

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 YS * Vinyasa Yoga Jessica Lopez	6:15-7:00 MS * Athletic Conditioning George Dossas	6:30-7:15 YS * Pilates Fusion Stephanie Harshman	6:15-7:00 MS * Whipped! George Dossas	7:30-8:20 YS * Power Vinyasa Allie Cabrera	9:00-9:45 MS * Tabata Max Samantha Boulay	8:45-9:30 MS * Stronger Austin Sa
6:45-7:30 MS * MetCon Monday Chico Huggins	6:45-7:30 YS * Barefoot Sculpt Cheryl Geiser	6:45-7:35 MS * Stronger Austin Sa	6:45-7:45 YS * Vinyasa Yoga Alaina Chmielinski	9:15-10:15 YS * Vinyasa Yoga Jene Rossi	9:00-10:00 YS * Vinyasa Yoga Stephanie Lucero	9:00-9:45 YS * Pilates Fusion Susan Connelly
7:30-8:20 TR * Precision Run® Jessica Lopez	7:00-7:45 CS * Beats Ride Alaina Chmielinski	7:30-8:20 TR * Precision Walk: Elevate Jae Pukma	7:00-7:45 CS * Beats Ride Liv Begos	9:30-10:15 MS * Athletic Conditioning Shai Douty	9:15-10:05 TR * Precision Walk: Elevate Jessica Lopez	9:15-10:00 BR * Rounds: Boxing Rod Shivers
7:30-8:15 YS * True Barre: Bala Bangle Kristy DiScipio	7:15-8:00 MS * Tabata Max George Dossas	7:30-8:15 TR * True Barre: Off the Barre Stephanie Harshman	7:15-8:00 MS * Athletic Conditioning George Dossas	10:30-11:15 YS * Barefoot Sculpt Jae Pukma	9:30-10:15 CS * Beats Ride Maryanne Blake	9:30-10:15 CS * Beats Ride Liv Begos
9:30-10:20 MS * Stronger Samantha Boulay	8:00-8:45 YS * Pilates Fusion Ricki Kalayci	9:30-10:00 MS * Quick HIIT Chico Huggins	8:00-8:45 YS * Barefoot Sculpt Alaina Chmielinski	12:00-12:45 YS * True Barre: Off the Barre Leia Hockstein	10:15-11:05 MS * Ropes and Rowers Samantha Boulay	10:00-10:45 MS * MetCon3 Cara Andreoli
10:30-11:15 YS * Barefoot Sculpt Jae Pukma	9:30-10:15 MS * MetCon3 Emily Southworth	10:00-10:30 MS * Best Abs Ever Chico Huggins	9:30-10:15 MS * Athletic Conditioning Maryanne Blake	12:15-1:00 MS * MetCon3 Cara Andreoli	10:15-11:00 YS * True Barre: Off the Barre Melissa Jalali	10:30-11:30 YS * Vinyasa Yoga Susan Connelly
12:00-12:50 YS * Pilates Rise Alexandra Wheelock	10:30-11:15 YS * Vinyasa Yoga Brenna Oliver	10:30-11:30 YS * Vinyasa Yoga Jene Rossi	10:30-11:30 YS * Vinyasa Yoga Jessica Lopez			12:15-1:00 YS * True Barre: Off the Barre Cheryl Geiser
12:15-1:00 MS * Tabata Max Chad Flahive	12:00-12:45 YS * Barefoot Sculpt Alaina Chmielinski	12:00-12:45 YS * Pilates Mat Kim Valentine	12:00-12:45 YS * True Barre: Off the Barre Melissa Jalali	4:45-5:35 MS * 360 Strength Austin Sa	11:15-12:00 YS * Pilates Fusion Melissa Jalali	
4:00-5:00 YS * Vinyasa Yoga Dan Steel	12:15-1:05 MS * Stronger Samantha Boulay	12:15-1:05 MS * 360 Strength Samantha Boulay	12:15-1:05 MS * Ropes and Rowers Samantha Boulay	5:30-6:30 YS * Vinyasa Yoga Pat Donaher	11:30-12:15 MS * Cardio Dance Djenaba Reynolds	4:00-5:00 YS * Weekend Wind Down Yoga Pat Donaher
5:30-6:15 MS * Rhythmic Sculpt Ellie Gonyeau	4:00-4:45 YS * Pilates Fusion Melissa Jalali	4:00-4:45 YS * Pilates Fusion Olivia Florence	4:00-5:00 YS * Vinyasa Yoga Natalie Wannamaker			
5:30-6:15 YS * Pilates Fusion Olivia Florence	5:00-5:45 YS * True Barre: Off the Barre Melissa Jalali	5:15-6:00 BR * Rounds: Boxing Samantha Boulay	5:30-6:15 YS * Pilates Fusion Susan Connelly			
5:45-6:30 CS * Beats Ride Meera Lakhavani	5:30-6:15 MS * Two Toned Training Shai Douty Leah Douty	5:30-6:15 MS * MetCon3 Chico Huggins	5:45-6:30 MS * MetCon3 Chico Huggins			
6:30-7:15 MS * MetCon Monday Alicia Tremblay	5:45-6:30 CS * Beats Ride Mahmoud Saleh	5:30-6:15 YS * True Barre: Off the Barre Mackenzie Lafond	6:30-7:15 YS * Barefoot Sculpt Susan Connelly			
6:30-7:30 YS * Vinyasa Yoga Alaina Chmielinski	6:00-6:50 TR * Precision Run + Strength Courteney Mitchell	5:45-6:30 CS * Beats Ride Austin Sa	6:45-7:30 MS * Cardio Dance Ash Herron			
	6:00-7:00 YS * Power Vinyasa Natalie Wannamaker	6:30-7:20 TR * Precision Run® Marissa Best				
	6:15-7:00 BR * Rounds: Boxing Rod Shivers	6:30-7:30 YS * Vinyasa Yoga Michael Alba				
	6:30-7:20 MS * Stronger Ann Sheehan	6:45-7:30 MS * Cardio Dance: Zumba® David Quiroga Gomez				

EQUINOX

DARTMOUTH STREET

131 Dartmouth Street

BOSTON MA 02116

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MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 09:00 PM

SAT-SUN 07:00 AM 08:00 PM

Kids

MON-SUN 09:00 AM 01:00 PM

GROUP FITNESS MANAGER

samantha.boulay@equinox.com

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 + 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 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.

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.



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.