

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
6:00 - 6:45 * Studio Cycling CS Laura Rudberg <b>6:00 - 7:00 Stacked!</b> <b>MS Paula Fonseca</b> 6:00 - 7:00 * Figure 4 Barre BA Ali Baldassare 8:30 - 9:15 Tabata MS Dimitra Kyriakopoulos 8:30 - 9:15 Lean Line YS Ali Baldassare 8:45 - 9:30 * Studio Cycling CS Renu Shukla 9:15 - 10:15 AquaSport PD Paula Fonseca 9:30 - 10:15 Eliminator MS Dimitra Kyriakopoulos 9:30 - 10:30 Power Yoga (L2) YS Adena Muncey 9:30 - 10:30 * Figure 4 Barre BA Ali Baldassare 10:20 - 11:20 Zumba® MS Ketty Rosenfeld 10:35 - 11:35 Pilates Body YS Cheryl Bentsen	6:00 - 6:45 * Studio Cycling CS Laura Rudberg 6:00 - 7:00 Tabata MS Josh Fink 8:30 - 9:30 Definitions MS Ali Baldassare 8:30 - 9:30 * Figure 4 Barre BA Georgia Janos 9:30 - 10:15 * Cycle Beats CS Kristy DiScipio 9:30 - 10:00 Metabolic Meltdown MS Ali Baldassare 9:30 - 10:30 Vinyasa Yoga YS Georgia Janos 10:15 - 11:00 Tabata Circuit MS Josh Fink 10:35 - 11:35 Core Synergy YS Josie Gardiner	5:45 - 6:45 Power Yoga (L2) YS Adena Muncey 5:45 - 6:45 * Precision Running® TR Laura Rudberg 6:00 - 7:00 * Interval Cycling CS Stacey Grant 8:30 - 9:15 * Studio Cycling CS Shandell Raposa 8:30 - 9:15 Cardio Dance Fusion MS Georgia Janos 9:15 - 10:15 Cardio Sculpt MS Georgia Janos <b>9:15 - 10:15 AquaSport</b> <b>PD Cindy Sherwood</b> 9:30 - 10:30 Power Yoga (L2) YS Adena Muncey 9:30 - 10:30 * Figure 4 Barre BA Ali Baldassare 10:15 - 11:00 * Studio Cycling CS Renu Shukla 10:15 - 11:15 Stacked! MS Paula Fonseca 10:30 - 11:15 Lean Line YS Meagan Fitzgerald 11:15 - 12:15 Restorative Flow Yoga YS Renu Shukla	6:00 - 7:00 Boot Camp MS Josh Fink 8:30 - 9:30 Definitions MS Stacey Grant 8:30 - 9:30 * Figure 4 Barre BA Paula Fonseca 9:30 - 10:15 * Studio Cycling CS Alex Green 9:30 - 10:15 Best Butt Ever MS Stacey Grant 9:30 - 10:30 Vinyasa Yoga YS Gale Gaicobbe 10:20 - 11:20 Zumba® MS Lauren Cronin 10:35 - 11:35 Pilates Fusion YS Meagan Fitzgerald 11:15 - 12:00 * Precision Running® TR Kristen Mercier	<b>6:00 - 6:45 * Studio Cycling</b> <b>CS Laura Rudberg</b> 6:00 - 7:00 * Figure 4 Barre BA Meagan Fitzgerald 8:30 - 9:30 Whipped! MS Stacey Grant 8:30 - 9:30 Restorative Yoga YS Lauren Star 8:30 - 9:30 * Figure 4 Barre BA Paula Fonseca 8:45 - 9:30 * Studio Cycling CS Mark Strasnick 9:30 - 10:30 Core Synergy YS Cheryl Bentsen <b>9:45 - 10:30 Cardio Challenge</b> <b>MS Ian Kilpatrick</b> 9:45 - 10:45 * Figure 4 Barre BA Paula Fonseca <b>10:30 - 11:00 Beyond Strength</b> <b>MS Ian Kilpatrick</b> 10:35 - 11:35 Slow Flow Yoga YS Lauren Star	8:00 - 9:00 Deep Flow Vinyasa YS Ian Lemieux <b>8:05 - 9:05 * Studio Cycling</b> <b>CS Renu Shukla</b> 8:15 - 9:00 Tabata MS Kristy DiScipio <b>9:15 - 10:15 * Figure 4 Barre</b> <b>BA Kristy DiScipio</b> <b>10:30 - 11:15 METCON3</b> <b>MS Kristy DiScipio</b>	8:05 - 9:05 * Studio Cycling CS Anna Iatridis 9:00 - 10:15 Flow Play® Vinyasa YS Lauren Koenig- Plonskier <b>10:00 - 11:00 Tabata</b> <b>MS Eliza Shirazi</b>
12:00 - 1:00 * Figure 4 Barre BA Kristy DiScipio 4:30 - 5:30 * Figure 4 Barre BA Georgia Janos	12:00 - 1:00 METCON3 MS Paula Fonseca	12:00 - 1:00 * Figure 4 Barre BA Meagan Fitzgerald 4:30 - 5:30 Barre Burn MS Heidi Anderson	12:00 - 1:00 Stacked! MS Paula Fonseca 12:00 - 1:00 Lunchtime Yoga YS Jene Rossi	12:00 - 1:00 * Figure 4 Barre BA Paula Fonseca		
6:00 - 7:00 Om Athlete YS Rebecca Pacheco <b>6:15 - 6:30 Ab Lab</b> <b>MS Paula Fonseca</b> 6:30 - 7:15 * Performance Cycling CS Tom Scotto <b>6:30 - 7:15 Shockwave</b> <b>MS Paula Fonseca</b>	5:30 - 6:15 Dance! MS Paula Fonseca 5:30 - 6:15 * Precision Running® TR Heidi Anderson 6:15 - 7:15 * Figure 4 Barre BA Paula Fonseca 6:30 - 7:15 * Studio Cycling CS Chris Gagnon 6:30 - 7:15 Damage Control MS Heidi Anderson 7:15 - 8:30 Vinyasa Yoga YS Ian Lemieux	5:30 - 6:15 CSI-Cardio Strength MS Intervals Laura Rudberg 6:15 - 7:15 Pilates YS Cheryl Bentsen 6:30 - 7:15 * Studio Cycling CS Stacey Grant 6:30 - 7:15 Tabata MS Calvin Braxton 7:15 - 8:30 Flow Play® Vinyasa YS Lauren Koenig- Plonskier 7:20 - 8:15 Zumba® MS Calvin Braxton	<b>5:30 - 6:15 Streamline Sculpt</b> <b>MS Calvin Braxton</b> <b>5:30 - 6:15 AquaSport</b> <b>PD Cindy Sherwood</b> 6:00 - 7:00 Vinyasa Flow Yoga YS Renu Shukla 6:15 - 7:15 * Figure 4 Barre BA Cheryl Bentsen <b>6:30 - 7:15 * Studio Cycling</b> <b>CS Cindy Sherwood</b>			

## 4TH JULY 2015 - CLASS DESCRIPTIONS

### CHESTNUT HILL

200 Boylston Street  
Chestnut Hill MA 02467  
617.531.7077  
equinox.com

### 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  
MS Main Studio  
PD Pool Deck  
YS Yoga Studio  
TR Treadmill Area  
BA Barre Studio

#### AB LAB

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

#### AQUASPORT

Get out of the studio & into the Pool for this non-stop, total body workout that uses the resistance of the water to improve cardiovascular stamina and muscular endurance. You get a complete cardio and conditioning workout without the impact or stress on the body!

#### 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.

#### 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.

#### BEYOND STRENGTH

A conditioning experience to challenge your level of fitness and push you to new limits of endurance, balance, strength, & coordination. Various intervals of cardio & strength using every available tool take you above & beyond--leaving you feeling as if you just completed a tough mudder, & won!

#### BOOT CAMP

You know the drill...anything goes in Boot Camp! Reap the benefits of this ultimate calorie-burning workout through challenging combination of cardiovascular drills and resistance training and much more!

#### CARDIO CHALLENGE

Athletic based cardio designed to challenge you with non-stop movement, timed intervals and body weight training. Simple choreography delivers high on burn and results.

#### CARDIO DANCE FUSION

A high energy calorie burning Cardio Dance Experience! Latin, Tribal, Modern, Jazz, Funk, even a taste of Swing or Disco - something for everyone! It's fun, easy to follow, and leaves you feeling like a superstar. No dance experience needed.

#### CARDIO SCULPT

Total Body Workout for both muscular strength and endurance. Continuous movement to great music keeps the heart rate up for a sweat drenched sculpting session.

#### CORE SYNERGY

Core Synergy focuses on functional core training that not only improves core strength, postural alignment, spinal stability and balance, but will also shape and tone your muscles right where it counts! This non-traditional approach guarantees fast results!

#### CSI-CARDIO STRENGTH INTERVALS

Be challenged through the athletic warmup to 1 min. then 45 second intervals alternating cardio drills then strength exercises with the use of weights, medicine balls, jump ropes, plyometrics, and calisthenics. This workout will bring you results like never before.

#### 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

#### DANCE!

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

#### DEEP FLOW VINYASA

Intense pose sequences, compassionately taught, to awaken each of the senses and connect you to the wisdom of your physical and emotional body. This class is inspired by Forrest Yoga to encourage you to go deeper in your yoga practice and bring joy to your body, mind and Spirit.

#### DEFINITIONS

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

#### 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.

#### FIGURE 4 BARRE

Created by professional ballet dancer Kate Albarelli, Figure 4 combines elements of classic dance training, Pilates, yoga, and free weights to create a longer, leaner looking body. The class tightens and tones the upper and lower body simultaneously, while keeping you in the fat-burning zone.

#### FLOW PLAY® VINYASA

An energizing Vinyasa class using music and sound healing as a catalyst for better movement, mental clarity and a more efficient practice.

#### 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.

#### 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.

#### LUNCHTIME YOGA

Spend your lunch hour productively by taking advantage of the stress relief, postural correction, and mindfulness practice offered by this hour long class. All level are welcome and posture modifications are provided.

#### METABOLIC MELTDOWN

An intense full-body workout designed to spike your body's metabolic rate. Jump, crawl, pull, push and swing as you melt away the pounds and create a new lean body.

#### 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.

#### OM ATHLETE

Inspired by her experience as a competitive athlete & work with athletes, from recreational runners to Olympic swimmers, Rebecca created a yoga class to meet the rigorous mind/body demands of real athletes. Plan to stretch overused muscles, refine your core, prevent injury, & improve mental focus.

#### PERFORMANCE CYCLING

Whether you are preparing for longer rides outdoors, a specific competitive event, or just want to up your fitness level, this class is for you. Sample rides include: hill work, speed and sprint intervals, breathing/meditation techniques and form/balance exercises.

#### 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 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.

#### 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.

#### RESTORATIVE FLOW YOGA

Restore the body and renew the spirit. Postures are held longer and blend with mindful transitions, breath and deep awareness.

#### RESTORATIVE YOGA

Restore the body and renew the spirit as you quiet the mind with this passive, gentle style of yoga, ideal for beginners or those recovering from injuries. The use of yoga props helps to support and ease the body into poses held over extended time. As body relaxes, the mind grows still.

#### 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!

#### SLOW FLOW YOGA

Slow down and deepen your practice. A vinyasa practice that focuses on quality transitions between posture and awareness of breath and mind.

#### 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.

#### 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.

#### 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.

#### TABATA CIRCUIT

At your request we combined the best of two classes: the movement of Whipped, and the intensity of Tabata. This cardio/strength circuit workout with tabata intervals keeps you moving and consistently introduces new challenges for the full body. It's all or nothing in this breathless workout.

#### 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.

#### 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.