

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 CS * Beats Ride <i>Lisa Lewis</i>	6:00-6:45 YS * Pilates Fusion <i>Stephanie Harshman</i>	6:00-6:45 CS * Beats Ride <i>Laura Rudberg</i>	6:00-6:50 YS * Pilates Rise <i>Aleigh Jerome</i>	6:00-6:50 MS * Ropes and Rowers <i>Richard G</i>	8:00-8:45 MS * Stronger <i>Kelly Maher</i>	8:00-8:50 PR * Fully Vested <i>Laura Rudberg</i>
7:15-8:00 BA * True Barre <i>Brenna Oliver</i>	6:15-7:05 PR * Precision Run® <i>KT Lembo</i>	6:00-6:45 MS * Athletic Conditioning <i>Richard G</i>	6:15-7:05 PR * Fully Vested <i>Stephanie Harshman</i>	7:00-8:00 YS * Slow Flow Yoga <i>Adam Caplan</i>	8:00-8:50 PR * Precision Run® <i>Tara Maduri</i>	8:15-9:00 MS * Athletic Conditioning <i>Angela Moore</i>
7:30-8:20 PR * Fully Vested <i>Julie Howell</i>	7:15-8:00 MS * Athletic Conditioning <i>KT Lembo</i>	7:15-8:00 YS * Pilates Mat <i>Paige Lucas</i>	7:15-8:00 BA * True Barre <i>Mackenzie Lafond</i>	7:30-8:20 PR * Fully Vested <i>Laura Rudberg</i>	8:00-8:50 YS * Pilates Rise <i>Aleigh Jerome</i>	9:00-9:45 YS * Pilates Fusion <i>Stephanie Harshman</i>
8:30-9:15 BA * True Barre: Bala Bangle <i>Alexandra Wheelock</i>	9:00-10:00 YS * Vinyasa Yoga <i>Renu Shukla</i>	7:30-8:20 PR * Precision Run® <i>Claire Kintner</i>	7:15-8:00 MS * Tabata Max <i>Stephanie Harshman</i>	8:30-9:15 BA * True Barre: Bala Bangle <i>Brenna Oliver</i>	9:00-9:45 MS * Athletic Conditioning <i>KT Lembo</i>	9:15-10:00 CS * Beats Ride <i>Angela Moore</i>
8:30-9:15 MS * MetCon Monday <i>Julie Howell</i>	9:15-10:05 MS * TRX Max Circuit <i>Dimitra Moretto</i>	8:30-9:15 MS * Stacked <i>Kelly Maher</i>	9:00-10:00 YS * Vinyasa Yoga <i>Jene Rossi</i>	8:30-9:15 MS * Stronger <i>Jackson Williams</i>	9:00-10:00 YS * Vinyasa Yoga <i>Rebecca Peyev</i>	9:15-10:00 MS * Tabata Max <i>Liza Levy</i>
9:15-10:15 YS * Slow Flow Yoga (Heated) <i>Brenna Oliver</i>	9:30-10:15 BA * True Barre <i>Alexandra Wheelock</i>	8:30-9:20 PD * Swim: Skills + Drills <i>Warren Perry</i>	9:15-10:05 MS * Whipped! <i>Kelly Maher</i>	8:30-9:15 YS * Pilates Fusion <i>Melissa Jalali</i>	9:15-10:00 CS * Beats Ride <i>Kristy DiScipio</i>	10:00-10:45 BA * True Barre <i>Stephanie Harshman</i>
9:30-10:15 MS * Stacked <i>Dimitra Moretto</i>	10:30-11:15 PD * Hydro Sculpt <i>Jill Karagezian</i>	9:15-10:15 YS * Power Vinyasa <i>Eva Christopherson</i>	9:30-10:15 BA * True Barre <i>Tiffany Ely</i>	9:30-10:15 MS * Body Sculpt <i>Reegan Behles</i>	9:30-10:15 BA * True Barre <i>Mollie O'Brien</i>	10:15-11:00 MS * Cardio Dance <i>Liza Levy</i>
9:45-10:35 PR * Precision Run® <i>Julie Howell</i>	10:30-11:20 YS * Pilates Rise <i>Alexandra Wheelock</i>	9:30-10:15 MS * Pilates at the Barre <i>Alexandra Wheelock</i>	10:30-11:15 MS * Cardio Dance: Zumba® <i>Heidi Garza</i>	9:30-10:15 PD * Hydro Sculpt <i>Jackson Williams</i>	10:00-10:30 MS * Quick HIIT <i>Sabrina Barros</i>	10:15-11:05 PR * Precision Run® <i>Angela Moore</i>
10:30-11:15 MS * Cardio Dance: Zumba® <i>Heidi Garza</i>	12:15-1:05 TR * Precision Walk: Elevate <i>Jessica Lopez</i>	9:30-10:15 MS * Limited Series: Stronger Women <i>Dimitra Moretto</i>	10:30-11:15 PD * Hydro Sculpt <i>Jill Karagezian</i>	9:30-10:15 YS * Barefoot Sculpt <i>Brenna Oliver</i>	10:00-10:50 PR * Precision Run® <i>KT Lembo</i>	11:15-12:15 YS * Vinyasa Yoga <i>Tiffany Ely</i>
10:45-11:30 YS * Barefoot Sculpt <i>Koni Perodeau</i>	4:30-5:15 YS * Pilates Mat <i>Laura Ziegler</i>	9:45-10:35 PR * Fully Vested <i>Julie Howell</i>	10:30-11:15 YS * Pilates Fusion <i>Tiffany Ely</i>	9:45-10:35 PR * Precision Run® <i>Jessica Lopez</i>	10:15-11:00 YS * Barefoot Sculpt <i>Kristy DiScipio</i>	3:00-4:00 YS * Vinyasa Yoga (Heated) <i>Renu Shukla</i>
12:00-12:45 YS * Restorative Yoga <i>Adam Caplan</i>	10:45-11:30 YS * Barefoot Sculpt <i>Alexandra Wheelock</i>	10:45-11:30 YS * Barefoot Sculpt <i>Alexandra Wheelock</i>	12:15-1:05 PR * Precision Run® <i>Kelly Maher</i>	10:45-11:45 YS * Vinyasa Yoga <i>Jessica Lopez</i>	10:30-11:00 MS * Best Abs Ever <i>Sabrina Barros</i>	
4:15-5:00 YS * Pilates Fusion <i>Tiffany Ely</i>	5:30-6:15 BA * True Barre: Bala Bangle <i>Alexandra Wheelock</i>	12:00-1:00 YS * Vinyasa Yoga <i>Eva Christopherson</i>	4:30-5:15 YS * Pilates Rise <i>Melissa Jalali</i>	12:00-12:50 YS * Pilates Rise <i>Laura Ziegler</i>	11:15-12:00 MS * Cardio Dance <i>Kristy DiScipio</i>	
5:15-6:15 YS * Slow Flow Yoga <i>Danielle Doyle</i>	5:30-6:15 MS * Stronger <i>Kelly Maher</i>	4:15-5:00 YS * Barefoot Sculpt <i>Jae Pukma</i>	5:30-6:15 BA * Pilates at the Barre <i>Melissa Jalali</i>	5:30-6:30 YS * Vinyasa Yoga <i>Nikki Dillon</i>	3:00-3:30 YS * Meditation <i>Adam Caplan</i>	
5:30-6:15 BA * True Barre <i>Tiffany Ely</i>	5:30-6:30 YS * Vinyasa Yoga <i>Toby Kumin</i>	5:15-6:15 YS * Gentle Yoga <i>Adam Caplan</i>	5:30-6:15 MS * Athletic Conditioning <i>Stasi Bohajian</i>		3:35-4:35 YS * Weekend Wind Down Yoga <i>Adam Caplan</i>	
5:30-6:20 MS * Whipped! <i>Kelly Maher</i>	6:30-7:15 CS * Beats Ride <i>Warren Perry</i>	5:30-6:15 YS * True Barre <i>Megan McQuarrie</i>	5:30-6:30 YS * Power Vinyasa <i>Johnathon Holmes</i>			
6:30-7:15 MS * MetCon Monday <i>Aleigh Jerome</i>	6:30-7:15 MS * Cardio Dance <i>Kelly Maher</i>	5:30-6:15 BA * True Barre <i>Megan McQuarrie</i>	6:00-6:50 PR * Precision Run + Strength <i>Diana Katsikaris</i>			
6:30-7:20 PR * Precision Run® <i>Jill Scolnick</i>	6:30-7:20 PR * Fully Vested <i>Jill Scolnick</i>	5:30-6:15 MS * Body Sculpt <i>Jae Pukma</i>	6:45-7:30 YS * Sonic Meditation <i>Jene Rossi</i>			
6:30-7:30 YS * Vinyasa Yoga <i>Paige Lucas</i>	6:45-7:45 YS * Sculpted Yoga™ <i>Paige Lucas</i>	6:00-6:50 PR * Precision Run® <i>Jill Scolnick</i>				
		6:20-6:50 YS * Meditation <i>Adam Caplan</i>				
		6:30-7:00 MS * Quick HIIT <i>Diana Katsikaris</i>				
		7:00-7:30 MS * Best Abs Ever <i>Diana Katsikaris</i>				

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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
THU-FRI 09:00 AM 12:00 PM
SAT-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
TR Treadmill Area
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

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

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 + 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

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.

Sculpted Yoga™ Take Vinyasa up a notch with a challenging class that combines yoga with light weight sculpting. Incorporating Bala bangles and hand weights, this class merges Vinyasa flow with low-impact toning exercises to enhance strength, mobility, and balance. An Equinox exclusive.

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.

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.

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.

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.

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: Skills + Drills Build upon your freestyle as you learn new skills, drills and strokes. Must be able to swim 25 yds continuous. An Equinox exclusive. Swim cap and goggles are required.

Regeneration

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.

Sonic Meditation Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. An Equinox exclusive.

Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

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.

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.

Limited Series: Stronger Women Introducing 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.

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.