride <i>Michael Greg</i>	9:00-9:15 MS	Rockstar Abz <i>Roya Siroospour</i>	9:45-10:15 MS	Booty Blast <i>Roya Siroospour</i>	10:15-11:15 MS	Dance! <i>Luca Colasuonno</i>
9:15-10:15 YS	Lean Lines <i>Jade Perkins</i>	9:15-10:00 MS	Cardio Sculpt <i>Roya Siroospour</i>	9:15-10:15 YS	Pilates <i>Aviva Abrams</i>	10:15-11:15 MS	Dance! <i>Rock Evans (SUB)</i>	9:15-10:15 MS	Super Sculpt <i>Roya Siroospour</i>	10:30-11:30 CS◆	The Pursuit: Burn <i>Russell Smith</i>	10:30-11:15 CS◆	Studio Cycling <i>Michael Greg</i>
10:30-11:15 CS◆	Studio Cycling <i>Russell Smith</i>	9:30-10:20 TR◆	Elevate <i>Russell Smith</i>	9:30-10:15 MS	Sweat <i>Russell Smith</i>	10:15-11:15 YS	Lean Lines <i>Robin Retherford</i>	9:45-10:45 YS	Lean Lines <i>Amber Immordino</i>	10:30-11:15 MS	Battleground <i>Chris Tolmie</i>	10:30-11:30 TR◆	Precision Running@ <i>Angel Alicea</i>
10:30-11:20 MS	Boxing Boot Camp <i>Tania Amthor</i> <i>(SUB)</i>	10:00-10:45 CS◆	Studio Cycling <i>Michael Greg</i>	10:30-11:15 CS◆	Rhythm Revolution <i>Candace Storch</i>	10:30-11:15 MS◆	Battleground <i>Colton Stollenmaier</i> <i>(SUB)</i>	10:30-11:15 CS◆	Rhythm Revolution <i>Aidan Rivera</i>	10:30-11:30 TR◆	Tread and Shred <i>Ana Schochet</i>	10:30-11:45 YS	Power Yoga <i>Daniel Mordechai</i> <i>(SUB)</i>
10:30-11:30 YS	Vinyasa Yoga <i>Pablo Lucero</i>	10:15-11:15 MS	Zumba@ <i>Cathy Medina</i>	10:30-11:30 YS	Lean Lines <i>Amber Immordino</i>	12:00-1:00 YS	Power Yoga <i>Nicolay Del Salto</i>	10:30-11:30 MS	Dance! <i>Jonathan Lara</i> <i>Castillo</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>	10:45-11:45 YS	Barre Bootcamp <i>Mari Espinoza</i>	12:00-1:00 YS	Firestarter <i>Joshua Funderburg</i>	5:30-6:00 MS	Best Butt Ever <i>Russell Smith</i>	5:45-6:15 MS	Vinyasa Yoga <i>Jannee Alt</i>	5:30-6:45 YS	Vinyasa Yoga <i>Javier Lopez</i>		
6:00-6:50 YS	Barre <i>Aviva Abrams</i> <i>(SUB)</i>	12:00-1:00 YS	Essentrics <i>Elissa Barbach</i>	5:30-6:00 MS	Best Butt Ever <i>Russell Smith</i>	6:00-6:30 MS	Best Abs Ever <i>Russell Smith</i>	6:15-6:45 MS	Ab Lab <i>Emmanuel Griffin</i>				
6:15-6:45 MS	Best Abs Ever <i>Angel Alicea</i>	5:30-6:00 MS	Best Butt Ever <i>Russell Smith</i>	6:00-6:30 MS	Best Abs Ever <i>Russell Smith</i>	6:00-6:30 MS	Best Butt Ever <i>Joshua Funderburg</i>	6:15-6:45 MS	Kettlebell Power <i>Emmanuel Griffin</i>				
6:30-7:30 CS◆	The Pursuit: Burn <i>Chris Tolmie</i>	6:00-6:30 MS	Best Abs Ever <i>Russell Smith</i>	6:00-6:50 YS	Lean Lines <i>Robin Retherford</i>	6:00-6:50 YS	Lean Lines <i>Robin Retherford</i>	6:15-7:30 YS	Power Yoga <i>Joey Corona</i>				
6:45-7:45 CL	Equinox Run Club <i>Hugo Gatjens</i>	6:00-7:00 TR◆	Precision Running® <i>Colton Stollenmaier</i>	6:35-7:05 MS	Core Cuts <i>Roya Siroospour</i>	6:35-7:05 MS	Core Cuts <i>Roya Siroospour</i>						
6:50-7:35 MS	THE CUT <i>Christa DiPaolo</i>	6:00-7:00 YS	Barre Bootcamp <i>Jade Perkins</i>	7:00-7:45 CS◆	Studio Cycling <i>Ana Schochet</i>	7:00-7:45 CS◆	Studio Cycling <i>Ana Schochet</i>						
7:00-8:15 YS	Power Yoga <i>Daniel Mordechai</i> <i>(SUB)</i>	6:30-7:15 CS◆	Rhythm Revolution <i>Russell Smith (SUB)</i>	7:00-8:15 YS	Power Yoga <i>Heaton Graham</i>	7:00-8:15 YS	Power Yoga <i>Heaton Graham</i>						
7:45-8:35 MS	Skybeat@ <i>Rock Evans</i>	6:35-7:20 MS	Fully Loaded <i>Miguel Falcon</i>	7:05-7:55 MS	Just Lift! <i>Roya Siroospour</i>	7:05-7:55 MS	Just Lift! <i>Roya Siroospour</i>						
		7:15-8:30 YS	Vinyasa Yoga <i>Elgar Richards</i>	8:00-9:00 MS	Dance! <i>Jonathan Lara</i> <i>Castillo</i>	8:00-9:00 MS	Dance! <i>Jonathan Lara</i> <i>Castillo</i>						
		7:30-8:30 MS	MITANA DANCE <i>Miguel Falcon</i>										

SOUTH BEACH

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THANKSGIVING MODIFIED HOURS

NOVEMBER 23: 07:00 AM - 02:00 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

YS	Yoga Studio
MS	Main Studio
CS	Cycling Studio
CL	Club Lobby
TR	Treadmill Area

WHAT'S NEW THIS MONTH

Fall back into fitness and create good habits for the holiday season and upcoming winter months.

STUDIO CYCLING

BEAST N FEAST RIDE Get into high gear with this challenging ride that will take you through climbs & sprints for a complete cycling workout.

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: 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.

EQUINOX RUN CLUB Whether you're a marathoner, running purist or occasional enthusiast, our outdoor Run Club will inspire more from your run. Improve your stride, cardiovascular endurance, and deliver the physical and inner strength necessary to achieve results. Created by Wes Pedersen for Equinox.

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.

TREAD AND SHRED Rev up your run in a thrilling treadmill class with real ups and downs. Challenge your cardio endurance with varied speed and incline levels customized to your level. Effective coaching helps you maximize calorie burning and strength with every stride.

YOGA

GRATITUDE YOGA The perfect class for giving thanks. Join us for some energizing Yoga characterized by poses and sequences linked to breath and appreciation.

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.

BOOT CAMP You know the drill...anything goes in Boot Camp! Reap the benefits of this ultimate calorie-burning workout through challenging combination of cardiovascular drills and resistance training and much more!

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.

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.

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.

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.

CARVE AND SCULPT Carve yourself before you carve the bird. Challenge your strength and endurance in a sweat-drenched sculpting session, where great music keeps your heart racing for a thrilling total body workout.

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.

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.

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.

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.

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 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.