

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 6:45 * Studio Cycling CS Laura Rudberg	6:00 - 6:45 * Studio Cycling CS Laura Rudberg	5:45 - 6:45 Power Yoga (L2) YS Renee LeBlanc	6:00 - 7:00 Boot Camp MS Josh Fink	6:00 - 6:45 * Studio Cycling CS Richard Guptill	8:00 - 9:00 * Studio Cycling CS Richard Guptill	8:00 - 9:00 * Studio Cycling CS Anna Iatridis
6:00 - 7:00 * Figure 4 Barre BA Ali Baldassare	6:00 - 6:50 <b>Tabata</b> MS Josh Fink	5:45 - 6:45 * Precision Running TR Kristen Mercier	8:30 - 9:30 Definitions MS Dimitra Kyriakopoulos	6:00 - 7:00 * Figure 4 Barre BA Meagan Fitzgerald	8:00 - 9:00 Deep Flow Vinyasa YS Ian Lemieux	9:00 - 10:00 <b>Kick It!</b> MS Eliza Shirazi
7:00 - 7:50 <b>Stacked!</b> MS Richard Guptill	7:00 - 7:50 <b>METCON3</b> MS Josh Fink	6:00 - 7:00 * <b>Interval Cycling</b> CS Mark Strasnick	8:30 - 9:30 * Figure 4 Barre BA Paula Fonseca	8:30 - 9:30 Yoga Fundamentals (L1) YS Lauren Star	8:15 - 9:15 <b>Body PRECISION</b> MS Kristy DiScipio	9:00 - 10:00 Aqua Zumba® PD Adriana Lopez
8:30 - 9:15 Lean Line YS Ali Baldassare	8:30 - 9:30 Definitions MS Ali Baldassare	7:00 - 7:50 <b>Tabata</b> MS Shandell Raposa	9:30 - 10:15 * Studio Cycling CS Alex Green	8:30 - 9:30 * Figure 4 Barre BA Paula Fonseca	8:15 - 9:15 * Figure 4 Barre BA Paula Fonseca	9:00 - 10:15 Flow Play Vinyasa YS Lauren Koenig-Plonskier
8:45 - 9:30 * Studio Cycling CS Renu Shukla	8:30 - 9:30 * Figure 4 Barre BA Georgia Janos	8:30 - 9:15 * Studio Cycling CS Shandell Raposa	9:30 - 10:00 Metabolic Meltdown MS Ali Baldassare	8:45 - 9:30 * Studio Cycling CS Mark Strasnick	9:15 - 10:15 <b>METCON3</b> MS Paula Fonseca	9:15 - 10:15 * Figure 4 Barre BA Meagan Fitzgerald
8:45 - 9:30 <b>Tabata</b> MS Dimitra Kyriakopoulos	9:30 - 10:15 * Cycle Beats CS Kristy DiScipio	8:30 - 9:15 <b>Cardio Dance Fusion</b> MS Georgia Janos	9:30 - 10:30 Vinyasa Yoga YS Gale Gaicobbe	8:45 - 9:30 <b>Elimin8tor</b> MS David Heard	9:15 - 10:15 Pilates Fusion YS Meagan Fitzgerald	9:30 - 10:30 * Studio Cycling CS Renu Shukla
9:15 - 10:15 AquaSport PD Cindy Sherwood	9:30 - 10:00 Metabolic Meltdown MS Ali Baldassare	9:15 - 10:15 Cardio Sculpt MS Georgia Janos	10:15 - 11:15 <b>Zumba®</b> MS Anna Iatridis	9:30 - 10:30 Core Synergy YS Cheryl Bentsen	9:30 - 10:30 * Studio Cycling CS Renu Shukla	10:00 - 11:00 Tabata MS Eliza Shirazi
9:30 - 10:15 <b>Elimin8tor</b> MS Dimitra Kyriakopoulos	9:30 - 10:30 Vinyasa Yoga YS Georgia Janos	9:15 - 10:15 AquaSport PD Cindy Sherwood	10:30 - 11:30 Pilates Fusion YS Ali Baldassare	9:45 - 10:30 Cardio Blast MS Maryanne Blake	9:30 - 10:30 * Figure 4 Barre BA Kristy DiScipio	10:30 - 11:30 Pilates YS Meagan Fitzgerald
9:30 - 10:30 Power Yoga (L2) YS Jene Rossi	10:15 - 11:00 Shockwave MS Josh Fink	9:30 - 10:30 Power Yoga (L2) YS Jene Rossi	11:15 - 12:00 <b>Body PRECISION</b> MS Josie Gardiner	9:45 - 10:45 * Figure 4 Barre BA Paula Fonseca	10:30 - 11:30 Dance! MS Kristy DiScipio	11:00 - 12:00 Cardio Sculpt MS Kim Bradshaw
9:30 - 10:30 * Figure 4 Barre BA Ali Baldassare	10:30 - 11:30 Core Synergy YS Josie Gardiner	9:30 - 10:30 * Figure 4 Barre BA Ali Baldassare	11:30 - 12:30 * Precision Running TR Kristen Mercier	10:30 - 11:30 Slow Flow Yoga MS Lauren Star	10:45 - 11:45 <b>Sweat &amp; Surrender</b> YS Renu Shukla	11:30 - 12:45 Vinyasa Flow Yoga YS Cheryl Bentsen
10:15 - 11:15 Zumba® MS Natalie Bayersdorfer	11:15 - 12:00 <b>Barre Fit Cardio</b> MS Kristy DiScipio	10:15 - 11:15 Stacked! MS Paula Fonseca		10:30 - 11:00 Body Sculpt MS Maryanne Blake	11:30 - 12:30 * Precision Running TR Laura Rudberg	
10:30 - 11:30 Pilates Body YS Cheryl Bentsen		10:30 - 12:00 * Cycle In/Yoga Out CS Renu Shukla				
		10:30 - 11:15 Lean Line YS Meagan Fitzgerald				
12:00 - 1:00 * Figure 4 Barre BA Kristy DiScipio	12:00 - 1:00 Tabata MS Richard Guptill	12:00 - 1:00 * Figure 4 Barre BA Georgia Janos	12:00 - 1:00 Lunchtime Yoga YS Jene Rossi	12:00 - 1:00 * Figure 4 Barre BA Paula Fonseca	4:30 - 5:45 SWEATY Vinyasa Flow YS Lauren Eicher	4:30 - 5:45 Sweat & Surrender YS Renu Shukla
4:30 - 5:30 Figure 4 Barre BA Georgia Janos						
6:00 - 7:00 Om Athlete YS Rebecca Pacheco	5:30 - 6:15 Dance! MS Paula Fonseca	5:30 - 6:15 CSI-Cardio Strength MS Intervals Laura Rudberg	5:30 - 6:15 Streamline Sculpt MS Risa Aronson	5:30 - 6:15 Boot Camp MS Victoria Haffer		
6:15 - 6:30 Ab Lab MS Richard Guptill	6:15 - 7:15 * Figure 4 Barre BA Paula Fonseca	6:15 - 7:15 Pilates Sport YS Cheryl Bentsen	6:00 - 7:00 <b>Vinyasa Yin Yoga</b> YS Lauren Eicher	6:30 - 7:30 Happy Hour Yoga YS Victoria Haffer		
6:30 - 7:15 * Performance Cycling CS Tom Scotto	6:30 - 7:15 * Studio Cycling CS Chris Gagnon	6:30 - 7:15 Pilates Sport YS Cheryl Bentsen	6:15 - 6:30 Ab Lab MS Cindy Sherwood			
6:30 - 7:15 Shockwave MS Richard Guptill	6:30 - 7:30 Damage Control MS Heidi Anderson	6:30 - 7:15 * Studio Cycling CS Laura Rudberg	6:15 - 7:15 * Figure 4 Barre BA Cheryl Bentsen			
7:15 - 8:15 * Figure 4 Barre BA Cheryl Bentsen	7:15 - 8:30 Vinyasa Yoga YS Ian Lemieux	6:30 - 7:15 Whipped! MS Calvin Braxton	6:30 - 7:15 * Cycle Beats CS Heidi Anderson			
		7:15 - 8:15 Zumba® MS Calvin Braxton	6:30 - 7:15 Tabata MS Cindy Sherwood			
		7:15 - 8:30 Flow Play Vinyasa YS Lauren Koenig-Plonskier	7:15 - 8:15 Pilates Body YS Cheryl Bentsen			

## JANUARY 2015 - CLASS DESCRIPTIONS

### CHESTNUT HILL

200 Boylston Street  
Chestnut Hill MA 02467  
617.531.7077  
equinox.com

#### CLUB HOURS

Mon-Thu: 5:00am - 10:00pm  
Fri: 5:00am - 9:00pm  
Sat-Sun: 7:00am - 7:00pm

#### 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  
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.

#### AQUA ZUMBA®

Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

#### 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 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 PRECISION

Work smarter not harder! A non-stop synergistic blend of low impact cardiovascular and weight bearing exercises, creatively woven together to promote lean muscle, to rev up your metabolism, and to enhance abdominal definition, core strength & stability, and flexibility. All toys are fair game.

#### BODY SCULPT

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

#### 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 BLAST

Looking for an incredible, fat-burning, heart-pumping workout? Then this class is for you! Using combinations of athletic-based aerobic moves, step, body bars, hand weights, medicine balls and tubes, this high-energy, multi-intensity class is the ultimate in cardiovascular workouts.

#### 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.

#### CYCLE IN/YOGA OUT

Vigorous 45 min spin, with an emphasis on breath work, cadence, and mind-body awareness. Follow with a yoga-based stretch, intended to release hip flexors, hamstrings, chest, and low back. The stretching and meditative yoga segment is an ideal compliment to the high-intensity cycle class.

#### 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. Benefits include overall cardiovascular conditioning.

#### 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.

#### HAPPY HOUR YOGA

A Mixed level class that will work your entire body in one hour. Fluid, heat building and full of joy. This class will be the happiest, healthiest hour of your day.

#### 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.

#### KICK IT!

A non stop high intensity workout featuring kickboxing, athletic training, plyometrics and cardio dance moves to heart pounding high energy music. Aerobic and anaerobic threshold training to push your cardiovascular system to a place it has never gone before!

#### 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.

#### PILATES SPORT

Using magic circles, resistance bands and weights, Pilates Sport is the perfect tool to bring better performance, injury prevention and most of all balance and stability into your game.

#### 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. Sign-up is required at the front desk. Make sure to bring your own headphones.

#### SHOCKWAVE

Extreme cross training at its best! This total body circuit challenge combines the Indo-Row 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! Sign-up is required at the front desk.

#### 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.

#### SWEAT & SURRENDER

A combination of vinyasa, restorative yoga, and breathwork to create an energizing yet relaxing practice. This harmonizing practice will help bring the body, mind, and nervous system into balance.

#### SWEATY VINYASA FLOW

Turn on your inner power and flow in this vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath. If you like to sweat, this practice is for you.

#### 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 YIN YOGA

A class that will gently stretch and rehabilitate the connective tissues that form our joints combined with a flowing vinyasa workout.