

Bold New Class, Instructor, or Time

◆ Advance sign-up required

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
6:30-7:15 MS ◆ Athletic Conditioning <i>Erfan Noroozi</i>	7:00-7:45 CS ◆ Cycle Power <i>Steve Beamish</i>	6:30-7:15 MS ◆ MET CON3 <i>Christine Bertrand</i>	6:30-7:15 CS ◆ Cycle Beats <i>Brian Palic</i>	6:30-7:15 CS ◆ Cycle Power <i>Michael Smith</i>	7:00-7:50 TR ◆ Precision Run@ <i>Virginia Lee</i>	7:00-7:45 CS ◆ Cycle Beats <i>Steve Miranda</i>	7:15-8:00 YS ◆ Vinyasa Yoga <i>Carla Kava</i>	6:30-7:15 MS ◆ STRONG <i>Griffin Nykor</i>	
7:15-8:00 YS ◆ Barre <i>Sydney Levitt</i>	7:15-8:00 YS ◆ Vinyasa Yoga <i>Michael DeCorte</i>	7:15-8:00 YS ◆ Barre <i>Sydney Levitt</i>	8:00-8:45 MS ◆ Firestarter + Best Abs Ever <i>Virginia Lee</i>	7:15-8:00 YS ◆ Pilates Mat <i>Ruslan Shumov</i>	8:00-8:45 MS ◆ MET CON3 <i>Julian Ho</i>	11:00-11:45 MS ◆ Stacked! <i>Griffin Nykor</i>	11:00-11:45 MS ◆ Athletic Conditioning <i>Julian Ho</i>	7:15-8:00 YS ◆ Pilates Mat <i>Ruslan Shumov</i>	
11:00-11:45 MS ◆ MET CON3 <i>Darcy Fierce</i>	8:00-8:45 MS ◆ Firestarter + Best Abs Ever <i>Virginia Lee</i>	11:00-11:45 MS ◆ Stacked! <i>Griffin Nykor</i>	11:30-12:15 CS ◆ Cycle Beats <i>Steve Miranda</i>	11:00-11:45 MS ◆ STRONG <i>Thomas Young</i>	11:30-12:15 CS ◆ Cycle Beats <i>Steve Miranda</i>	12:00-12:50 TR ◆ Precision Run@ <i>Julian Ho</i>	12:00-12:50 TR ◆ Precision Run@ <i>Julian Ho</i>	11:00-11:45 MS ◆ Stacked! <i>Griffin Nykor</i>	
11:30-12:15 CS ◆ Cycle Power <i>Virginia Lee</i>	11:00-11:45 MS ◆ MET CON3 <i>Julian Ho</i>	12:00-12:50 TR ◆ Precision Run@ <i>Julian Ho</i>	12:15-1:00 YS ◆ Vinyasa Yoga <i>Justin B Haley</i>	12:15-1:00 YS ◆ Vinyasa Yoga <i>Jacqui Wells</i>	12:15-1:00 YS ◆ Vinyasa Yoga <i>Justin B Haley</i>	12:30-1:00 MS ◆ Firestarter <i>Thomas Young</i>	12:15-1:00 YS ◆ Precision Run@ <i>Julian Ho</i>	12:30-1:15 MS ◆ MET CON3 <i>Darcy Fierce</i>	
12:15-1:00 YS ◆ Vinyasa Yoga <i>Juliana Klein</i>	12:00-12:50 TR ◆ Precision Run@ <i>Julian Ho</i>	12:30-1:00 MS ◆ Firestarter <i>Thomas Young</i>	12:30-1:15 MS ◆ STRONG <i>Griffin Nykor</i>	12:30-1:15 MS ◆ STRONG <i>Griffin Nykor</i>	12:30-1:00 MS ◆ Firestarter <i>Thomas Young</i>	5:00-5:45 MS ◆ Master of One <i>Thomas Young</i>	12:30-1:15 MS ◆ STRONG <i>Griffin Nykor</i>	5:15-6:15 YS ◆ Athletic Yoga <i>Michael DeCorte</i>	
12:30-1:30 MS ◆ Stacked! + Best Abs Ever <i>Virginia Lee</i>	12:15-1:00 YS ◆ Athletic Yoga <i>Michael DeCorte</i>	5:00-5:45 MS ◆ Master of One <i>Thomas Young</i>	5:00-5:45 MS ◆ MET CON3 <i>Carmen Puyo</i>	5:30-6:15 CS ◆ Cycle Beats <i>Andy Lin</i>	5:00-5:45 MS ◆ Master of One <i>Thomas Young</i>	5:15-6:00 YS ◆ Vinyasa Yoga <i>Carla Kava</i>	5:15-6:00 YS ◆ Pilates Fusion <i>Amy Mitchell</i>	5:30-6:15 MS ◆ Firestarter + Best Abs Ever <i>Thomas Young</i>	
5:00-5:45 MS ◆ STRONG <i>Christine Bertrand</i>	12:30-1:15 MS ◆ STRONG <i>Liam Grimes</i>	5:15-6:00 YS ◆ Vinyasa Yoga <i>Carla Kava</i>	5:15-6:00 YS ◆ Pilates Fusion <i>Amy Mitchell</i>	5:30-6:15 CS ◆ Cycle Beats <i>Andy Lin</i>	5:15-6:00 YS ◆ Vinyasa Yoga <i>Carla Kava</i>	5:30-6:15 CS ◆ Cycle Power <i>Steve Beamish</i>	5:30-6:15 CS ◆ Pilates Fusion <i>Amy Mitchell</i>		
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5:30-6:15 CS ◆ Cycle Power <i>Mike Arlotto</i>	5:15-6:00 YS ◆ Pilates Mat <i>Mike Arlotto</i>	6:30-7:15 MS ◆ MET CON3 <i>Nariko Chaffe</i>	6:30-7:15 MS ◆ Athletic Conditioning <i>Rachel Burns</i>		6:15-7:00 MS ◆ MET CON3 <i>Eva Redpath</i>				
6:15-7:00 MS ◆ MET CON3 <i>Eva Redpath</i>	5:30-6:15 CS ◆ Cycle Power <i>Michael Smith</i>				6:45-7:35 TR ◆ Precision Run@ <i>Mike Arlotto</i>				
6:45-7:35 TR ◆ Precision Run@ <i>Mike Arlotto</i>	6:30-7:15 MS ◆ STRONG <i>Mke Arlotto</i>								

EQUINOX

BAY STREET

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EQUINOX.COM
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MON - THU: 6:00AM - 9:00PM

FRI: 6:00AM - 8:00PM

SAT: 8:00AM - 3:00PM

GROUP FITNESS MANAGER

mark.hendricks@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

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

WHAT'S NEW THIS
MONTH

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.

RUNNING

PRECISION RUNS 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.

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.

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.

FIRESTARTER A 30-minute, non-stop cardio challenge that demands everything you've got. Blaze through innovative sequences then switch to active recovery without ever stopping. An Equinox Exclusive.

FIRESTARTER + BEST ABS EVER A challenging mash-up of Equinox classics. Firestarter is the cardio HIIT challenge to test your endurance and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

MASTER OF ONE One weight is all it takes to ignite your muscles in this total-body workout. Increase strength, cardio, and endurance with intervals, breathwork, and active recovery. An Equinox exclusive.

METCON3 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.

STACKED! This ladder-style training incorporates short intervals with strategic recovery periods. Challenge yourself with targeted movements stacked together for increased intensity. An Equinox exclusive.

STACKED! + BEST ABS EVER A challenging mash-up of Equinox classics. Stacked! is the ladder-style HIIT workout with targeted movement and recovery and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

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.

BARRE

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.

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.