

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: Build <i>Russell Smith</i>	6:30-7:30 MS	Boot Camp <i>Tony Thomas</i>	9:00-9:15 MS	Rockstar Abz <i>Roya Siroospour</i>	9:15-9:30 MS	Ab Lab <i>Roya Siroospour</i>	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>	8:00-8:45 CS◆	Studio Cycling <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>	9:00-10:00 YS	Warrior Flow™ <i>Adrian Molina</i>	7:00-7:30 MS	Firestarter <i>Abbie Appel</i>	9:00-9:15 MS	Best Arms Ever <i>Abbie Appel</i>	9:45-10:45 YS	Lean Lines <i>Amber Immordino</i>	9:30-9:45 MS	Best Arms Ever <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>	9:15-10:00 MS	Cardio Sculpt <i>Roya Siroospour</i>	7:30-8:00 MS	Best Abs Ever <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>	9:45-10:15 MS	Booty Blast <i>Roya Siroospour</i>	10:30-11:15 CS◆	Studio Cycling <i>Michael Greg</i>
10:30-11:30 MS	Boxing Boot Camp <i>Dwayne Frection</i>	10:00-10:45 CS◆	Studio Cycling <i>Michael Greg</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>	10:30-11:30 TR◆	Precision Running® <i>Angel Alicea</i>
10:30-11:30 YS	Vinyasa Yoga <i>Pablo Lucero</i>	10:15-11:15 MS	Zumba® <i>Cathy Medina</i>	9:30-10:15 MS	Chisel'd <i>Abbie Appel</i>	9:30-10:30 TR◆	Precision Running® <i>Danny Lauchaire</i>	11:00-12:00 YS	Vinyasa Yoga <i>Jannee Alt</i>	10:30-11:30 MS	Dance! <i>Gigi Stoot</i>	10:30-11:45 YS	Power Yoga <i>Paul Richardson</i>
5:30-6:15 MS◆	PURE STRENGTH <i>Angel Alicea</i>	10:45-11:45 YS	Barre <i>Abbie Appel</i>	10:30-11:15 CS◆	Studio Cycling <i>Oscar Perez</i>	10:00-10:45 CS◆	Studio Cycling <i>Abbie Appel</i>	5:45-6:15 MS	Ab Lab <i>Emmanuel Griffin</i>	11:35-12:20 MS	Tabata <i>Chris Tolmie</i>	11:30-12:15 MS	Fully Loaded <i>Angel Alicea</i>
6:00-7:00 YS	Barre <i>Lindsey Ransom</i>	12:00-1:00 YS	Core & Stretch <i>Elissa Barbach</i>	10:30-11:15 MS◆	PURE STRENGTH: SUMMER EDITION <i>Russell Smith</i>	10:15-11:15 MS	Dance! <i>Gigi Stoot</i>	6:15-7:00 CS◆	Studio Cycling <i>Joshua Funderburg</i>	11:50-12:20 YS	Meditation <i>Dennis Hunter</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>	10:30-11:30 YS	Lean Lines <i>Amber Immordino</i>	11:00-12:00 YS	Lean Lines <i>Robin Retherford</i>	6:15-6:45 MS	Kettlebell Power <i>Emmanuel Griffin</i>	5:30-6:45 YS	Vinyasa Yoga <i>Javier Lopez</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>	12:00-1:00 YS	Power Yoga <i>Carley Siedlecki</i>	12:00-1:00 YS	Elastic Body <i>Heaton Graham</i>	6:15-7:30 YS	Power Yoga <i>Joey Corona</i>				
7:00-7:45 MS	THE CUT <i>Christa DiPaolo</i>	6:00-7:00 TR◆	Precision Running® <i>Colton Stollenmaier</i>	5:30-5:45 MS	Best Arms Ever <i>Joshua Funderburg</i>	6:00-6:30 MS	Best Abs Ever <i>Angel Alicea</i>	6:00-7:00 YS	Barre <i>Miguel Falcon</i>	6:30-7:30 CS◆	The Pursuit: Build <i>Russell Smith</i>		
7:00-8:15 YS	Power Yoga <i>Gradiva Ciani</i>	6:00-7:00 YS	Barre <i>Elizabeth Vino</i>	5:45-6:30 MS	Best Butt Ever <i>Joshua Funderburg</i>	6:30-7:15 MS	Boxing Boot Camp <i>Angel Alicea</i>	6:30-7:30 CS◆	The Pursuit: Build <i>Russell Smith</i>	6:30-7:15 MS	Boxing Boot Camp <i>Angel Alicea</i>		
8:00-8:50 MS	Skybeat® <i>Rock Evans</i>	6:30-7:15 CS◆	Rhythm Revolution <i>Andrea Franklin</i>	6:00-7:00 YS	Lean Lines <i>Robin Retherford</i>	7:15-8:30 YS	Vinyasa Yoga <i>JP Tiffert</i>	7:00-7:45 CS◆	Studio Cycling <i>Joshua Funderburg</i>	7:15-8:30 YS	Vinyasa Yoga <i>JP Tiffert</i>		
		7:30-8:30 MS	MITANA DANCE <i>Miguel Falcon</i>	6:30-7:00 MS	Core Cuts <i>Roya Siroospour</i>	7:30-8:20 MS	Skybeat® <i>Skyler Rodgers</i>	7:00-7:50 MS	Just Lift! <i>Roya Siroospour</i>				
				7:00-7:45 CS◆	Studio Cycling <i>Joshua Funderburg</i>			7:10-8:25 YS	Power Yoga <i>Heaton Graham</i>				
				7:00-7:50 MS	Just Lift! <i>Roya Siroospour</i>			8:00-9:00 MS	Dance! <i>Jonathan Lara Castillo</i>				

SOUTH BEACH

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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

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

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

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.

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 ARMS EVER Sculpt eye-catching arms in 15 minutes flat with a trial of constant tension involving dumbbells, resistance bands, and your own willpower.

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.

PURE STRENGTH: SUMMER EDITION Unleash your potential in an innovative circuit that mixes weights and bodyweight exercises, grooming your body for a day (or week) on the beach. With an all-new playlist and summer goals in mind, get ready to rock out and get shredded.

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.

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.

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.

ACTIVE REGENERATION

ELASTIC BODY Tap into your body's potential by re-establishing a full range of motion to live your life to its fullest. This class blends the 21st century understanding of fascia and mobility with familiar methods of flexibility training.

MEDITATION Higher awareness. Higher performance. Create a powerful space for real change to happen in a dedicated Meditation setting. You'll cycle through focused breath work and disciplined observation of body and mind, owning the stillness of the moment to restore and rise higher.