

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS ◆ Stacked! <i>Carley Stastny</i>	7:15-8:00 YS ◆ Barre <i>Sydney Levitt</i>	6:30-7:15 MS ◆ <b>Stacked!</b> <i>Virginia Lee</i>	7:15-8:00 YS ◆ Barre <i>Sydney Keir</i>	6:30-7:15 MS ◆ Athletic Conditioning <i>Carley Stastny</i>	8:15-9:00 MS ◆ Stacked! <i>Griffin Nykor</i>	8:15-9:00 MS ◆ StrengthOnomicS <i>Sylva Mischke</i>
7:00-7:45 CS ◆ Cycle Power <i>Virginia Lee</i>	9:00-9:45 YS ◆ Barre <i>Sydney Levitt</i>	7:15-8:00 YS ◆ Off The Barre <i>Eva Redpath</i>	9:00-10:00 YS ◆ Vinyasa Yoga <i>Amy Mitchell</i>	7:00-7:45 CS ◆ Cycle Beats <i>Victoria Valente</i>	8:30-9:15 YS ◆ Barre <i>Sydney Keir</i>	8:30-9:15 YS ◆ Pilates Fusion <i>Karen Medina</i>
7:15-8:15 YS ◆ Athletic Yoga <i>Michael DeCorte</i>	9:30-10:15 MS ◆ METCON3 <i>Nima Nourhaghighi</i>	7:30-8:15 CS ◆ <b>Cycle Power</b> <i>Virginia Lee</i>	9:30-10:15 MS ◆ STRONG <i>Liam Grimes</i>	7:15-8:00 YS ◆ Barre <i>Meg Vermette</i>	9:15-10:05 CS ◆ <b>The Pursuit: Bum</b> <i>Courtney Norton</i>	9:15-10:00 CS ◆ Cycle Power <i>Sylva Mischke</i>
9:00-9:45 YS ◆ True Barre <i>Meg Vermette</i>	10:30-11:30 YS ◆ Yin Yoga <i>Justin B Haley</i>	9:00-9:45 YS ◆ Pilates Mat <i>Kim McBean</i>	10:45-11:30 YS ◆ Pilates Fusion <i>Natasha Sansone</i>	9:00-9:45 YS ◆ True Barre <i>Meg Vermette</i>	9:30-10:15 MS ◆ METCON3 <i>Liam Grimes</i>	9:30-10:15 MS ◆ Best Butt Ever <i>Rachel Burns</i>
9:30-10:15 MS ◆ STRONG <i>Liam Grimes</i>	12:00-12:45 YS ◆ Barre <i>Aimee Brothman</i>	9:15-10:05 CS ◆ The Pursuit: Bum <i>Mark Hendricks</i>	12:00-12:45 YS ◆ Barre <i>Sydney Keir</i>	9:30-10:15 MS ◆ Stacked! <i>Liam Grimes</i>	9:45-10:30 YS ◆ Pilates Mat <i>Mike Arlotto</i>	10:30-11:15 MS ◆ Stacked! <i>Virginia Lee</i>
10:45-11:30 YS ◆ Pilates Fusion <i>Natasha Sansone</i>	12:30-1:15 MS ◆ Stacked! <i>Virginia Lee</i>	9:30-10:15 MS ◆ METCON3 <i>Virginia Lee</i>	12:30-1:15 MS ◆ METCON3 <i>Liam Grimes</i>	10:30-11:30 YS ◆ Yin Yoga <i>Michelle Allard</i>	10:30-11:15 CS ◆ Cycle Power <i>Courtney Norton</i>	10:45-11:30 CS ◆ Cycle Beats <i>Andy Lin</i>
12:00-1:00 YS ◆ Hatha Yoga <i>Justin B Haley</i>	5:00-5:45 YS ◆ Pilates Fusion <i>Natasha Sansone</i>	10:45-11:45 YS ◆ Hatha Yoga <i>Carolina Carvalho</i>	5:00-5:45 YS ◆ Pilates Fusion <i>Erick Stewart</i>	12:00-12:45 YS ◆ Pilates Fusion <i>Natasha Sansone</i>	10:45-11:30 MS ◆ THE CUT <i>Carmen Puyo</i>	11:45-12:30 MS ◆ METCON3 <i>Virginia Lee</i>
12:30-1:15 MS ◆ Best Butt Ever <i>Eva Redpath</i>	5:15-6:00 MS ◆ STRONG <i>Andrew Baduria</i>	12:15-1:00 YS ◆ Vinyasa Yoga <i>Ella Isakov</i>	5:15-6:00 MS ◆ STRONG <i>Darcy Fierce</i>	12:30-1:15 MS ◆ Cardio Boxing <i>Constantine Patiniotis</i>	11:00-11:50 TR ◆ Precision Run® <i>Mike Arlotto</i>	12:30-1:30 YS ◆ Vinyasa Yoga <i>Michael DeCorte</i>
5:00-5:45 MS ◆ METCON3 <i>Andrew Baduria</i>	6:30-7:15 MS ◆ METCON3 <i>Christine Bertrand</i>	12:30-1:15 MS ◆ STRONG <i>Liam Grimes</i>	5:30-6:15 CS ◆ Cycle Beats <i>Mike Arlotto</i>	5:00-5:45 YS ◆ Vinyasa Yoga <i>Matthew Rossoff</i>	11:00-12:00 YS ◆ Vinyasa Yoga <i>Justin B Haley</i>	2:15-3:00 YS ◆ Barre <i>Aimee Brothman</i>
5:15-6:00 YS ◆ Pilates Fusion <i>Keira Sweeney</i>	6:30-7:30 YS ◆ Yin Yoga <i>Yaz Harris</i>	5:00-5:45 MS ◆ Stacked! <i>Eva Redpath</i>	6:30-7:15 MS ◆ METCON3 <i>Mike Arlotto</i>	5:15-6:00 MS ◆ METCON3 <i>Darcy Fierce</i>	11:45-12:30 MS ◆ STRONG <i>Liam Grimes</i>	2:30-3:15 MS ◆ STRONG <i>Griffin Nykor</i>
6:30-7:15 MS ◆ Master of One <i>Thomas Young</i>		5:15-6:00 YS ◆ Vinyasa Yoga <i>Jacqui Wells</i>	6:30-7:30 YS ◆ Yin Yoga <i>Yaz Harris</i>	5:30-6:20 CS ◆ The Pursuit: Bum <i>Julian Ho</i>	12:30-1:30 YS ◆ Restorative Yoga <i>Justin B Haley</i>	
6:45-7:30 YS ◆ Barre <i>Keira Sweeney</i>		6:00-6:50 TR ◆ Precision Run® <i>Gordon Milne</i>		6:30-7:30 MS ◆ <b>Hip Hop</b> <i>Tuch</i>	1:00-2:00 MS ◆ Hip Hop <i>Tuch</i>	
7:00-7:45 CS ◆ Cycle Beats <i>Victoria Valente</i>		6:30-7:15 MS ◆ METCON3 <i>Nima Nourhaghighi</i>			2:00-3:00 YS ◆ Athletic Yoga <i>Michael DeCorte</i>	
		6:45-7:45 YS ◆ Restorative Yoga <i>Michelle Allard</i>			2:45-3:30 MS ◆ METCON3 <i>Andrew Baduria</i>	
		7:00-7:50 CS ◆ The Pursuit: Build <i>Gordon Milne</i>			3:30-4:30 YS ◆ Vinyasa Yoga <i>Michael DeCorte</i>	

## YORKVILLE

55 AVENUE ROAD  
TORONTO M5R 3L2  
EQUINOX.COM  
@EQUINOX

**MON - THU:** 5:30AM - 9:00PM

**FRI:** 5:30AM - 8:00PM

**SAT - SUN:** 7:00AM - 6:00PM

### GROUP FITNESS MANAGER

liam.grimes@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
TR	Treadmill Area
CS	Cycling 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.

**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

**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.

**HATHA YOGA** A classic take on a physical yoga practice—without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.

**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** Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

#### 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 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.

**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.

**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.

**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.

**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.

**OFF THE BARRE** This off-the-barre class incorporates a continuous series of contemporary exercises. 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.

#### DANCE

**HIP HOP** A choreography-driven dance class using the latest street dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.

#### BOXING AND KICKBOXING

**CARDIO BOXING** Get your heart rate up with this intense, no-contact boxing workout. Punch, push up, squat, and lunge your way through a high-energy cardio experience set to heart-thumping music.

**THE CUT** A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

#### SCULPT

**STRENGTHONOMICS** Created by Sylva Mischke. Maximize your time for maximum results. When YOU invest the time and effort the payback is inevitable. Bringing bang-for-your-buck movements that progress in intensity, your muscle and nervous system is trained to develop the fitness of an elite athlete.