

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>Aleigh Jerome</i>	6:00-6:45 CS * Beats Ride <i>Laura Rudberg</i>	6:00-6:45 YS * Barefoot Sculpt <i>Mackenzie Lafond</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>Angela Moore</i>
6:00-6:45 MS * MetCon Monday <i>Cara Andreoli</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>Aleigh Jerome</i>	7:30-8:15 BA * True Barre: Bala Bangle <i>Brenna Oliver</i>	8:00-8:50 PR * Precision Run® <i>Tara Maduri</i>	8:15-9:00 MS * Athletic Conditioning <i>Haley Schmich</i>
7:15-8:00 BA * True Barre <i>Brenna Oliver</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 MS * Tabata Max <i>Dimitra Moretto</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>	9:15-10:05 MS * TRX Max Circuit <i>Dimitra Moretto</i>	7:30-8:20 PR * Precision Run® <i>Claire Miller</i>	9:15-10:05 MS * Whipped! <i>Kelly Maher</i>	8:30-9:15 MS * Stronger <i>Jackson Williams</i>	9:00-9:45 MS * Athletic Conditioning <i>Stasi Bohajian</i>	9:15-10:00 CS * Beats Ride <i>Angela Moore</i>
8:30-9:15 MS * Leg Day <i>Kelly Maher</i>	9:30-10:15 BA * True Barre <i>Zoe Sundra</i>	8:30-9:15 MS * Stacked <i>Kelly Maher</i>	9:30-10:15 BA * True Barre <i>Tiffany Ely</i>	8:30-9:15 YS * Barefoot Sculpt <i>Brenna Oliver</i>	9:00-10:00 YS * Vinyasa Yoga <i>Rebecca Peye</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>	10:30-11:15 PD * Hydro Sculpt <i>Jill Karagezian</i>	8:30-9:20 PD * Swim: Skills + Drills <i>Warren Pery</i>	10:30-11:15 MS * Cardio Dance: Zumba® <i>Koni Perodeau</i>	9:30-10:15 MS * Body Sculpt <i>Tenika Seitz</i>	9:15-10:00 CS * Beats Ride <i>Kristy DiScipio</i>	9:30-10:15 MS * Hydro Sculpt <i>Lynn Ott</i>
9:30-10:15 MS * Stacked <i>Dimitra Moretto</i>	10:30-11:20 YS * Pilates Rise <i>Alexandra Wheelock</i>	9:15-10:15 YS * Vinyasa Yoga <i>Eva Christopherson</i>	10:30-11:15 PD * Hydro Sculpt <i>Jill Karagezian</i>	9:30-10:15 PD * Hydro Sculpt <i>Jackson Williams</i>	9:30-10:15 BA * True Barre <i>Mollie O'Brien</i>	10:00-10:45 BA * True Barre <i>Stephanie Harshman</i>
9:45-10:35 PR * Precision Run® <i>Julie Howell</i>	12:15-1:05 PR * Precision Walk: Elevate <i>Jessica Lopez</i>	9:30-10:15 BA * True Barre <i>Alexandra Wheelock</i>	10:30-11:15 YS * Pilates Fusion <i>Tiffany Ely</i>	9:30-10:15 YS * Pilates Fusion <i>Melissa Jalali</i>	10:00-10:30 MS * Quick HIIT <i>Sabrina Barros</i>	10:15-11:00 MS * Cardio Dance <i>Liza Levy</i>
10:30-11:15 MS * Cardio Dance <i>Hannah Shihdanian</i>	4:30-5:15 YS * Pilates Mat <i>Laura Ziegler</i>	9:30-10:15 MS * Stronger Women <i>Dimitra Moretto</i>	12:15-1:05 PR * Precision Run® <i>Kelly Maher</i>	9:45-10:35 PR * Precision Run® <i>Jessica Lopez</i>	10:00-10:50 PR * Precision Run® <i>Kelly Maher</i>	10:15-11:05 PR * Precision Run® <i>Angela Moore</i>
10:45-11:30 YS * Barefoot Sculpt <i>Zoe Sundra</i>	5:30-6:15 BA * True Barre: Bala Bangle <i>Alexandra Wheelock</i>	9:45-10:35 PR * Fully Vested <i>Julie Howell</i>	4:30-5:15 YS * Pilates Fusion <i>Melissa Jalali</i>	10:45-11:45 YS * Vinyasa Yoga <i>Jessica Lopez</i>	10:15-11:00 YS * Barefoot Sculpt <i>Kristy DiScipio</i>	11:15-12:15 YS * Vinyasa Yoga <i>Tiffany Ely</i>
12:00-12:45 YS * Restorative Yoga <i>Adam Caplan</i>	5:30-6:15 MS * Stronger <i>Kelly Maher</i>	10:45-11:30 YS * Barefoot Sculpt <i>Alexandra Wheelock</i>	5:30-6:15 BA * Pilates at the Barre <i>Melissa Jalali</i>	12:00-12:50 YS * Pilates Rise <i>Laura Ziegler</i>	10:30-11:00 MS * Best Abs Ever <i>Sabrina Barros</i>	3:00-4:00 YS * Vinyasa Yoga (Heated) <i>Renu Shukla</i>
4:15-5:00 YS * Pilates Fusion <i>Tiffany Ely</i>	5:30-6:30 YS * Vinyasa Yoga <i>Paige Lucas</i>	12:00-1:00 YS * Vinyasa Yoga <i>Eva Christopherson</i>	5:30-6:15 MS * Leg Day <i>Stasi Bohajian</i>	5:30-6:15 MS * Core6 <i>Dimitra Moretto</i>	11:15-12:00 MS * Cardio Dance <i>Kristy DiScipio</i>	
5:15-6:15 YS * Slow Flow Yoga <i>Danielle Doyle</i>	6:30-7:15 MS * Cardio Dance <i>Kelly Maher</i>	4:15-5:00 YS * Barefoot Sculpt <i>Jae Pukma</i>	5:30-6:30 YS * Vinyasa Yoga <i>Johnathon Holmes</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>	6:30-7:20 PR * Fully Vested <i>Jill Scolnick</i>	5:15-6:15 YS * Gentle Yoga <i>Adam Caplan</i>	6:00-6:50 PR * Fully Vested <i>Diana Katsikaris</i>		3:35-4:35 YS * Weekend Wind Down Yoga <i>Adam Caplan</i>	
5:30-6:20 MS * Whipped! <i>Kelly Maher</i>	6:45-7:45 YS * Barefoot Sculpt <i>Caroline King</i>	5:30-6:15 BA * True Barre <i>Megan McQuarrie</i>	6:30-7:15 CS * Beats Ride <i>Warren Pery</i>			
6:30-7:30 CL * Vinyasa Yoga (Outdoor) <i>Paige Lucas</i>		5:30-6:15 MS * Body Sculpt <i>Jae Pukma</i>	6:45-7:30 YS * Sonic Meditation <i>Jene Rossi</i>			
6:30-7:15 MS * MetCon Monday <i>Stasi Bohajian</i>		6:00-6:50 PR * Precision Run® <i>Jill Scolnick</i>				
6:30-7:20 PR * Precision Run® <i>Jill Scolnick</i>		6:20-6:50 YS * Meditation <i>Adam Caplan</i>				
		6:30-7:15 MS * Core6 <i>Diana Katsikaris</i>				

# EQUINOX

## CHESTNUT HILL

200 Boylston Street

CHESTNUT HILL MA 02467

EQUINOX.COM

@EQUINOX

**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

**CL** Club Lobby

**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®** 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.

**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.

### **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.

**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.

**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.