

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:30 MS * MetCon Monday <i>Richard G</i>	6:15-7:00 MS * Athletic Conditioning <i>George Dossas</i>	6:30-7:15 YS * Pilates Fusion <i>Melissa Jalali</i>	6:15-7:05 MS * Stronger <b>Alicia Tremblay</b>	7:30-8:20 YS * Power Vinyasa <i>Allie Cabrera</i>	9:00-9:45 MS * Tabata Max <i>Samantha Boulay</i>	8:45-9:30 MS * Stronger <i>Austin Sa</i>
7:30-8:20 TR * Precision Run® <i>Jessica Lopez</i>	6:45-7:30 YS * Barefoot Sculpt <i>Cheryl Geiser</i>	6:45-7:35 MS * Stronger <i>Austin Sa</i>	6:45-7:45 YS * Vinyasa Yoga <b>Jene Rossi</b>	8:30-9:15 MS * Stronger <i>Chico Huggins</i>	9:00-10:00 YS * Vinyasa Yoga <i>Stephanie Lucero</i>	9:00-9:45 YS * Pilates Fusion <b>Cheryl Geiser</b>
7:30-8:15 YS * True Barre: Bala Bangle <i>Kristy DiScipio</i>	7:00-7:45 CS * Beats Ride <i>Ashley Riccio</i>	7:30-8:20 TR * Precision Walk: Elevate <i>Jae Pukma</i>	7:15-8:00 MS * Athletic Conditioning <i>George Dossas</i>	9:15-10:15 YS * Vinyasa Yoga <i>Jene Rossi</i>	9:15-10:05 TR * Precision Walk: Elevate <i>Jessica Lopez</i>	9:15-10:00 BR * Rounds: Boxing <i>Rod Shivers</i>
9:30-10:20 MS * Stronger <i>Samantha Boulay</i>	7:15-8:00 MS * Stacked <i>George Dossas</i>	7:30-8:15 YS * True Barre: Off the Barre <i>Melissa Jalali</i>	8:00-8:45 YS * Barefoot Sculpt <i>Alaina Chmielinski</i>	9:30-10:15 MS * Athletic Conditioning <i>Jae Pukma</i>	9:30-10:15 CS * Beats Ride <b>Christina Chu</b>	9:30-10:15 CS * Beats Ride <i>Nicole Roach</i>
10:30-11:15 YS * Barefoot Sculpt <i>Jae Pukma</i>	8:00-8:45 YS * Pilates Fusion <i>Ricki Kalayci</i>	9:30-10:00 MS * Quick HIIT <i>Chico Huggins</i>	9:30-10:15 MS * Athletic Conditioning <i>Maryanne Blake</i>	10:30-11:15 YS * Barefoot Sculpt <i>Jae Pukma</i>	10:15-11:05 MS * Ropes and Rowers <i>Samantha Boulay</i>	10:00-10:45 MS * MetCon3 <b>Ash Herron</b>
12:00-12:50 YS * Pilates Rise <i>Alexandra Wheelock</i>	9:30-10:15 MS * MetCon3 <b>Tenika Seitz</b>	10:00-10:30 MS * Best Abs Ever <i>Chico Huggins</i>	10:30-11:30 YS * Vinyasa Yoga <i>Jessica Lopez</i>	12:00-12:45 YS * True Barre: Off the Barre <i>Leia Hockstein</i>	10:15-11:00 YS * True Barre: Off the Barre <i>Melissa Jalali</i>	10:30-11:30 YS * Vinyasa Yoga <i>Ryan Connolly</i>
12:15-1:00 MS * Tabata Max <i>Samantha Boulay</i>	10:30-11:15 YS * Vinyasa Yoga <i>Brenna Oliver</i>	10:30-11:15 YS * Barefoot Sculpt <b>Elle Gonyeau</b>	12:00-12:45 YS * True Barre: Off the Barre <i>Melissa Jalali</i>	12:15-1:00 MS * MetCon3 <i>Dimitra Moretto</i>	11:15-12:00 YS * Pilates Fusion <i>Melissa Jalali</i>	11:00-11:45 MS * Cardio Dance <b>Ash Herron</b>
4:00-5:00 YS * Vinyasa Yoga <i>Dan Steel</i>	12:00-12:45 YS * Barefoot Sculpt <i>Alaina Chmielinski</i>	12:00-12:45 YS * Pilates Mat <i>Kim Valentine</i>	12:15-1:05 MS * Ropes and Rowers <i>Samantha Boulay</i>	4:45-5:30 MS * MetCon3 <b>Austin Sa</b>	11:30-12:15 MS * Cardio Dance <i>Djenaba Reynolds</i>	12:15-1:00 YS * True Barre: Off the Barre <i>Cheryl Geiser</i>
5:30-6:15 MS * Athletic Conditioning <b>Andrew Steele</b>	12:15-1:05 MS * Stronger <i>Samantha Boulay</i>	12:15-1:00 MS * Tabata Max <i>Chad Flahive</i>	4:00-5:00 YS * Vinyasa Yoga <i>Natalie Wannamaker</i>	5:30-6:30 YS * Vinyasa Yoga <i>Pat Donaher</i>		4:00-5:00 YS * Weekend Wind Down Yoga <i>Pat Donaher</i>
5:30-6:15 YS * Pilates Fusion <i>Olivia Florence</i>	4:00-4:45 YS * Pilates Fusion <i>Melissa Jalali</i>	4:00-4:45 YS * Pilates Fusion <i>Olivia Florence</i>	5:30-6:15 MS * MetCon3 <i>Chico Huggins</i>			
5:45-6:30 CS * Beats Ride <i>Meera Lakhavani</i>	5:00-5:45 YS * True Barre: Off the Barre <i>Melissa Jalali</i>	5:15-6:00 BR * Rounds: Boxing <i>Barrett Hanlon</i>	5:30-6:15 YS * Pilates Fusion <i>Susan Connelly</i>			
6:00-6:50 CL * Precision Run Club <b>Philip White</b>	5:30-6:15 MS * Two Toned Training <i>Shai Douty Leah Douty</i>	5:30-6:15 MS * Core6 <i>Chico Huggins</i>	6:30-7:15 YS * Barefoot Sculpt <i>Zoe Sundra</i>			
6:30-7:15 MS * MetCon Monday <i>Alicia Tremblay</i>	5:45-6:30 CS * Beats Ride <i>Mahmoud Saleh</i>	5:30-6:15 YS * True Barre: Off the Barre <i>Mackenzie Lafond</i>				
6:30-7:30 YS * Vinyasa Yoga <i>Alaina Chmielinski</i>	5:45-6:30 TR * Precision Run® <i>Courteney Mitchell</i>	5:45-6:30 CS * Beats Ride <i>Austin Sa</i>				
	6:00-7:00 YS * Power Vinyasa <i>Natalie Wannamaker</i>	6:15-7:05 TR * Precision Run® <i>Marissa Best</i>				
	6:15-7:00 BR * Rounds: Boxing <i>Rod Shivers</i>	6:30-7:30 YS * Vinyasa Yoga <i>Michael Alba</i>				
	6:30-7:20 MS * Stronger <i>Marissa Best</i>	6:45-7:30 MS * Cardio Dance: Zumba® <i>David Quiroga Gomez</i>				

# EQUINOX

## DARTMOUTH STREET

131 Dartmouth Street

BOSTON MA 02116

EQUINOX.COM

@EQUINOX

**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

**CL** Club Lobby

## 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 Club** Join the Equinox running community with outdoor run adventures that incorporates running to famous landmarks (approximately 3 miles) + outdoor conditioning. This unique approach is designed for those who seek a purposeful, inclusive run experience. An Equinox exclusive.

**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, 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.

**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.

**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.

**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.



## 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.



## Strength

**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.