EQUINOX

SOUTHPORT

November 2026 | SCHEDULE EFFECTIVE 11.01.26-11.30.26

KEY **Studio key on back**

Bold — New/Updated Class, Instructor, or Time

* — Advance sign-up required

MONDAY

6:15-7:00 MS *	Stacked *Nancy Pires*
7:30-8:15 YS *	Vinyasa Yoga *Diana Fonicello*
7:45-8:30 MS *	Leg Day *Nancy Pires*
8:00-8:45 CS *	Beats Ride *Rhodie Lorenz*
8:45-9:30 MS *	Cardio Sculpt *Jacob Eventoff*
8:45-9:35 TR *	Precision Run + Strength *Jaren Mondry*
8:45-9:30 YS *	True Barre *Noel Rosenstein*
9:00-9:45 CS *	Beats Ride *David Reyes*
9:45-10:35 YS *	Pilates Rise *Rhodie Lorenz*
10:00-10:50 MS *	Athletic Conditioning *David Reyes*
11:00-12:00 YS *	Slow Flow Yoga *Abbey Chase*
12:15-1:00 YS *	Pilates Fusion *Diana Fonicello*
4:30-5:15 YS *	Barefoot Sculpt: The Ring *Claire Butler*
5:30-6:15 YS *	Pilates Mat *Lesley Vainder*
6:00-6:50 MS *	MetCon Monday *Rocco Stowe*
6:15-7:00 CS *	Beats Ride *Amanda Borst*
6:30-7:30 YS *	Vinyasa Yoga *Anna Nowok*

TUESDAY

5:30-6:15 CS *	Beats Ride *Jess Polcer*
6:30-7:15 MS *	Core6 *Dina Fay*
8:00-8:45 MS *	Athletic Conditioning *David Reyes*
8:30-9:15 CS *	Beats Ride *Jacob Eventoff*
8:30-9:20 TR *	Precision Walk: Elevate *Jess Gray*
9:00-9:45 YS *	**Pilates Mat** ***Lesley Vainder***
9:15-10:00 MS *	Stronger *David Reyes*
10:00-10:45 YS *	Barefoot Sculpt *Sasha Cakir*
10:15-11:00 MS *	Body Sculpt *Jacob Eventoff*
11:00-11:45 YS *	Pilates Fusion *Vicki Lopez*
12:15-1:15 YS *	Vinyasa Yoga *Abbey Chase*
4:30-5:15 YS *	Pilates Fusion *Vicki Lopez*
5:30-6:20 TR *	Precision Run + Strength *Jess Gray*
5:30-6:30 YS *	Vinyasa Yoga *Diana Fonicello*
5:45-6:30 MS *	Stronger *Jaren Mondry*
6:45-7:30 YS *	True Barre *Diana Fonicello*

WEDNESDAY

6:15-7:00 MS *	Athletic Conditioning *Martha Rebocho*
6:30-7:15 MS *	Barefoot Sculpt *Claire Butler*
7:30-8:30 YS *	Slow Flow Yoga *Diana Fonicello*
7:45-8:30 MS *	Body Sculpt *Jaren Mondry*
8:30-9:15 CS *	Beats Ride *Rhodie Lorenz*
8:45-9:30 MS *	Stacked *Hailey Barbarie*
8:45-9:35 TR *	Precision Walk: Elevate *Vicki Lopez*
8:45-9:30 YS *	Barefoot Sculpt: The Ring *Diana Fonicello*
9:45-10:45 YS *	Pilates Fusion *Vicki Lopez*
10:00-10:45 MS *	Rounds: Boxing *Hailey Barbarie*
11:00-12:00 YS *	Slow Flow Yoga *Abbey Chase*
12:15-1:00 YS *	True Barre *Sasha Cakir*
4:30-5:15 YS *	True Barre (Heated) *Rhodie Lorenz*
5:30-6:15 YS *	Vinyasa Yoga (Heated) *Abbey Chase*
6:00-6:45 MS *	Leg Day *Dashaun Johns*
6:15-7:00 CS *	Beats Ride *David Reyes*
6:30-7:15 YS *	Pilates Mat (Heated) *Nicola Bam*
7:30-8:30 YS *	Hatha Yoga (Heated) *Jacqui Bongiovani*

THURSDAY

5:30-6:20 CS *	Precision Ride *Jess Polcer*
6:30-7:20 MS *	**MetCon3** ***David Reyes***
8:00-8:45 MS *	Body Sculpt *Martha Rebocho*
8:30-9:20 TR *	Precision Walk: Elevate *Jess Gray*
9:00-9:45 YS *	**Barefoot Sculpt** ***Martha Rebocho***
9:15-10:00 MS *	Athletic Conditioning *Nancy Pires*
9:30-10:15 CS *	Beats Ride *David Reyes*
10:00-10:45 YS *	True Barre *Erika Yarmoff*
11:00-12:00 YS *	Pilates Fusion *Vicki Lopez*
12:15-1:15 YS *	Slow Flow Yoga *Alyssa LaVorgna*
4:30-5:15 YS *	Barefoot Sculpt *Jacob Eventoff*
5:30-6:30 YS *	Yin Yoga Meditation *Diana Fonicello*
5:45-6:45 MS *	Rounds: Bags and Mitts *Hailey Barbarie*
6:45-7:30 YS *	Pilates at the Barre *Diana Fonicello*

FRIDAY

6:15-7:00 MS *	Stronger *Nancy Pires*
7:15-8:05 TR *	Precision Run + Strength *Stephanie Shockley*
7:30-8:30 YS *	True Barre *Erika Yarmoff*
7:45-8:30 MS *	Ropes and Rowers *Nancy Pires*
8:00-8:45 CS *	Beats Ride *Jacob Eventoff*
8:45-9:45 MS *	Rounds: Boxing *Aaron Brown*
8:45-9:30 YS *	Barefoot Sculpt *Rhodie Lorenz*
9:00-9:45 CS *	Beats Ride *Amanda Borst*
9:45-10:45 YS *	Vinyasa Yoga *Diana Fonicello*
10:00-10:45 MS *	Stronger *Jaren Mondry*
11:00-11:50 YS *	Pilates Rise *Diana Fonicello*
11:15-12:00 YS *	Cardio Dance *Paul Herman*
12:15-1:00 YS *	**Barefoot Sculpt: The Ring** ***Rhodie Lorenz***
4:30-5:15 YS *	Barefoot Sculpt (Heated) *Martha Rebocho*
5:45-6:45 YS *	Slow Flow Yoga (Heated) *Jacqui Bongiovani*
7:00-8:00 YS *	Sound Meditation (Heated) *Ashley Scully*

SATURDAY

8:00-8:45 MS *	Athletic Conditioning *Martha Rebocho*
8:15-9:00 CS *	Beats Ride *Jacob Eventoff*
8:45-9:30 YS *	Pilates Mat *Lesley Vainder*
9:15-10:00 CS *	Beats Ride *David Reyes*
9:15-10:00 MS *	MetCon3 *Jacob Eventoff*
9:30-10:20 TR *	Precision Walk: Elevate *Jess Polcer*
9:45-10:45 YS *	Vinyasa Yoga *Abbey Chase*
10:15-11:00 MS *	Core6 *David Reyes*
11:15-12:00 MS *	Rounds: Boxing *Rocco Stowe*
11:15-12:15 YS *	True Barre *Erika Yarmoff*
3:30-4:30 YS *	Weekend Wind Down Yoga *Jacqui Bongiovani*

SUNDAY

8:00-8:45 MS *	Athletic Conditioning *Hailey Barbarie*
8:45-9:30 YS *	Barefoot Sculpt *Rhodie Lorenz*
9:00-9:45 MS *	Stronger *Nancy Pires*
9:00-9:50 TR *	Precision Walk: Elevate *Nicola Bam*
9:45-10:30 CS *	Beats Ride *Rhodie Lorenz*
10:00-10:50 YS *	Pilates Rise *Nicola Bam*
10:30-11:20 MS *	360 Strength *Nancy Pires*
11:15-12:15 YS *	Vinyasa Yoga *Deb Shin*
3:30-4:30 YS *	Hatha Yoga (Heated) *Joshua Diaz*

VISIT EQUINOX.COM OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

EQUINOX

SOUTHPORT

226 Old Post Road

SOUTHPORT CT 06890

EQUINOX.COM

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MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT 07:00 AM 08:00 PM

SUN 07:00 AM 07:00 PM

Kids

MON-SAT 08:00 AM 12:00 PM

GROUP FITNESS MANAGER

david.reyes@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

Cycling

Beats Ride 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.
Precision Ride A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.

Yoga

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.
Slow Flow Yoga A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.
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.
Weekend Wind Down Yoga A soothing yoga journey that uses extended postures and supportive props to fully reset body and mind. Move slowly, breathe deeply, and restore completely in this special weekend only class.
Yin Yoga Meditation A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.

Barre

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.
Pilates Rise Evolve your Pilates practice with our contemporary approach that sculpts your core, glutes, and full body. Start with classical Pilates movements, then intensify, build, and burn for a transformative Pilates experience. An Equinox exclusive.
Pilates at the Barre Pilates amplified with resistance. Sculpt and strengthen using our signature anchored bands to unlock stability and connection. Target muscles with intention, build functional strength, and challenge your core. An Equinox exclusive.

Regeneration

Sound Meditation A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.

Strength

360 Strength Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, ViPR, and dynamic full-body exercises. An Equinox exclusive.
Leg Day Don't skip Leg Day: lower-body strength training featuring squats, hinges, lunges, and carries. Heavier loads. Structured intervals. Designed to deliver visible definition. An Equinox exclusive.
Stronger Gain strength, confidence and community in this one-of-a-kind class scientifically made to push you to your edge. Ditch the cardio and use heavy weights to challenge every muscle group. An Equinox exclusive.

Running

Precision Run + Strength A track and field circuit-based workout, created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.
Precision Walk: Elevate A treadmill climbing workout that challenges your ability across a variety of inclines. Personalize your pace, put a little performance in your walk and improve your cardiovascular endurance. An Equinox exclusive. Bring headphones.

HIIT

Athletic Conditioning This high energy full body workout is designed by your instructor to increase your strength, endurance, and agility. Select exercises and drills are sequenced to push your performance to the next level. Leave it all on the floor.
Core6 Train your center from every angle. Explore six distinct core pathways using SandBells, dumbbells, and bodyweight. This structured interval flow with bursts of high intensity will build a stronger, more resilient foundation that supports your every movement inside and outside the club. An Equinox exclusive.
MetCon Monday Mondays are for MetCon, so start your week strong! 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.
MetCon3 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.
Ropes and Rowers Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. An Equinox exclusive.
Stacked Maximize your workout by "stacking" targeted exercises to increase endurance, strength, and power. Each set is an opportunity to uplevel and achieve all-out effort. An Equinox exclusive.

Dance

Cardio Dance A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

Boxing

Rounds: Bags and Mitts Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in authentic boxing drills as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.
Rounds: Boxing Gloves on, guard up. Step into the ring with Rounds: Boxing, where every punch, every move, is a step towards mastering the art of boxing. Elevate your skill and power through expert-guided sessions and immersive rounds on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.
Barefoot Sculpt: The Ring A low-impact sculpt class built around a weighted ring. Press, hold, and sweep to build functional strength, control, and endurance in one full-body format. Grounded, athletic, and intentional. An Equinox exclusive.
Body Sculpt An endurance-based, low-impact workout, using high reps and light to medium weights in combination with equipment like bands and gliding discs. Increase body part definition and total body mobility with this workout.
Cardio Sculpt A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.