

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

## SOUTH BEACH

520 COLLINS AVENUE  
MIAMI BEACH FLORIDA  
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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

MS	Main Studio
YS	Yoga 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

**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.

## 🏋️ ATHLETIC TRAINING

**AB LAB** Improve your core strength, balance and posture. A focused workout with cutting edge 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!

**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** 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.

**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.

**DEFINITIONS** An intense total body workout designed to define & tone every muscle in every way & improve muscular strength & endurance.

**ESSETRICS** 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.

**HARD CORE CONDITIONING** An intense upper and lower body workout with a strong focus on defining the core muscles by challenging both strength and stability. Using a variety of equipment, this class will help you define your body from head to toe.

**HARD CORE CUTS** Need to add the finishing touches to your strength and cardiovascular workouts? This class will strengthen your core (abs, low back and more) and incorporate stretches for the whole body.

**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.

**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.

**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.