

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 Vinyasa Yoga YS *	6:15-7:00 Athletic Conditioning MS *	6:30-7:15 Pilates Fusion Melissa Jalali	6:15-7:00 Whipped! MS *	7:30-8:20 Precision Run® Courteney Mitchell	9:00-9:45 Tabata Max MS *	8:45-9:30 Stronger Austin Sa
6:45-7:30 MetCon Monday MS *	6:45-7:30 Barefoot Sculpt YS *	6:45-7:35 Stronger Austin Sa	6:45-7:45 Vinyasa Yoga Alaina Chmielinski	7:30-8:20 Power Vinyasa Allie Cabrera	9:00-10:00 Vinyasa Yoga YS *	9:00-9:45 Pilates Fusion Susan Connelly
7:30-8:20 Precision Run® TR *	7:00-7:45 Beats Ride Ashley Riccio	7:30-8:20 Precision Walk: Elevate TR *	7:00-7:45 Beats Ride Jae Pukma	8:30-9:15 Stronger Richard G	9:15-10:05 Precision Walk: Elevate TR *	9:15-10:00 Rounds: Boxing Rod Shivers
7:30-8:15 True Barre: Bala Bangle YS *	7:15-8:00 Tabata Max MS *	7:30-8:15 True Barre: Off the Barre	7:15-8:00 Athletic Conditioning MS *	9:15-10:15 Vinyasa Yoga Jene Rossi	9:30-10:15 Beats Ride CS *	9:30-10:15 Beats Ride Nicole Roach
9:30-10:20 Stronger MS *	8:00-8:45 Pilates Fusion Ricki Kalayci	9:30-10:00 Quick HIIT Chico Huggins	8:00-8:45 Barefoot Sculpt Alaina Chmielinski	9:30-10:15 Athletic Conditioning Shai Douty	10:15-11:05 Ropes and Rowers MS *	10:00-10:45 MetCon3 Cara Andreoli
10:30-11:15 Barefoot Sculpt YS *	9:30-10:15 MetCon3 Emily Southworth	10:00-10:30 Best Abs Ever MS *	9:30-10:15 Athletic Conditioning Maryanne Blake	10:30-11:15 Barefoot Sculpt YS *	10:15-11:00 True Barre: Off the Barre	10:30-11:30 Vinyasa Yoga YS *
12:00-12:50 Pilates Rise YS *	10:30-11:15 Vinyasa Yoga Brenna Oliver	10:30-11:30 Vinyasa Yoga Jene Rossi	10:30-11:30 Vinyasa Yoga Jene Rossi	12:00-12:45 True Barre: Off the Barre	11:15-12:00 Pilates Fusion YS *	12:15-1:00 True Barre: Off the Barre
12:15-1:00 Tabata Max MS *	12:00-12:45 Barefoot Sculpt Alaina Chmielinski	12:00-12:45 Pilates Mat YS *	12:00-12:45 True Barre: Off the Barre	12:15-1:00 MetCon3 Dimitria Moretto	12:15-1:00 Cardio Dance MS *	Cheryl Geiser
4:00-5:00 Vinyasa Yoga YS *	12:15-1:05 Stronger MS *	12:15-1:05 360 Strength MS *	12:15-1:05 Ropes and Rowers Samantha Boulay	4:45-5:30 Core6 MS *	4:00-5:00 Vinyasa Yoga Natalie Wannamaker	Weekend Wind Down
5:30-6:15 Rhythmic Sculpt MS *	4:00-4:45 Pilates Fusion Ellie Gonyeau	4:00-4:45 Pilates Fusion YS *	4:00-5:00 Vinyasa Yoga Olivia Florence	5:30-6:15 Pilates Fusion Samantha Boulay	5:30-6:30 Vinyasa Yoga YS *	Yoga Pat Donaher
5:30-6:15 Pilates Fusion YS *	5:00-5:45 True Barre: Off the Barre	5:15-6:00 Rounds: Boxing BR *	5:30-6:15 Pilates Fusion Susan Connelly	5:45-6:30 MetCon3 Chico Huggins	5:30-6:30 Vinyasa Yoga Pat Donaher	Meditation Pat Donaher
5:45-6:30 Beats Ride CS *	YS *	5:30-6:15 Two Toned Training Shai Douty Leah Douty	5:30-6:15 Core6 MS *	6:30-7:15 Barefoot Sculpt YS *		
6:30-7:15 MetCon Monday MS *	5:45-6:30 Beats Ride Mahmoud Saleh	5:30-6:15 True Barre: Off the Barre	6:30-7:15 Vinyasa Yoga Mackenzie Lafond	6:45-7:30 Cardio Dance MS *		
6:30-7:30 Vinyasa Yoga YS *	5:45-6:35 Precision Run® Courteney Mitchell	5:45-6:30 Precision Run® TR *	6:15-7:05 Precision Run® TR *	6:45-7:30 Cardio Dance: Zumba® David Quiroga Gomez		
	6:00-7:00 Power Vinyasa YS *	6:00-7:00 Power Vinyasa Natalie Wannamaker	6:30-7:30 Vinyasa Yoga Michael Alba			
	6:15-7:00 Rounds: Boxing BR *	6:15-7:00 Rounds: Boxing Rod Shivers	6:30-7:30 Vinyasa Yoga Michael Alba			
	6:30-7:20 Stronger MS *	6:45-7:30 Stronger Marissa Best	6:45-7:30 Cardio Dance: Zumba® David Quiroga Gomez			

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GROUP FITNESS MANAGER

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SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

BR Boxing Studio

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.

◆ Running

Precision Run® An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. 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

Power Vinyasa A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

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.

◆ 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 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.

Quick HIIT A fast and effective full-body HIIT workout. A mix of strength, cardio, and core will bring the heat in just 30 minutes. 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.

Tabata Max Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

Two Toned Training Dynamic sister duo Shai + Leah Douty presents the Two-Toned Training boot camp experience. Train like an athlete during these 45 Min HIIT style workouts combining plyometric and strength focused exercises to some of your favorite hard hitting beats. #DontToneAlone.

Whipped! Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.

◆ Barre

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.

True Barre: Off the Barre This off-the-barre sculpt class uses light weights and props 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.

◆ 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.

Cardio Dance: Zumba® A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

◆ Boxing

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

Meditation Turn your senses inward to transform your state in real time. Own the stillness of the moment as you cycle through focused breath work and guided observation of body and mind.

◆ Sculpt

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

Rhythmic Sculpt Move to the beat in this dynamic Sculpt class that keeps you moving in steady, low-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.

Best Abs Ever A challenging six-pack of exercises that builds and defines abdominal muscles. Strengthen and chisel your core while you ignite your metabolism and enhance total-body performance.

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.