

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 - 7:45 * Cycle 45 CS Paola Carreno 9:00 - 9:45 Tabata MS Rory Knight 9:30 - 10:30 Barre Bootcamp YS Louisa Drake 9:45 - 10:30 * Studio Cycling CS Rory Knight 10:30 - 12:00 Power Yoga (L2/3) YS Amme Poulton	7:00 - 7:45 * Studio Cycling CS Keith Harvey 7:00 - 8:00 Tabata MS Hugo Diez 7:00 - 8:00 Rise! and Flow YS Anastasia Cambitzi 9:30 - 10:30 Body Sculpt MS Hugo Diez 9:30 - 10:30 Dynamic Vinyasa Yoga YS Romly Lewis 9:45 - 10:30 * Studio Cycling CS Keith Harvey 10:30 - 11:30 Dance! MS AJ O'Neill 10:45 - 11:45 Pilates YS Will Weatherall	7:15 - 8:00 * Barre Bootcamp YS Louisa Drake 7:15 - 8:15 * Precision Running® TR Rory Knight 9:30 - 10:15 * Studio Cycling CS Rory Knight 9:30 - 10:15 Chisel'd MS Caitlin McGowan 9:30 - 10:30 * Inside Out Barre YS Nicola Geismar 10:15 - 10:45 RIPPED Abs & Arms MS Caitlin McGowan 10:30 - 11:30 Power Yoga YS Celest Pereira	7:00 - 7:45 Studio Cycling CS Kari McCreath 7:00 - 7:45 Whipped! MS Anthony Fletcher 9:00 - 9:45 H.I.T. Full Body CS Conditioning MS Hugo Diez 9:30 - 10:15 * Studio Cycling CS Sonja Moses 9:30 - 10:30 Dynamic Vinyasa Yoga YS Adam Husler 9:45 - 10:15 Ab Lab MS Hugo Diez 10:15 - 11:00 Definitions MS Hugo Diez 10:30 - 11:30 Kickboxing BR Alex Lawson 10:45 - 11:45 Pilates YS Jayne O'Brien	7:00 - 7:45 Boxing Boot Camp BR Anthony Fletcher 7:00 - 8:00 Tabata MS Alex Lawson 9:00 - 9:45 * Studio Cycling CS Sonja Moses 9:00 - 10:00 Barre Fit Cardio YS Miranda Menzies 9:45 - 10:30 Streamline Sculpt MS Sonja Moses 9:45 - 10:30 * Precision Running® TR Anthony Fletcher 10:30 - 11:30 Dance! MS AJ O'Neill 10:30 - 11:45 Power Yoga YS Anastasia Cambitzi	8:45 - 9:45 RunCross® CL Georgie S & David W 9:15 - 10:00 * Studio Cycling CS Kari McCreath 9:30 - 10:15 Tabata MS Alex Lawson 10:00 - 11:00 Pilates YS Will Weatherall 10:15 - 11:15 Boxing Boot Camp BR Georgie Starkie 10:30 - 11:30 Whipped! MS Hugo Diez 11:00 - 12:00 Barre Bootcamp YS Louisa Drake 11:30 - 12:15 * Interval Cycling CS Keith Harvey 11:45 - 12:30 Stacked! MS Hugo Diez 11:45 - 12:45 * The WORKX TR Hendrick Famutimi	9:30 - 10:30 Definitions MS Hugo Diez 10:00 - 10:45 * Cycle Beats CS Paola Carreno 10:00 - 11:00 Boxing Boot Camp BR Robert Lynch 10:30 - 11:00 Ab Lab MS Hugo Diez 10:30 - 12:00 Vinyasa Flow Yoga YS Ralica Gineva 11:00 - 12:00 Sweat MS Georgie Starkie 11:30 - 12:15 * Tread and Shred TR Hugo Diez
12:30 - 1:15 Stacked! MS Caitlin McGowan 12:30 - 1:30 * The WORKX TR Alex Lawson	12:30 - 1:15 R.I.P.P.E.D. MS Tana Von Zitzewitz 1:15 - 2:15 Vinyasa Flow Yoga YS Aya Scrymgeour	12:30 - 1:15 Adrenaline MS Hendrick Famutimi 12:30 - 1:30 * Inside Out Barre YS Anne-Mette Friis	12:30 - 1:15 Whipped! MS Rory Knight 1:00 - 2:00 Lunchtime Yoga Flow YS Dionne James 1:30 - 2:15 * Tread and Shred TR Rory Knight	12:30 - 1:20 METCON3 MS Caitlin McGowan 12:30 - 1:30 * Inside Out Barre YS Anne-Mette Friis	12:15 - 1:15 Power Vinyasa Yoga YS Rachel Okimo 12:30 - 1:30 Zumba® MS Ewa Golan	12:15 - 1:15 * Inside Out Barre YS Miranda Menzies 12:30 - 1:15 Roll & Release MS Hugo Diez
6:00 - 6:45 Whipped! MS Rory Knight 6:15 - 7:15 * Barre Fit Cardio YS Louisa Drake 6:30 - 7:15 * Studio Cycling CS Sonja Moses 6:45 - 7:30 Adrenaline MS Hendrick Famutimi 7:00 - 8:00 * Precision Running® TR Rory Knight 7:30 - 8:15 * Cycle Beats CS Mindee Grimes 7:30 - 8:15 Streamline Sculpt MS Sonja Moses 7:30 - 8:30 Yoga Flow YS Florence Lefebvre	6:15 - 7:00 Tabata MS Caitlin McGowan 6:15 - 7:00 Pilates YS Marsha Lindsay 6:30 - 7:15 * Cycle: Climb Hard! CS Shannon Cunningham 7:00 - 7:45 Best Butt Ever MS Caitlin McGowan 7:00 - 8:30 Stress Release (yoga) YS James Chapman 7:30 - 8:30 Lights Out! BR Anthony Fletcher	6:00 - 6:30 Runner's Reset® YS Agneta Lindberg 6:15 - 7:00 Kettlebell Power MS Hugo Diez 6:30 - 7:15 * Studio Cycling CS Sonja Moses 6:30 - 7:30 * Inside Out Barre YS Agneta Lindberg 7:00 - 7:15 Ab Lab MS Hugo Diez 7:15 - 8:00 Definitions MS Hugo Diez 7:30 - 8:30 Dynamic Vinyasa Yoga YS Sarah Thompson 7:30 - 8:15 * The WORKX TR Hendrick Famutimi	6:15 - 7:00 * Studio Cycling CS Rory Knight 7:15 - 8:00 Eliminator MS Rory Knight 7:15 - 8:30 Dynamic Vinyasa Yoga YS Anastasia Cambitzi 7:30 - 8:30 Boxing Boot Camp BR Robert Lynch	6:00 - 6:45 * Studio Cycling CS Jemal Rose 6:00 - 7:00 Yoga Vybz YS Chris Salton 6:45 - 7:30 Adrenaline MS Hendrick Famutimi	5:00 - 5:45 * Studio Cycling CS Keith Harvey 5:00 - 6:30 Yoga Flow YS Ferdi Skoberla	

JULY 2015 - CLASS DESCRIPTIONS

KENSINGTON

99 Kensington High Street
Kensington - W85SA
(207) 666-6000
equinox.com

CLUB HOURS

MON - FRI 06:00 - 22:00
SAT & SUN 08:00 - 21:00

KIDS's CLUB HOURS

Mon - Fri 08:00 - 18:00
Sat & Sun 08:00 - 14:00

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
CL Club Lobby

AB LAB

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

ADRENALINE

Like boot camp but better! Cardio sports drills are combined with strength training and exercises for functional fitness. One hour, one workout, one way to change your body.

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 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.

BEST BUTT EVER

Best Butt Ever is strategically engineered to lift and shape your hottest asset this summer. Fire up your glutes, build strength and definition, and get powerful. Waist-whittling exercises are also integrated to further accentuate your new rearview.

BODY SCULPT

A fundamental workout that strengthens the entire body with a variety of sequences and equipment. Fun and effective for all fitness levels.

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.

CHISEL'D

A total body workout with exercises that transition from one muscle group to the next. Continuous movement and great music to keep the heart rate up for a sweat drenched session.

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 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.

CYCLE: CLIMB HARD!

Challenge yourself to a terrain of ever changing hills. This ride will take you to your threshold, while strengthening your heart, legs and lungs. Be prepared to climb hard!

DANCE!

Equinox dance instructors teach you fun combinations to popular dance music. Styles may include jazz, modern, funk and hip hop.

DEFINITIONS

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

DYNAMIC VINYASA YOGA

Characterized by flowing sequences that are linked to the breath. Improves strength, flexibility and toning, decreases stress and enhances body awareness. A vigorous, more athletic approach to yoga techniques.

ELIMINATOR

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.

H.I.T. FULL BODY CONDITIONING

Hugo Diez's "High Intensity Training" full body sequence will help tone and define arms, shoulders, legs, chest abdominals & lower back.

INSIDE OUT BARRE

Get fit and toned from the inside out with this popular Barre based work out. Intervals of conditioning and stretching combine core work, pilates, yoga, isometrics and ballet to lengthen and strengthen. Goal of creating long, lean muscles and a youthful body.

INTERVAL CYCLING

TRAIN HARD! Intervals drills for endurance, power, and speed that include time trailing, climbs, sprints and pulls for an exciting and unpredictable ride that is both challenging and fun.

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

KICKBOXING

An aerobic interval workout that teaches kickboxing and boxing skills to energized music. This class uses heavy bags and boxing gloves. Be prepared to have fun and work hard!

LIGHTS OUT!

Take your training to a new level! Rico has designed this class to help you learn the basics of boxing and improve your overall skill level. Come ready to sweat! Check with the front desk to see if gloves and wraps are required.

LUNCHTIME YOGA FLOW

This hour long class leads you through a flow sequence building greater strength, flexibility and stamina while still providing detailed posture instruction. Posture modifications are provided.

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.

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.

R.I.P.P.E.D.

The One Stop Body Shock! A fun high-energy total body conditioning class that incorporates Resistance, Interval, Power, Plyometric, and Endurance training. This class targets all muscle groups by combining free weights and anaerobic conditioning. Come and get R.I.P.P.E.D...

RIPPED ABS & ARMS

Get ready to show some skin with this 30 minute sculpt class focused on tightening the abs and sculpting the upper body.

RISE! AND FLOW

Start your day with an invigorating and uplifting practice! Feel energized from tip to toe as you flow through a sequence of postures and breath exercises designed to reactivate, reawaken and focus body and mind!

ROLL & RELEASE

Foam Rolling is a highly effective, proven method for releasing muscles to improve flexibility, manage muscle pain, increase muscle recovery, and maximize muscle performance. Experience the benefits of myofascial release during Roll & Release. Your body will thank you.

RUNCROSS®

This outdoor run course experience moves you forward and features expertly designed cross training drills and mad motivation for the ultimate strength-meets-cardio experience. Created by David Siik for Equinox.

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.

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.

STREAMLINE SCULPT

Burn calories, sculpt and increase muscle tone with functional training that improves your everyday life.

STRESS RELEASE (YOGA)

This class takes a physical approach to the yoga practice connecting postures, movement and breathing. Improve your inner and outer strength, develop your flexibility while decreasing your stress level and enhancing your body awareness.

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.

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 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.

THE WORKX

Combine interval based treadmill exhaustion and resistance-training muscle burns, with complete core reconstruction. This class Workx everything and leaves nothing but the sweat and fat behind.

TREAD AND SHRED

A fun and challenging treadmill class. Easily modified to personally challenge your cardiovascular endurance via varied speed and incline levels. Effective coaching to keep you connected to your exertion level & heart rate and to help you maximize calorie burning and strength with every stride.

VINYASA FLOW YOGA

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

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 FLOW

A dynamic, physically and spiritually energizing form of yoga that sculpts, hones and tones every muscle in the body. Linking one movement into the next and the presence of mind from one moment to the next.

YOGA VYBZ

Flow with elements of power yoga, contemporary dance and the complementary healing methods of martial arts and Thai yoga therapy. A holistic balance of the inner and outer workings of yoga serves to energise and rebalance for the weekend ahead. The class is accompanied by music.

ZUMBA®

ZUMBA® is a fusion of Latin, International and popular music/dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body with easy to follow dance steps.