

**Bold** New Class, Instructor, or Time  
◆ Advance sign-up required

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00-6:45 MS ◆ Cardio Sculpt <i>Ramon Lopez</i>	6:30-7:15 CS ◆ <b>Cycle Beats</b> <i>Robin Retherford</i>	6:15-7:00 MS ◆ <b>METCON3</b> <i>Liz Butler</i>	6:30-7:20 CS ◆ <b>The Pursuit: Build</b> <i>Tania Amthor</i>	6:00-6:45 MS ◆ Boxing <i>Emmanuel Griffin</i>	7:00-8:00 YS ◆ Athletic Yoga <i>Shanti</i>	6:15-7:00 MS ◆ <b>STRONG</b> <i>Tony Thomas</i>	6:30-7:15 CS ◆ <b>Cycle Beats</b> <i>Blake Lopez</i>	6:00-6:45 MS ◆ Athletic Conditioning <i>Cadizsh Norford</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Shanti</i>	8:30-9:15 MS ◆ <b>Whipped!</b> <i>Noah Pantaleon</i>	8:45-9:30 YS ◆ Pilates Remix <i>Ani</i>	8:45-9:30 YS ◆ Pilates Remix <i>Ani</i>	9:00-9:45 CS ◆ Cycle Beats <i>Tania Amthor</i>
7:15-8:00 MS ◆ <b>STRONG</b> <i>Cadizsh Norford</i>	7:15-8:15 YS ◆ Pilates Mat <i>Natalie Rivera</i>	7:30-8:15 MS ◆ <b>Athletic Conditioning</b> <i>Tony Thomas</i>	7:30-8:15 MS ◆ <b>Precision Run®</b> <i>Noah Pantaleon</i>	7:15-8:00 MS ◆ Body Sculpt <i>Rachel Dugan</i>	8:00-8:50 CS ◆ <b>The Pursuit: Bum</b> <i>Tania Amthor</i>	7:15-8:15 YS ◆ True Barre <i>Natalie Rivera</i>	7:15-8:00 MS ◆ <b>METCON3</b> <i>Liz Butler</i>	7:15-8:00 MS ◆ <b>METCON3</b> <i>Liz Butler</i>	8:00-8:45 MS ◆ Precision Run® <i>Ani</i>	9:15-10:00 CS ◆ <b>Cycle Beats</b> <i>Onel Perez</i>	9:30-10:15 TR ◆ Precision Run® <i>Danny Lauchaire</i>	9:30-10:15 TR ◆ Precision Run® <i>Danny Lauchaire</i>	9:45-10:30 MS ◆ <b>Body Sculpt</b> <i>Noah Pantaleon</i>
8:00-9:00 TR ◆ Precision Run® <i>Russell Smith</i>	7:30-8:15 MS ◆ <b>Athletic Conditioning</b> <i>Tony Thomas</i>	8:30-9:15 TR ◆ Precision Run® <i>Noah Pantaleon</i>	9:00-10:00 YS ◆ True Barre <i>Elizabeth Vino</i>	8:00-8:50 CS ◆ <b>The Pursuit: Bum</b> <i>Tania Amthor</i>	9:00-10:00 YS ◆ Vinyasa Yoga <i>Penny Needle</i>	7:30-8:15 MS ◆ <b>Athletic Conditioning</b> <i>Tony Thomas</i>	8:00-8:45 MS ◆ Precision Run® <i>Ani</i>	9:00-10:00 YS ◆ True Barre <i>Ani</i>	9:15-10:00 MS ◆ Best Butt Ever <i>Liz Butler</i>	9:30-10:15 TR ◆ Precision Run® <i>Danny Lauchaire</i>	9:45-10:30 MS ◆ <b>Body Sculpt</b> <i>Noah Pantaleon</i>	9:45-10:30 MS ◆ <b>Body Sculpt</b> <i>Noah Pantaleon</i>	10:15-11:05 TR ◆ Elevate <i>Estefania Fierro</i>
9:00-10:00 YS ◆ Vinyasa Yoga <i>Penny Needle</i>	8:30-9:15 TR ◆ Precision Run® <i>Noah Pantaleon</i>	9:00-10:00 YS ◆ True Barre <i>Elizabeth Vino</i>	9:30-10:15 MS ◆ Cardio Sculpt <i>Jamal Campbell</i>	9:15-10:00 MS ◆ <b>Athletic Conditioning</b> <i>Emmanuel Griffin</i>	9:15-10:00 MS ◆ <b>Cycle Beats</b> <i>Robin Retherford</i>	8:30-9:15 TR ◆ Precision Run® <i>Danny Lauchaire</i>	9:00-10:00 YS ◆ True Barre <i>Ani</i>	9:15-10:00 MS ◆ Best Butt Ever <i>Liz Butler</i>	10:00-10:45 CS ◆ Cycle Beats <i>Suzanne L. Witrock</i>	10:30-11:30 YS ◆ Pilates Mat <i>Penny Needle</i>	10:30-11:30 YS ◆ Pilates Mat <i>Penny Needle</i>	10:30-11:30 YS ◆ Pilates Mat <i>Penny Needle</i>	10:45-11:30 CS ◆ Cycle Power <i>Robin Retherford</i>
9:15-10:00 MS ◆ <b>METCON3</b> <i>Robin Retherford</i>	9:00-10:00 YS ◆ True Barre <i>Elizabeth Vino</i>	9:30-10:15 MS ◆ Cardio Sculpt <i>Jamal Campbell</i>	10:00-10:45 CS ◆ <b>Cycle Beats</b> <i>Robin Retherford</i>	10:00-10:45 CS ◆ <b>Cycle Beats</b> <i>Robin Retherford</i>	11:00-11:45 YS ◆ <b>Barre</b> <i>Robin Retherford</i>	9:30-10:15 MS ◆ <b>STRONG</b> <i>Cadizsh Norford</i>	10:00-10:45 CS ◆ Cycle Beats <i>Suzanne L. Witrock</i>	10:30-11:15 YS ◆ Pilates Mat <i>Ani</i>	10:45-11:30 MS ◆ Groove House <i>Rodrigo Gallardo</i>	10:45-11:35 CS ◆ <b>The Pursuit: Build</b> <i>Noah Pantaleon</i>	10:45-11:15 MS ◆ <b>Best Stretch Ever</b> <i>Danny Lauchaire</i>	10:45-11:15 MS ◆ <b>Best Stretch Ever</b> <i>Danny Lauchaire</i>	11:00-11:45 MS ◆ Cardio Sculpt <i>Jamal Campbell</i>
10:00-10:45 CS ◆ Cycle Power <i>Russell Smith</i>	9:30-10:15 MS ◆ Cardio Sculpt <i>Jamal Campbell</i>	10:15-11:00 CS ◆ Cycle Beats <i>Liz Butler</i>	11:00-11:45 YS ◆ <b>Barre</b> <i>Robin Retherford</i>	11:00-11:45 YS ◆ <b>Barre</b> <i>Robin Retherford</i>	12:00-12:45 YS ◆ <b>Pilates Remix</b> <i>Ani</i>	10:15-11:00 CS ◆ <b>Cycle Power</b> <i>Noah Pantaleon</i>	10:30-11:15 CS ◆ Pilates Mat <i>Sue Spinelli</i>	10:45-11:30 MS ◆ Groove House <i>Rodrigo Gallardo</i>	11:00-11:50 TR ◆ Elevate <i>Estefania Fierro</i>	11:30-12:15 MS ◆ <b>Boxing</b> <i>Danny Lauchaire</i>	12:15-1:15 YS ◆ Athletic Yoga <i>Javier Lopez</i>	12:15-1:15 YS ◆ Athletic Yoga <i>Javier Lopez</i>	12:30-1:15 MS ◆ <b>Cardio Dance</b> <i>Ramon Lopez</i>
10:30-11:30 YS ◆ True Barre <i>Natalie Rivera</i>	10:15-11:00 CS ◆ Cycle Beats <i>Liz Butler</i>	10:30-11:30 YS ◆ <b>Athletic Yoga</b> <i>Javier Lopez</i>	12:00-12:45 YS ◆ <b>Pilates Remix</b> <i>Ani</i>	12:00-12:45 YS ◆ <b>Pilates Remix</b> <i>Ani</i>	12:15-1:00 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Robin Retherford</i>	10:30-11:15 YS ◆ Pilates Mat <i>Sue Spinelli</i>	11:15-12:00 TR ◆ <b>Precision Run®</b> <i>Noah Pantaleon</i>	11:00-11:50 TR ◆ Elevate <i>Estefania Fierro</i>	12:00-1:00 YS ◆ True Barre <i>Elizabeth Vino</i>	12:30-1:30 MS ◆ Groove House <i>Rodrigo Gallardo</i>	12:30-1:30 MS ◆ Groove House <i>Rodrigo Gallardo</i>	12:30-1:30 MS ◆ Groove House <i>Rodrigo Gallardo</i>	4:00-5:00 YS ◆ Yin Yoga Meditation <i>Linda Pedrosa</i>
10:45-11:30 MS ◆ Groove House <i>Rodrigo Gallardo</i>	10:30-11:30 YS ◆ Pilates Mat <i>Penny Needle</i>	11:15-12:00 TR ◆ <b>Precision Run®</b> <i>Ian Toder</i>	12:15-1:00 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Robin Retherford</i>	12:15-1:00 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Robin Retherford</i>	5:15-6:00 CS ◆ Cycle Power <i>Liz Butler</i>	11:15-12:00 TR ◆ <b>Precision Run®</b> <i>Noah Pantaleon</i>	12:00-1:00 YS ◆ True Barre <i>Elizabeth Vino</i>	12:00-1:00 YS ◆ True Barre <i>Elizabeth Vino</i>	12:15-1:00 CS ◆ Cycle Power <i>Russell Smith</i>	4:00-5:00 YS ◆ Restorative Yoga <i>Penny Needle</i>	4:00-5:00 YS ◆ Restorative Yoga <i>Penny Needle</i>	4:00-5:00 YS ◆ Restorative Yoga <i>Penny Needle</i>	5:00-6:00 MS ◆ Studio Dance <i>Miguel Falcon</i>
11:15-12:00 TR ◆ <b>Precision Run®</b> <i>Ian Toder</i>	11:15-12:00 MS ◆ <b>Body Sculpt</b> <i>Noah Pantaleon</i>	12:00-1:00 YS ◆ Regeneration Yoga <i>Penny Needle</i>	5:15-6:00 CS ◆ Cycle Power <i>Liz Butler</i>	5:15-6:00 CS ◆ Cycle Power <i>Liz Butler</i>	5:30-6:15 MS ◆ Skybeat® <i>Skyler Rodgers</i>	12:00-1:00 YS ◆ True Barre <i>Elizabeth Vino</i>	12:30-1:15 MS ◆ Studio Dance <i>Jonathan Lara Castillo</i>	12:15-1:00 CS ◆ Cycle Power <i>Russell Smith</i>	5:30-6:30 MS ◆ Studio Dance <i>Jonathan Lara Castillo</i>	5:00-6:00 MS ◆ Studio Dance <i>Miguel Falcon</i>	5:00-6:00 MS ◆ Studio Dance <i>Miguel Falcon</i>	5:00-6:00 MS ◆ Studio Dance <i>Miguel Falcon</i>	
12:00-12:45 YS ◆ Best Butt Ever <i>Liz Butler</i>	12:00-1:00 YS ◆ Regeneration Yoga <i>Penny Needle</i>	12:30-1:15 MS ◆ Skybeat® <i>Skyler Rodgers</i>	5:30-6:15 MS ◆ Skybeat® <i>Skyler Rodgers</i>	5:30-6:15 MS ◆ Skybeat® <i>Skyler Rodgers</i>	5:45-6:30 YS ◆ True Barre <i>Elizabeth Vino</i>	12:30-1:15 MS ◆ Studio Dance <i>Jonathan Lara Castillo</i>	5:30-6:30 MS ◆ Studio Dance <i>Jonathan Lara Castillo</i>	5:30-6:30 MS ◆ Studio Dance <i>Jonathan Lara Castillo</i>	6:45-7:45 YS ◆ Yin Yoga Meditation <i>Nicolay Del Salto</i>				
5:15-6:00 MS ◆ <b>Tabata Max</b> <i>Ani</i>	12:30-1:15 MS ◆ Skybeat® <i>Skyler Rodgers</i>	5:15-6:00 YS ◆ Pilates Fusion <i>Natalie Rivera</i>	5:45-6:30 YS ◆ True Barre <i>Elizabeth Vino</i>	5:45-6:30 YS ◆ True Barre <i>Elizabeth Vino</i>	6:30-7:15 MS ◆ <b>Boxing</b> <i>Danny Lauchaire</i>	5:15-6:15 YS ◆ True Barre <i>Natalie Rivera</i>	5:30-6:30 MS ◆ Studio Dance <i>Jonathan Lara Castillo</i>	6:45-7:45 YS ◆ Yin Yoga Meditation <i>Nicolay Del Salto</i>					
5:30-6:15 CS ◆ Cycle Power <i>Noah Pantaleon</i>	5:15-6:00 YS ◆ Pilates Fusion <i>Natalie Rivera</i>	5:30-6:15 MS ◆ <b>Whipped!</b> <i>Bryan Ensel</i>	6:30-7:15 MS ◆ <b>Boxing</b> <i>Danny Lauchaire</i>	6:30-7:15 MS ◆ <b>Boxing</b> <i>Danny Lauchaire</i>	6:45-7:30 CS ◆ Cycle Beats <i>Johanna Torres</i>	5:30-6:15 MS ◆ Skybeat® <i>Skyler Rodgers</i>	6:45-7:45 YS ◆ Yin Yoga Meditation <i>Nicolay Del Salto</i>						
5:45-6:45 YS ◆ <b>Barre</b> <i>Ana Figueras</i>	5:30-6:15 MS ◆ <b>Whipped!</b> <i>Bryan Ensel</i>	6:15-7:00 CS ◆ Cycle Beats <i>Robin Retherford</i>	6:45-7:30 CS ◆ Cycle Beats <i>Johanna Torres</i>	6:45-7:30 CS ◆ Cycle Beats <i>Johanna Torres</i>	7:00-8:00 YS ◆ <b>Ballet-Style Training</b> <i>Elizabeth Vino</i>	6:30-7:15 MS ◆ <b>STRONG</b> <i>Noah Pantaleon</i>							
6:30-7:15 MS ◆ Athletic Conditioning <i>Jil Deviscour</i>	6:15-7:00 CS ◆ Cycle Beats <i>Robin Retherford</i>	6:30-7:15 MS ◆ Groove House <i>Rodrigo Gallardo</i>	7:00-8:00 YS ◆ <b>Ballet-Style Training</b> <i>Elizabeth Vino</i>	7:00-8:00 YS ◆ <b>Ballet-Style Training</b> <i>Elizabeth Vino</i>	7:30-8:15 MS ◆ Restorative Yoga <i>Danny Lauchaire</i>	6:15-7:00 CS ◆ Cycle Beats <i>JP Vergara</i>							
6:45-7:35 CS ◆ <b>The Pursuit: Build</b> <i>Ani</i>	6:30-7:15 MS ◆ Groove House <i>Rodrigo Gallardo</i>	6:45-7:45 YS ◆ Athletic Yoga <i>Javier Lopez</i>	7:30-8:15 MS ◆ Restorative Yoga <i>Danny Lauchaire</i>	7:30-8:15 MS ◆ Restorative Yoga <i>Danny Lauchaire</i>		6:30-7:15 MS ◆ Groove House <i>Rodrigo Gallardo</i>							
7:15-8:05 TR ◆ Precision Run® <i>Angel Alicea</i>	6:45-7:45 YS ◆ Athletic Yoga <i>Javier Lopez</i>	7:30-8:15 MS ◆ Body Sculpt <i>Robin Retherford</i>				6:30-7:20 TR ◆ <b>Precision Run®</b> <i>Ian Toder</i>							
7:30-8:15 YS ◆ Athletic Yoga <i>Jil Deviscour</i>	7:30-8:15 MS ◆ Body Sculpt <i>Robin Retherford</i>					6:45-7:45 YS ◆ Athletic Yoga <i>Javier Lopez</i>							
7:45-8:30 MS ◆ Studio Dance <i>Jonathan Lara Castillo</i>						7:30-8:00 MS ◆ Best Abs Ever <i>Noah Pantaleon</i>							

# EQUINOX

## CORAL GABLES

THE VILLAGE OF MERRICK PARK AT 370 SAN LORENZO AVENUE  
CORAL GABLES FL 33146  
EQUINOX.COM  
@EQUINOX

**MON - THU:** 5:00AM - 10:00PM

**FRI:** 5:00AM - 9:00PM

**SAT - SUN:** 7:00AM - 8:00PM

KID'S CLUB HOURS

**MON - SUN:** 9:00AM - 1:00PM

**GROUP FITNESS MANAGER**

noah.pantaleon@equinox.com

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**SIGNATURE CLASSES.**

**ACCLAIMED  
INSTRUCTORS.**

**TRANSFORMED BODIES.**

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## CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

L1	Beginner
L2	Intermediate
L3	Advanced

## STUDIO KEY

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

**WHAT'S NEW THIS  
MONTH**

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## CYCLING

**CYCLE BEATS** A rhythmic cycling class that uses an addictive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

**CYCLE POWER** A metrics-driven cycling workout that uses the best-in-class Stages Console to measure your performance, motivate, and challenge you. Build cardio, strength, and endurance to music you love.

**THE PURSUIT: BUILD** Tap into your team's power as you push to the finish. An immersive digital competition-based class that uses data visualization and gaming to build your endurance. An Equinox exclusive.

**THE PURSUIT: BURN** A digitally immersive competition-based cycling experience that uses data visualization and timed, high-intensity interval games to build your strength and endurance. An Equinox exclusive.

## RUNNING

**ELEVATE** An incline-based treadmill climbing workout that challenges your ability across a variety of terrains. Personalize your pace and improve your cardiovascular endurance. An Equinox exclusive.

**PRECISION RUN®** An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive.

## YOGA

**ATHLETIC YOGA** A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

**REGENERATION YOGA** A healing class with slow-paced, relaxing stretches. Unwind, de-stress, and focus on releasing tension and increasing body awareness.

**RESTORATIVE YOGA** A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

**VINYASA YOGA** This timeless approach to yoga links movement and breath through flowing sequences. Unlock your body's potential, challenge your limits, and soothe your mind in this transformative practice.

**YIN YOGA MEDITATION** A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.

## ATHLETIC TRAINING

**ATHLETIC CONDITIONING** A full-body workout using bodyweight and a variety of equipment. Improve your strength and cardiovascular endurance with this class for athletes and those pursuing a high-performance lifestyle.

**BEST ABS EVER** A challenging six-pack of exercises that builds and defines abdominal muscles. Strengthen and chisel your core while you ignite your metabolism and enhance total-body performance.

**BEST BUTT EVER** Engineered to fire up your glutes, this class builds strength, definition, and power. Build muscle and increase balance with additional focus on your core and waist. An Equinox exclusive.

**METCONS** This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox exclusive.

**STRONG** A strictly strength-based workout designed to build muscle and increase power. Improve body composition and build lean muscle using a variety of equipment and bodyweight exercises.

**TABATA MAX** Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

**UPPER BODY CONDITIONING + BEST ABS EVER** A challenging mash-up of Equinox classics. Start by shaping and defining your upper body with effective, time-efficient methods, then build abdominal muscles and enhance total-body performance.

**WHIPPED!** Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.

**BARRE** A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

**TRUE BARRE** This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle while increasing flexibility. An Equinox exclusive.

## PILATES

**PILATES FUSION** An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a fusion of practices.

**PILATES MAT** This authentic class incorporates a continuous series of mat exercises rooted in the teachings of Joseph Pilates. Strengthen your core, improve flexibility, and dramatically transform your body.

**PILATES REMIX** A music-driven, rhythmic Pilates class combining classical and contemporary sequences. Use props and choreography to strengthen, sculpt muscle, and increase flexibility. An Equinox exclusive.

## DANCE

**CARDIO DANCE** A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

**GROOVE HOUSE** Created by Rodrigo Gallardo, this cardio dance workout runs the spectrum from Latin Ballroom Style to Modern Pop Moves and everything in between. Mi casa es su casa! In this house, everyone is welcome!

**SKYBEAT®** Created by Skylar Rodgers, this easy-to-follow dance-based class includes basic plyometrics, aerobic sequencing, and various dance styles. Improve Cardiovascular fitness and have fun.

**STUDIO DANCE** A choreography-driven dance class. Learn a complete combination, improve technique, and unleash your inner dancer.

## BOXING AND KICKBOXING

**BOXING** Glove up for this impact class utilizing boxing bags. Build strength, endurance, and cardio fitness through boxing drills and core exercises. Hand wraps and boxing gloves needed.

## STRETCH AND RECOVERY

**BEST STRETCH EVER** A regeneration class using the Mobility Stick that turns stretching into training. Twist, push, and pull to find your best stretch ever. An Equinox exclusive.

## SCULPT

**BODY SCULPT** An endurance-based workout using high reps and light-to-medium weights. Build strength as you sculpt your entire body.

**CARDIO SCULPT** A continuous rhythmic workout using high reps and light weights in combination with cardio drills. Build strength and endurance as you sculpt your entire body.

 **BARRE**

**BALLET-STYLE TRAINING** This ballet based workout is designed to create a defined, long, and lean dancer's body. The class incorporates stretching with basic ballet technique perfect for dancers and non-dancers alike. No ballet experience necessary.