

MONDAY JUN 29, 2015	TUESDAY JUN 30, 2015	WEDNESDAY JUL 1, 2015	THURSDAY JUL 2, 2015	FRIDAY JUL 3, 2015	SATURDAY JUL 4, 2015	SUNDAY JUL 5, 2015
5:45 - 6:45 Power Yoga YS Adena Muncey	6:00 - 6:45 * Studio Cycling CS Alex Green	6:00 - 6:30 Booty Blast MS Heidi Anderson	5:45 - 6:45 Power Yoga YS Adena Muncey	6:15 - 6:45 Body Conditioning MS George Dossas		
6:15 - 7:00 Stacked! MS Melissa Neault	6:15 - 7:00 Tabata MS Shandell Raposa	6:35 - 7:20 * Studio Cycling CS Heidi Anderson	6:00 - 7:00 * CrossCycle® CS Richard Guptill	6:30 - 7:30 Vinyasa Flow Yoga YS Jessica Ray		
6:30 - 7:15 * Good Morning Ride CS Jennifer Smith	7:00 - 7:45 * Cycle 45 CS Alex Green	6:45 - 7:30 * Ropes & Rowers MS Ali Baldassare	6:15 - 7:00 METCON3 MS Ali Baldassare	6:45 - 7:30 Iron Tabata MS George Dossas		
7:00 - 7:30 Damage Control MS Melissa Neault	7:00 - 7:15 Hard CORE Cuts MS Lauren Hefez	6:45 - 7:45 Yoga YS Ian Lemieux	7:00 - 7:15 Hard CORE Cuts MS Meagan Fitzgerald			
7:30 - 8:15 * Boxing Boot Camp BR David Heard	7:15 - 8:00 Barre Burn MS Lauren Hefez		7:15 - 8:00 Barre Bootcamp MS Meagan Fitzgerald			
11:30 - 12:15 Pilates YS Meghan Baxter	11:35 - 12:05 Pilates Bootcamp (L2) YS Nicole Burzdak		11:35 - 12:05 Lean Line YS Lauren Hefez			
12:00 - 12:30 Max 30 MS Maryanne Blake	12:00 - 12:45 * Shockwave MS Josh Crosby	12:00 - 12:45* Whipped! MS Cindy Sherwood	12:00 - 12:30 Max 30 MS Ali Baldassare	12:00 - 12:30 Stacked! MS Ali Baldassare		
12:15 - 1:00 * Studio Cycling CS Heidi Anderson	12:15 - 1:00 * Cycle Beats CS Shandell Raposa	12:15 - 1:00 * Studio Cycling CS Kristy DiScipio	12:10 - 12:40 Pilates Power Flow YS Lauren Hefez	12:15 - 1:00 * CrossCycle® CS Stripped Richard Guptill		
12:30 - 1:30 Vinyasa Flow Yoga YS Gale Gaicobbe	12:15 - 12:45 Pilates Bootcamp (L2) YS Nicole Burzdak	12:30 - 1:15 * Cardio BOX BR Kelly Brabants	12:15 - 1:00 * Studio Cycling CS Shandell Raposa	12:30 - 1:30 Vinyasa Flow Yoga YS Erica Bornstein		
12:35 - 1:20 METCON3 MS Maryanne Blake	12:45 - 1:45 Power Vinyasa Yoga YS Sarah Sturges	12:30 - 1:30 Vinyasa Flow Yoga YS Lauren Koenig-Plonskier	12:35 - 1:20 Tabata MS Ali Baldassare	12:35 - 1:20 Barre Burn MS Ali Baldassare		
12:50 - 1:40 * Precision Running® TR Ali Baldassare	12:50 - 1:35 Barre Fit Cardio MS Kristy DiScipio	12:50 - 1:35 Pilates Body MS Ali Baldassare	12:45 - 1:45 Vinyasa Yoga YS Rebecca Pacheco			
4:45 - 5:15 * Whipped! MS Ali Baldassare		4:45 - 5:30 * Ropes & Rowers MS Kristy DiScipio				
5:15 - 5:30 Hard CORE Cuts MS Ali Baldassare	5:15 - 5:30 Ab Lab MS David Heard	5:30 - 6:15 * Cycle Beats CS Shandell Raposa	5:15 - 5:30 Ab Lab MS Paula Fonseca			
5:30 - 6:15 * Detox Cycle! CS Alex Green	5:30 - 6:15 * Breathless: The Ride CS Ali Baldassare	5:30 - 6:15 Tabata MS Kristy DiScipio	5:30 - 6:15 * Cycle 45 CS Ali Baldassare			
5:30 - 6:30 * Whipped! MS Ali B & Ian K	5:30 - 6:15 METCON3 MS David Heard	5:30 - 6:30 Power Vinyasa Yoga YS Susan Hart	5:30 - 6:20 * Ropes & Rowers MS Paula Fonseca			
5:30 - 6:45 Power Vinyasa Yoga YS Sarah Sturges	5:45 - 6:45 Vinyasa Yoga YS Lauren Koenig-Plonskier	6:15 - 6:30 Hard CORE Cuts MS Meagan Fitzgerald	5:45 - 6:45 Vinyasa Yoga YS Lauren Koenig-Plonskier			
6:30 - 7:30 * Cycle 60 CS Alex Green	6:30 - 7:15 Eliminator MS David Heard	6:30 - 7:15 Barre Burn MS Meagan Fitzgerald	6:00 - 6:45 * T.K.O. Circuit BR Bryan Kramer			
6:30 - 7:15 Pilates Fusion MS Jennifer Phelan	6:45 - 7:15 Pilates Power Flow YS Kristina Shumsky	6:30 - 7:00 Runner's Reset® YS Rachel Poor				
	7:00 - 7:50 * Precision Running® TR Rachel Poor	7:00 - 8:00 Core Vinyasa Flow YS Rachel Poor				

JULY 4TH 2015 - CLASS DESCRIPTIONS

FRANKLIN ST.

225 Franklin Street
Boston MA 02110
617.426.2140
equinox.com

BULLETIN BOARD

Club Holiday Hours:

Saturday July 4th: 8:00am - 2:00pm

CLASS SCHEDULE LEGEND

BOLD New Class, Instructor or Time

* Sign-up required (available 30 min prior to start of class)

CLASS LEVEL GUIDE

Unless otherwise indicated, all levels are welcome

L1 Beginner
L1/2 Beginner/Intermediate
L2 Intermediate
L2/3 Intermediate/Advanced
L3 Advanced/Practiced

STUDIO KEY

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

AB LAB

Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

BARRE BOOTCAMP

Whip your glutes, abs, arms, legs, back and shoulders into a strong, lean, elongated shape with a special barre-inspired bootcamp workout. Set to bumpin' beats, weights, balls and cardio exercises take your traditional barre workout to a whole new level.

BARRE BURN

A total body workout that slims your hips, tightens your thighs, lifts your seat, & mobilizes your metabolism. Utilizing ballet movements, intelligent isometrics, changes in rhythm, range of motion & progressive core training, your body heals, tightens, strengthens so you look, feel and move better.

BARRE FIT CARDIO

High energy, non-stop, low-impact Barre work designed to make you sweat. The sequencing is designed to increase the heart rate, build endurance, and strength for a maximum caloric burn! Target the seat, legs, abs, and arms and sculpt and elongate muscles for a lengthened and toned physique.

BODY CONDITIONING

Informed by the latest findings in exercise science and functional exercises, instructors focus on strengthening and fine-tuning major muscle groups. This cutting-edge workout makes use of various equipment.

BOOTY BLAST

Dedicated to the bottom half: gluts, hips, thighs and abs. Burnin buns and a blast!

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.

BREATHLESS: THE RIDE

Take your body, mind and heart out of its comfort zone and go breathless in this state of the art interval based ride. This class is thoughtfully designed and expertly coached to increase your performance and transform your body. Go big, go breathless and feel the difference.

CARDIO BOX

Tae-Bo style with upper body punches, push ups, squats and lunges set to insanely motivating music. An intense and challenging fat burner.

CORE VINYASA FLOW

A vigorous but dynamic flowing practice linking breath to posture with focus on the core to create deeper connection to the center, develop greater physical strength, and support the body to expand and align to its' optimum potential.

CROSSCYCLE®

Get ready for a complete endurance, strength and conditioning program! Using the bike and hand weights, this class takes you on and off the bike for an intense total body workout designed for endurance athletes and fitness enthusiasts looking for the complete package all in one class.

CROSSCYCLE® STRIPPED

Similar to CrossCycle®, this class utilizes the bike and body weight for an intense on and off the bike total body workout designed for fitness enthusiasts looking to get out of their comfort zone. Take yourself to the next level with challenging drills that will leave you feeling the burn.

CYCLE 45

A classic and dynamic 45 minute ride of interval zone training to burn calories and condition the heart. Short, sweet and sweaty, let's ride.

CYCLE 60

A full 60 minute indoor cycling ride to benefit your cardiovascular system and burn tons of calories.

CYCLE BEATS

Cycle to the Beat of the music. This challenging and high intensity class is a great cardiovascular workout and experience. Cycling 'out-of-the-saddle' is an option for advanced cyclists.

DAMAGE CONTROL

This high intensity strength training class combines short cardiovascular segments with intervals that focus on strength, balance, and core conditioning

DETOX CYCLE!

We know you work hard and PLAY harder-especially after the work week. Sweat out all the weekend naughtiness to feel rejuvenated for the rest of the week! Short interval drills, power hills, and endurance thrills, all over a pumping soundtrack, will set you up till the next weekend!

ELIMIN8TOR

An intense full-body workout that turns a challenging metabolic training class into an interactive game. Eliminate exercises in an intense countdown using cards as your guide. Shape the path your workout will take and push yourself to the limit.

GOOD MORNING RIDE

Start your day with feel-good music and a ride that will wake you and get you going for the rest of the day.

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.

IRON TABATA

A dynamic conditioning kettlebells experience: 20 second bouts of high intensity training followed by 10 seconds of rest x 8 = 4 minute intervals to increase athletic performance, boost VO2Max, & decrease body fat. The Tabata Protocol is proven to physiologically transform your body.

LEAN LINE

A full body, high energy toning workout focusing on body movements that lengthen and lift to create the lines of a dancer. Small bursts of cardio, light weights, body weight resistance and focused muscle work combined to challenge your body.

MAX 30

A high-intensity 30-minute cardio CIRCUIT class designed to maximize your cardiovascular capacity and burn fat! One stop shop!

METCON3

Meet your goals head on and fully amped in body and mind! Perfectly scripted, this high-intensity metabolic conditioning workout taxes all 3 energy systems and acts like a fat-incinerator to ensure results that leave you fit and motivated for the demands of your life.

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.

PILATES BODY

Come invigorate your mind, strengthen your core, and condition your body using the principles of Pilates. This class will take you through everything from core strength to overall body conditioning and stretching; everything you need to achieve a "Pilates Body".

PILATES BOOTCAMP

Intense mat sequences and variations of the Pilates exercises using different pieces of equipment. Are you ready to take your Pilates experience to the next level? Give your existing Pilates routine a boost!

PILATES FUSION

Series of exercises performed on a mat to complement different elements of pilates core and posture work focusing on powerhouse strengthening exercises and increasing flexibility.

PILATES POWER FLOW

Rethink your Pilates practice! Focus on traditional Pilates and Yoga concepts and alignment techniques while adding functional strength and flexibility through a blend of exercises designed to add power and stamina.

POWER VINYASA YOGA

A dynamic, physically energizing form of yoga that is characterized by flowing sequences that are linked to the breath.

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.

PRECISION RUNNING®

Our newest class leads you through efficient, precisely designed intervals on the treadmill to hit every muscle in your body for the ultimate burn. You'll increase your power and speed, and forever improve your run. Created by David Siik for Equinox. Make sure to bring your own headphones.

ROPES & ROWERS

A full body circuit built on battling ropes and the WaterRower, driving balanced strength and greater cardio fitness to propel your performance. The exhilarating solo and team competition will push you to bring it, beat it and brag about it.

RUNNER'S RESET®

Reset, Restore and Recover pre or post run. Myofascial routines, athletic stretching, breath and mindset combine for the ultimate pre/post or day off routine. Stretch your run with the tools and techniques used by elite athletes and lifelong runners.

SHOCKWAVE

Extreme cross training at its best! This total body circuit challenge combines the WaterRower machines for high-intensity calorie burn with dynamic, functional exercises using ViPR, Body Bars, BOSUs and Kettlebells to sculpt and transform the body! Max effort, and EXTREME results!

STACKED!

Consider yourself stacked. Hit the body with a healthy dose of high density training. With Sandbells as your medium, transform your body with 6 targeted movement complexes executed for 30 seconds each. Combine 2 Stacks with an active mobility warm up and a recovery stretch and your workout is DONE.

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.

T.K.O. CIRCUIT

A dynamic and high intensity boxing circuit comprised of cardio, punching and kicking drills with a focus on form and technique.

TABATA

A courageous, daring, & dynamic conditioning experience: 20 second bouts of high intensity training followed by 10 seconds of rest x 8 = 4 minute intervals to increase athletic performance, boost VO2Max, & decrease body fat. The Tabata Protocol is proven to physiologically transform your body.

VINYASA FLOW YOGA

A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath.

VINYASA YOGA

A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath. Classes are diverse and sequencing will vary with instructor philosophy.

WHIPPED!

Get whipped into shape with the latest in modern fitness training to help you reach for results. No corners to cut - just hard work, sweat and fun using Strength Ropes, Kettlebells, Body Bars and much more, set to the test with a clock, good music and all that you've got to give.

YOGA

A balanced and innovative approach to the traditional and popular Eastern Practice combining elements unique to each Instructor's experience and incorporating work from various styles including Ashtanga, Hatha, Vinyasa, Iyengar and Forest.