EQUINOX

CHESTNUT HILL

November 2026 | SCHEDULE EFFECTIVE 11.01.26-11.30.26

KEY **Studio key on back**

Bold — New/Updated Class, Instructor, or Time

* — Advance sign-up required

MONDAY

6:00-6:45 CS *	**Cycle Challenge: Chestnut Hill** ***Lisa Lewis***
6:00-6:45 MS *	MetCon Monday *Cara Andreoli*
7:15-8:15 YS *	**Vinyasa Yoga** ***Johnathon Holmes***
8:30-9:15 MS *	Leg Day *Kelly Maher*
9:15-10:00 YS *	Pilates Mat (Heated) *Zoe Sundra*
9:30-10:15 BA *	True Barre: Bala Bangle *Alexandra Wheelock*
9:30-10:15 MS *	Stacked *Dimitra Moretto*
9:45-10:35 PR *	Precision Run® *Kelly Maher*
10:30-11:15 MS *	Cardio Dance *Hannah Shihdanian*
10:45-11:30 YS *	Barefoot Sculpt *Zoe Sundra*
12:00-12:45 YS *	Restorative Yoga *Rebecca Peyev*
4:15-5:00 YS *	Pilates Fusion *Tiffany Ely*
5:15-6:15 YS *	Slow Flow Yoga *Tiffany Ely*
5:30-6:15 BA *	True Barre *Jae Pukma*
5:30-6:20 MS *	Whipped! *Kelly Maher*
6:30-7:15 MS *	MetCon Monday *Stasi Bohajian*
6:30-7:20 PR *	Precision Run® *Jill Scolnick*
6:30-7:30 YS *	Vinyasa Yoga *Paige Lucas*

TUESDAY

6:00-6:45 YS *	Pilates Fusion *Aleigh Jerome*
6:15-7:05 PR *	Precision Run® *Lisa Acacia Rogers*
7:15-8:00 MS *	Athletic Conditioning *Laura Rudberg*
8:30-9:15 YS *	Barefoot Sculpt: The Ring *Alexandra Wheelock*
9:15-10:05 MS *	TRX Max Circuit *Dimitra Moretto*
9:30-10:15 BA *	True Barre *Zoe Sundra*
10:30-11:15 PD *	Hydro Sculpt *Jill Karagezian*
10:30-11:20 YS *	Pilates Rise *Alexandra Wheelock*
12:15-1:00 MS *	Cardio Sculpt *Ash Herron*
4:30-5:15 YS *	Pilates Mat *Laura Ziegler*
5:30-6:15 BA *	True Barre: Bala Bangle *Alexandra Wheelock*
5:30-6:15 MS *	Stronger *Kelly Maher*
5:30-6:30 YS *	Vinyasa Yoga *Paige Lucas*
6:30-7:15 MS *	Cardio Dance *Kelly Maher*
6:30-7:20 PR *	Fully Vested *Jill Scolnick*
6:30-7:30 PD *	Swim: Pro *Warren Perry*
6:45-7:45 YS *	Slow Flow Yoga *Ryan Connolly*

WEDNESDAY

6:00-6:45 CS *	**Cycle Challenge: Chestnut Hill** ***Lisa Lewis***
6:00-6:45 MS *	Athletic Conditioning *Richard G*
7:15-8:00 YS *	Pilates Mat *Paige Lucas*
7:30-8:20 PR *	Precision Run® *Claire Miller*
8:30-9:15 MS *	**Tabata Max** ***Emily Southworth***
9:15-10:15 YS *	Vinyasa Yoga *Eva Christopherson*
9:30-10:15 BA *	True Barre: Bala Bangle *Alexandra Wheelock*
9:30-10:15 MS *	Stronger Women *Dimitra Moretto*
9:45-10:35 PR *	Fully Vested *Jill Scolnick*
10:15-10:45 MS *	Core6 Express *Dimitra Moretto*
10:45-11:30 YS *	Barefoot Sculpt *Alexandra Wheelock*
12:00-1:00 YS *	Vinyasa Yoga *Eva Christopherson*
4:15-5:00 YS *	Barefoot Sculpt *Jae Pukma*
5:15-6:15 YS *	Gentle Yoga *Adam Caplan*
5:30-6:15 BA *	True Barre *Zoe Sundra*
5:30-6:15 MS *	Body Sculpt *Jae Pukma*
6:00-6:50 PR *	Precision Run® *Jill Scolnick*
6:20-6:50 YS *	Meditation *Adam Caplan*
6:30-7:15 MS *	**Stacked** ***Diana Katsikaris***

THURSDAY

6:00-7:00 YS *	**Power Vinyasa** ***Paige Lucas***
6:15-7:05 PR *	Fully Vested *Aleigh Jerome*
7:15-8:00 MS *	Tabata Max *Dimitra Moretto*
8:30-9:30 YS *	Vinyasa Yoga *Alexandra Wheelock*
9:15-10:05 MS *	Whipped! *Kelly Maher*
9:30-10:15 BA *	True Barre *Tiffany Ely*
10:30-11:15 MS *	**Cardio Dance: Zumba®** ***Hannah Shihdanian***
10:30-11:15 PD *	Hydro Sculpt *Jill Karagezian*
10:30-11:15 YS *	Pilates Fusion *Tiffany Ely*
12:15-1:05 PR *	Precision Run® *Kelly Maher*
4:30-5:15 YS *	Pilates Fusion *Melissa Jalali*
5:30-6:15 BA *	Pilates at the Barre *Melissa Jalali*
5:30-6:15 MS *	Leg Day *Stasi Bohajian*
5:30-6:30 YS *	Vinyasa Yoga *Johnathon Holmes*
6:15-6:45 MS *	**Upper Body Pump** ***Stasi Bohajian***
6:30-7:15 CS *	**Cycle Challenge: Chestnut Hill** ***Warren Perry***
6:45-7:30 YS *	Athletic Stretch *Jené Nappi*
7:35-8:05 YS *	Sound Meditation *Jené Nappi*

FRIDAY

6:00-6:45 MS *	Tabata Max *Richard G*
7:30-8:15 BA *	True Barre: Bala Bangle *Alexandra Wheelock*
7:30-8:20 PR *	Fully Vested *Laura Rudberg*
8:30-9:15 MS *	Stronger *Jackson Williams*
8:30-9:15 YS *	Barefoot Sculpt *Stephanie Harshman*
9:30-10:15 MS *	Body Sculpt *Stephanie Harshman*
9:30-10:15 PD *	Hydro Sculpt *Jackson Williams*
9:30-10:15 YS *	Pilates Fusion *Melissa Jalali*
9:45-10:35 PR *	Precision Walk: Elevate *Jessica Lopez*
10:30-11:15 BA *	Pilates at the Barre *Melissa Jalali*
10:45-11:45 YS *	Slow Flow Yoga *Jessica Lopez*
12:00-12:50 YS *	Pilates Rise *Laura Ziegler*
5:30-6:15 MS *	Core6 *Dimitra Moretto*
5:30-6:30 YS *	Vinyasa Yoga *Nikki Dillon*

SATURDAY

8:00-8:45 MS *	Stronger *Kelly Maher*
8:00-8:50 PR *	Precision Run® *Tara Maduri*
8:00-8:50 YS *	Pilates Rise *Aleigh Jerome*
9:00-9:45 MS *	Athletic Conditioning *Sabrina Barros*
9:00-10:00 YS *	Vinyasa Yoga *Rebecca Peyev*
9:15-10:00 CS *	**Cycle Challenge: Chestnut Hill** ***Raphael Anthony***
9:30-10:15 BA *	True Barre *Hannah Shihdanian*
10:00-10:30 MS *	Quick HIIT *Stasi Bohajian*
10:00-10:50 PR *	Precision Run® *Kelly Maher*
10:15-11:00 YS *	Barefoot Sculpt *Caroline King*
10:30-11:00 MS *	Best Abs Ever *Stasi Bohajian*
11:15-12:00 MS *	Cardio Dance *Lisa Bernard*
3:00-3:30 YS *	Meditation *Adam Caplan*
3:35-4:35 YS *	Weekend Wind Down Yoga *Adam Caplan*

SUNDAY

8:00-8:50 PR *	Fully Vested *Angela Moore*
8:00-8:45 YS *	Barefoot Sculpt *Liza Levy*
8:15-9:00 MS *	**MetCon3** ***Claire Ganzenmuller***
9:00-9:45 YS *	Pilates Fusion *Stephanie Harshman*
9:15-10:00 CS *	**Cycle Challenge: Chestnut Hill** ***Angela Moore***
9:15-10:00 MS *	Tabata Max *Liza Levy*
9:30-10:15 PD *	Hydro Sculpt *Lynn Ott*
10:00-10:45 BA *	True Barre *Stephanie Harshman*
10:15-11:00 MS *	Cardio Dance *Liza Levy*
10:15-11:05 PR *	Precision Run® *Angela Moore*
11:15-12:15 YS *	Vinyasa Yoga *Tiffany Ely*
3:00-4:00 YS *	Vinyasa Yoga (Heated) *Renu Shukla*

VISIT EQUINOX.COM OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

EQUINOX

CHESTNUT HILL

200 Boylston Street

CHESTNUT HILL MA 02467

EQUINOX.COM

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MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT-SUN 07:00 AM 07:00 PM

Kids

FRI 09:00 AM 12:00 PM

SUN 08:00 AM 01:00 PM

GROUP FITNESS MANAGER

kelly.maher@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

BA Barre Studio

PD Pool Deck

PR PR Lab

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

Cycling

Cycle Challenge: Chestnut Hill Exclusively at Chestnut for a limited time, this cycle challenge helps you build strength, consistency, and endurance while competing for the top prize.

Yoga

Gentle Yoga A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.
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.
Restorative Yoga A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.
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.
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.

Barre

True Barre This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle while increasing flexibility. An Equinox exclusive.
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.

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.
Pilates at the Barre Pilates amplified with resistance. Sculpt and strengthen using our signature anchored bands to unlock stability and connection. Target muscles with intention, build functional strength, and challenge your core. 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.

Swim

Hydro Sculpt A head above water, non-stop full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with programming that is gain without pain. Swim cap required.
Swim: Pro Test your limits in an intermediate/advanced team-based swim class. Train all 4 strokes like a pro, focusing on technique, form, and stamina. Must be able to swim 100 yards continuously. Swim cap and goggles required.

Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.
Barefoot Sculpt: The Ring A low-impact sculpt class built around a weighted ring. Press, hold, and sweep to build functional strength, control, and endurance in one full-body format. Grounded, athletic, and intentional. An Equinox exclusive.
Body Sculpt An endurance-based, low-impact workout, using high reps and light to medium weights in combination with equipment like bands and gliding discs. Increase body part definition and total body mobility with this workout.
Cardio Sculpt A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.

Running

Fully Vested Walk with an attitude in this rucking inspired treadmill class. Load up with a weighted vest, strengthen your body, climb inclines, and fly free as you decompress for a dash to the finish. Weighted vest provided. 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.

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.
Core6 Express Explore six distinct core pathways in this 30-minute structured interval flow with bursts of high intensity. 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.
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.
TRX Max Circuit A functional strength workout using TRX body-weight suspension equipment. Work through timed intervals cycling between specially designed stations to test your stability, build muscle, increase flexibility, and challenge your core.
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.

Regeneration

Athletic Stretch Improve posture and enhance performance whether you’re an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.
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.
Sound Meditation A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.

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.
Leg Day Don’t skip Leg Day: lower-body strength training featuring squats, hinges, lunges, and carries. Heavier loads. Structured intervals. Designed to deliver visible definition. An Equinox exclusive.
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.
Stronger Women Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women’s performance program. Optimized for women, but open to all. An Equinox exclusive.
Upper Body Pump Quick and efficient strength training, targeting your arms, chest, and back. Get pumped up and ready to rock in just 30 minutes or less. An Equinox Exclusive.