

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15-7:00 YS * Barefoot Sculpt <i>Kristy DiScipio</i>	6:15-7:05 YS * <i>Pilates Rise</i> <i>Mollie O'Brien</i>	6:15-7:00 YS * <i>True Barre: Off the Barre</i> <i>Jae Pukma</i>	6:30-7:15 MS * <i>Stronger</i> <i>Ann Sheehan</i>	6:15-7:00 YS * <i>Pilates Fusion</i> <i>Kristy DiScipio</i>	8:30-9:15 YS * <i>True Barre: Bala Bangle</i> <i>Ally Enos</i>
6:30-7:15 MS * <i>MetCon Monday</i> <i>Jae Pukma</i>	6:30-7:15 MS * <i>Tabata Max</i> <i>Ann Sheehan</i>	6:30-7:15 CS * <i>Beats Ride</i> <i>Ashley Riccio</i>	7:20-8:05 YS * <i>True Barre: Off the Barre</i> <i>Mollie O'Brien</i>	7:20-8:05 YS * <i>Barefoot Sculpt</i> <i>Leia Hockstein</i>	9:00-9:30 TR * <i>Precision Run 30</i> <i>Austin Sa</i>
7:20-8:05 YS * <i>True Barre: Off the Barre</i> <i>Jae Pukma</i>	6:45-7:30 CS * Beats Ride <i>Liv Begos</i>	6:30-7:15 MS * <i>MetCon3</i> <i>Ciara McManus</i>	7:30-8:15 MS * Stacked <i>Austin Sa</i>	7:30-8:15 MS * <i>Stronger</i> <i>Ann Sheehan</i>	9:30-10:15 YS * <i>Pilates Fusion</i> <i>Jolene Cairns</i>
12:05-12:50 YS * <i>Pilates Mat</i> <i>Cara Harley</i>	7:20-8:05 YS * <i>Barefoot Sculpt</i> <i>Hannah Hoffman</i>	7:20-8:05 YS * <i>Barefoot Sculpt</i> <i>Zoe Sundra</i>	7:30-8:20 TR * <i>Precision Run®</i> <i>Courteney Mitchell</i>	12:05-12:55 YS * <i>Vinyasa Yoga</i> <i>Natalie Wannamaker</i>	9:45-10:35 MS * Stronger <i>Austin Sa</i>
12:15-1:00 MS * <i>MetCon Monday</i> <i>Ann Sheehan</i>	7:30-8:20 MS * <i>360 Strength</i> <i>Chico Huggins</i>	7:30-8:15 MS * <i>Athletic Conditioning</i> <i>Lynzie Luschenat</i>	12:05-12:50 YS * <i>True Barre: Bala Bangle</i> <i>Leia Hockstein</i>	12:15-1:00 MS * <i>MetCon3</i> <i>Ann Sheehan</i>	11:00-12:00 YS * <i>Power Vinyasa</i> <i>Todd Skoglund</i>
5:15-6:00 YS * <i>True Barre: Off the Barre</i> <i>Ally Enos</i>	12:05-12:50 YS * <i>True Barre: Bala Bangle</i> <i>Brenna Oliver</i>	12:05-12:55 YS * <i>Slow Flow Yoga</i> <i>Jessica Lopez</i>	12:15-1:00 MS * <i>Stronger</i> <i>Emily Southworth</i>	4:00-4:50 MS * <i>360 Strength</i> <i>Chico Huggins</i>	
5:30-6:15 CS * <i>Beats Ride</i> <i>Austin Sa</i>	12:15-1:00 MS * <i>Stronger</i> <i>Jackson Williams</i>	4:30-5:15 YS * <i>Barefoot Sculpt</i> <i>Kristy DiScipio</i>	4:15-5:00 YS * <i>Pilates Fusion</i> <i>Jolene Cairns</i>	4:15-5:00 YS * Pilates Fusion <i>Julia St. Amand</i>	
5:30-6:20 MS * <i>Whipped!</i> <i>Ciara McManus</i>	4:30-5:15 YS * True Barre: Off the Barre <i>Zoe Sundra</i>	5:30-6:15 CS * <i>Beats Ride</i> <i>Kristy DiScipio</i>	4:30-5:15 TR * <i>Precision Walk: Elevate</i> <i>Austin Sa</i>	5:30-6:15 BR * <i>Rounds: Boxing</i> <i>Rod Shivers</i>	
6:15-7:15 YS * <i>Power Vinyasa</i> <i>Juli Sample</i>	5:15-6:05 TR * <i>Precision Run®</i> <i>Austin Sa</i>	5:30-6:20 MS * <i>Stronger</i> <i>Jessica Marcarelli</i>	5:30-6:15 BR * Rounds: Boxing <i>Angel Santos</i>		
6:25-7:15 TR * <i>Precision Run®</i> <i>Ciara McManus</i>	5:30-6:15 BR * <i>Rounds: Boxing</i> <i>Angel Santos</i>	5:30-6:15 YS * <i>True Barre: Off the Barre</i> <i>Brenna Oliver</i>	5:30-6:15 MS * <i>Stacked</i> <i>Austin Sa</i>		
6:30-7:15 MS * <i>Stronger</i> <i>Ann Sheehan</i>	5:30-6:20 MS * <i>Athletic Conditioning</i> <i>Mike Flynn</i>	6:30-7:30 YS * <i>Vinyasa Yoga</i> <i>Jessica Marcarelli</i>	5:30-6:30 YS * <i>Power Vinyasa</i> <i>Jason Santosuosso</i>		
	5:30-6:30 YS * Vinyasa Yoga <i>Michael Alba</i>				
	6:25-6:55 MS * <i>Best Abs Ever</i> <i>Mike Flynn</i>				

EQUINOX

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MON-THU 05:30 AM 09:00 PM

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.

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.

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.



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.

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

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.



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

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.