

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 MS * Stacked <i>Nancy Pires</i>	5:30-6:15 CS * Beats Ride <i>Jess Polcer</i>	6:30-7:15 MS * Athletic Conditioning <i>Martha Rebocho</i>	5:30-6:20 CS * Precision Ride <i>Jess Polcer</i>	6:15-7:05 MS * Stronger <i>Nina Secchi</i>	8:00-8:45 MS * Athletic Conditioning <i>Kelly Greenwood</i>	8:00-8:45 MS * Athletic Conditioning <i>Hailey Barbarie</i>
7:30-8:15 YS * Sculpted Yoga™ <i>Diana Fonicello</i>	6:30-7:15 MS * Body Sculpt <i>Dina Fay</i>	6:30-7:15 MS * Barefoot Sculpt <i>Stephanie Shockley</i>	6:30-7:15 MS * MetCon3 <i>David Reyes</i>	7:15-8:05 TR * Precision Run + Strength <i>Stephanie Shockley</i>	8:15-9:00 CS * Beats Ride <i>Jacob Eventoff</i>	8:45-9:45 YS * True Barre <i>Lisa Palmeri</i>
7:45-8:30 MS * Stronger <i>Nancy Pires</i>	7:30-8:30 YS * True Barre <i>Tracy Rotunno</i>	7:30-8:30 YS * Slow Flow Yoga <i>Diana Fonicello</i>	7:30-8:30 YS * Vinyasa Yoga <i>Alexa Moro</i>	7:30-8:30 YS * True Barre: Bala Bangle <i>Nina Secchi</i>	8:45-9:30 YS * Pilates Mat <i>Lesley Vainder</i>	9:00-9:45 MS * Stronger <i>Nancy Pires</i>
8:00-8:45 CS * Beats Ride <i>Rhodie Lorenz</i>	8:00-8:45 MS * Core6 <i>Nina Secchi</i>	7:45-8:30 MS * Body Sculpt <i>Jaren Mondry</i>	8:00-8:45 MS * Rhythmic Sculpt <i>Nina Secchi</i>	7:45-8:30 MS * Ropes and Rowers <i>Nancy Pires</i>	9:15-10:00 CS * Beats Ride <i>David Reyes</i>	9:00-9:50 TR * Precision Walk: Elevate <i>Nicola Bam</i>
8:30-9:15 YS * True Barre <i>Noel Rosenstein</i>	8:30-9:15 CS * Beats Ride <i>Jacob Eventoff</i>	8:30-9:15 CS * Beats Ride <i>Rhodie Lorenz</i>	8:30-9:20 TR * Precision Run + Strength <i>Jess Gray</i>	8:00-8:45 CS * Beats Ride <i>Jacob Eventoff</i>	9:15-10:00 MS * MetCon3 <i>Jacob Eventoff</i>	9:45-10:30 CS * Beats Ride <i>Rhodie Lorenz</i>
8:45-9:30 MS * Cardio Sculpt <i>Jacob Eventoff</i>	8:45-9:30 YS * Pilates Mat <i>Lesley Vainder</i>	8:45-9:30 TR * Stacked <i>Hailey Barbarie</i>	8:45-9:30 YS * Barefoot Sculpt <i>Martha Rebocho</i>	8:45-9:45 MS * Rounds: Boxing <i>Aaron Brown</i>	9:30-10:20 TR * Precision Walk: Elevate <i>Jess Polcer</i>	10:00-10:50 YS * Pilates Rise <i>Nicola Bam</i>
9:00-9:45 CS * Beats Ride <i>David Reyes</i>	9:00-9:50 TR * Precision Walk: Elevate <i>Jess Gray</i>	8:45-9:35 TR * Precision Walk: Elevate <i>Vicki Lopez</i>	9:15-10:00 MS * Athletic Conditioning <i>Nancy Pires</i>	8:45-9:30 YS * Barefoot Sculpt <i>Tracy Rotunno</i>	9:45-10:45 YS * Vinyasa Yoga <i>Alyssa LaVorgna</i>	10:30-11:20 MS * 360 Strength <i>Nancy Pires</i>
9:00-9:50 TR * Precision Run + Strength <i>Jaren Mondry</i>	9:15-10:00 MS * Stronger <i>David Reyes</i>	8:45-9:30 YS * Barefoot Sculpt <i>Diana Fonicello</i>	9:30-10:15 CS * Beats Ride <i>David Reyes</i>	9:00-9:45 CS * Beats Ride <i>Amanda Borst</i>	10:15-11:00 MS * Cardio Sculpt <i>Martha Rebocho</i>	
9:30-10:20 YS * Pilates Rise <i>Rhodie Lorenz</i>	10:00-10:45 MS * Barefoot Sculpt <i>Nina Secchi</i>	9:45-10:45 YS * Pilates Fusion <i>Vicki Lopez</i>	10:00-10:45 YS * True Barre <i>Erika Yarmoff</i>	9:45-10:45 YS * Vinyasa Yoga <i>Diana Fonicello</i>		11:15-12:15 YS * Vinyasa Yoga <i>Deb Shin</i>
10:00-10:50 MS * Athletic Conditioning <i>David Reyes</i>	10:15-11:00 MS * Body Sculpt <i>Jacob Eventoff</i>	10:00-10:45 MS * Rounds: Boxing <i>Hailey Barbarie</i>	11:00-12:00 YS * Pilates Fusion <i>Vicki Lopez</i>	10:00-10:45 MS * Stronger <i>Jaren Mondry</i>		3:30-4:30 YS * Hatha Yoga (Heated) <i>Joshua Diaz</i>
10:45-11:45 YS * Slow Flow Yoga <i>Abbey Chase</i>	11:00-11:45 YS * True Barre <i>Sherri Norige</i>	11:00-12:00 YS * Slow Flow Yoga <i>Vicki Lopez</i>		11:00-11:50 YS * Pilates Rise <i>Diana Fonicello</i>		
12:15-1:00 YS * Pilates Fusion <i>Summer Venuto</i>	12:15-1:15 YS * Vinyasa Yoga <i>Abbey Chase</i>	12:15-1:00 YS * True Barre: Bala Bangle <i>Sherri Norige</i>	12:15-1:15 YS * Vinyasa Yoga <i>Alyssa LaVorgna</i>	11:15-12:00 MS * Cardio Dance <i>Paul Herman</i>		
4:30-5:15 YS * Barefoot Sculpt <i>Nina Secchi</i>	4:30-5:15 YS * Pilates Fusion <i>Vicki Lopez</i>	4:30-5:15 YS * True Barre (Heated) <i>Nina Secchi</i>	4:30-5:15 YS * Barefoot Sculpt <i>Jacob Eventoff</i>	12:15-1:00 YS * Barefoot Sculpt <i>Rhodie Lorenz</i>		
5:30-6:15 YS * True Barre <i>Claire Butler</i>	5:30-6:20 TR * Precision Run + Strength <i>Amanda Borst</i>	5:30-6:15 YS * Vinyasa Yoga (Heated) <i>Abbey Chase</i>	5:30-6:30 YS * Yin Yoga Meditation <i>Diana Fonicello</i>	4:30-5:15 YS * Barefoot Sculpt (Heated) <i>Martha Rebocho</i>		
6:00-6:50 MS * Stronger <i>Nina Secchi</i>	5:30-6:30 YS * Vinyasa Yoga <i>Diana Fonicello</i>	6:00-6:45 MS * Stacked <i>David Reyes</i>	5:45-6:45 MS * Rounds: Bags and Mitts <i>Hailey Barbarie</i>	5:45-6:45 YS * Slow Flow Yoga (Heated) <i>Jacqui Bongiovani</i>		
6:15-7:00 CS * Beats Ride <i>Amanda Borst</i>	5:45-6:30 MS * MetCon3 <i>Martha Rebocho</i>	6:15-7:00 CS * Beats Ride <i>Dina Fay</i>	6:45-7:30 YS * Pilates at the Barre <i>Diana Fonicello</i>	7:00-8:00 YS * Sound Meditation (Heated) <i>Ashley Scully</i>		
6:30-7:15 YS * Pilates Mat <i>Lesley Vainder</i>	6:45-7:30 YS * True Barre <i>Sherri Norige</i>	6:30-7:15 YS * Pilates Mat (Heated) <i>Nicola Bam</i>				
		7:30-8:30 YS * Slow Flow Yoga (Heated) <i>Jacqui Bongiovani</i>				

# EQUINOX

## SOUTHPORT

226 Old Post Road

SOUTHPORT CT 06890

EQUINOX.COM

@EQUINOX

**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.



## 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.



## 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.

**Sculpted Yoga™** Take Vinyasa up a notch with a challenging class that combines yoga with light weight sculpting. Incorporating Bala bangles and hand weights, this class merges Vinyasa flow with low-impact toning exercises to enhance strength, mobility, and balance. An Equinox exclusive.

**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.



## 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.

**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.



## 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.

**True Barre: Bala Bangle** This sculpt class features the Bala Bangle and light dumbbells to add variety to traditional barre exercises. Define and tone your body 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.



## 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.



## 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.



## Sculpt

**Barefoot Sculpt** A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

**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.

**Rhythmic Sculpt** Move to the beat in this dynamic Sculpt class that keeps you moving in steady, light-impact motion. This mid-intensity workout shapes and tones your body. Increase endurance with movement that seamlessly flows to the rhythm of the music. An Equinox exclusive.



## 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.

**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.