

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15-7:00 YS * Pilates Fusion <i>Kristy DiScipio</i>	6:15-7:05 YS * Pilates Rise <i>Mollie O'Brien</i>	6:15-7:00 YS * True Barre: Off the Barre <i>Jae Pukma</i>	6:15-7:00 YS * Barefoot Sculpt <i>Mollie O'Brien</i>	6:15-7:00 YS * Pilates Fusion <i>Kristy DiScipio</i>	8:30-9:15 YS * True Barre: Off the Barre <i>Melissa Jalali</i>
6:30-7:15 MS * MetCon Monday <i>Jae Pukma</i>	6:30-7:15 MS * Tabata Max <i>Ann Sheehan</i>	6:30-7:15 CS * Beats Ride <i>Ashley Riccio</i>	6:30-7:15 MS * Stronger <i>Ann Sheehan</i>	7:15-8:00 MS * Stronger <i>Ann Sheehan</i>	9:00-9:30 TR * Precision Run 30 <i>Austin Sa</i>
6:45-7:35 TR * Precision Run@ <i>Courteney Mitchell</i>	7:15-8:00 BR * Rounds: Boxing Angel Santos	6:30-7:15 MS * MetCon3 <i>Ciara McManus</i>	7:20-8:05 YS * Pilates Fusion <i>Mollie O'Brien</i>	7:20-8:05 YS * Barefoot Sculpt <i>Leia Hockstein</i>	9:30-10:15 YS * Pilates Fusion <i>Jolene Cairns</i>
7:20-8:05 YS * True Barre: Off the Barre <i>Jae Pukma</i>	7:20-8:05 YS * Barefoot Sculpt <i>Hannah Hoffman</i>	7:20-8:05 YS * Barefoot Sculpt <i>Zoe Sundra</i>	7:30-8:15 MS * Lower Body Blast Jessica Marcarelli	7:30-8:15 CS * Beats Ride Austin Sa	9:45-10:30 MS * Stronger <i>Austin Sa</i>
12:05-12:50 YS * Barefoot Sculpt <i>Ann Sheehan</i>	7:30-8:15 MS * Stronger <i>Chico Huggins</i>	12:05-12:50 YS * Pilates Fusion Leia Hockstein	12:15-1:00 MS * Stronger <i>Ann Sheehan</i>	12:05-12:55 YS * Vinyasa Yoga <i>Natalie Wannamaker</i>	10:00-10:45 BR * Rounds: Boxing <i>Angel Santos</i>
4:30-5:15 YS * Barefoot Sculpt <i>Alaina Chmielinski</i>	12:15-1:00 MS * Stronger <i>Jackson Williams</i>	4:30-5:15 YS * Barefoot Sculpt Kristy DiScipio	4:15-5:00 YS * Pilates Fusion <i>Jolene Cairns</i>	12:15-1:00 MS * MetCon3 <i>Ann Sheehan</i>	10:45-11:30 MS * Stacked Austin Sa
5:30-6:15 CS * Beats Ride <i>Austin Sa</i>	4:30-5:15 YS * True Barre: Off the Barre <i>Zoe Sundra</i>	5:30-6:20 MS * Stronger <i>Jessica Marcarelli</i>	4:30-5:20 TR * Precision Run@ <i>Austin Sa</i>	4:00-4:50 YS * Vinyasa Yoga Emily Burdett	11:00-12:00 YS * Vinyasa Yoga <i>Todd Skoglund</i>
5:30-6:20 MS * Whipped! <i>Ciara McManus</i>	5:15-6:05 TR * Precision Run@ <i>Austin Sa</i>	5:30-6:15 YS * Pilates Fusion <i>Jess Murphy</i>	5:30-6:15 BR * Rounds: Boxing <i>Angel Santos</i>	4:15-5:00 MS * Stronger <i>Chico Huggins</i>	
5:30-6:15 YS * Off the Barre <i>Shannen Moen</i>	5:30-6:15 BR * Rounds: Boxing <i>Angel Santos</i>	6:30-7:30 YS * Vinyasa Yoga <i>Jessica Marcarelli</i>	5:30-6:15 MS * Stacked <i>Austin Sa</i>	5:15-6:00 YS * Barefoot Sculpt <i>Mackenzie Lafond</i>	
6:30-7:15 MS * Stronger <i>Ann Sheehan</i>	5:30-6:20 MS * Athletic Conditioning <i>Mike Flynn</i>		5:30-6:30 YS * Power Vinyasa <i>Emily Burdett</i>		
6:30-7:15 YS * Pilates Fusion Leia Hockstein	5:30-6:15 YS * Barefoot Sculpt <i>Mackenzie Lafond</i>				
7:30-8:30 YS * Vinyasa Yoga Allie Cabrera	5:45-6:30 CS * Beats Ride <i>Nicole Roach</i>				
	6:25-6:55 MS * Best Abs Ever <i>Mike Flynn</i>				
	6:30-7:30 YS * Power Vinyasa <i>Sharon Henzler</i>				

EQUINOX

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FRI 05:30 AM 08:00 PM
SAT 08:00 AM 02:00 PM

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 30 An express version of our signature interval-based treadmill program, created by running expert, David Siik. Perfectly balanced speeds and inclines will have you crushing goals while having fun. An Equinox exclusive, welcome to the express lane. Bring headphones.

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.



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.



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.

Lower Body Blast Train everything below the belt in a class that focuses on lower body strength, definition, and endurance. Expect exercises using bodyweight and a variety of equipment including weights and bands. You'll push your legs and glutes to the limit.

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.

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.

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

Off the Barre This off-the-barre class incorporates a continuous series of contemporary exercises. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

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 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.



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.