

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS* MetCon Monday <i>Lynzie Luschenat</i>	6:30-7:15 CS* Beats Ride <i>Julie Howell</i>	6:30-7:15 MS* Stronger <i>Alicia Tremblay</i>	6:30-7:15 CS* Beats Ride <i>Austin Sa</i>	6:30-7:15 MS* Core6 <i>Alicia Tremblay</i>	8:30-9:15 TR* Precision Walk: Elevate <i>Ann Sheehan</i>	9:00-10:00 YS* Pilates Mat <i>Jessica Battipaglia</i>
7:15-8:15 YS* Vinyasa Yoga <i>Sharon Henzler</i>	6:30-7:15 MS* Stronger <i>Kristy DiScipio</i>	6:30-7:15 YS* Pilates Fusion <i>Cheryl Geiser</i>	6:30-7:15 MS* Athletic Conditioning <i>Maryanne Blake</i>	7:20-8:05 BA* True Barre <i>Alicia Tremblay</i>	9:00-10:00 YS* Vinyasa Yoga <i>Jene Rossi</i>	9:30-10:15 MS* MetCon3 <i>Chico Huggins</i>
7:20-8:05 BA* True Barre <i>Cheryl Geiser</i>	7:15-8:15 YS* Slow Flow Yoga <i>Jessica Lopez</i>	7:20-8:05 BA* Pilates at the Barre <i>Mollie O'Brien</i>	7:15-8:00 YS* Vinyasa Yoga <i>Jessica Lopez</i>	8:30-9:15 MS* Athletic Conditioning <i>Heidi Anderson</i>	9:30-10:15 BR* Rounds: Boxing <i>Rod Shivers</i>	10:15-11:00 BA* True Barre <i>Brenna Oliver</i>
9:30-10:15 MS* Stronger Women <i>Kristy DiScipio</i>	7:20-8:05 BA* True Barre: Bala Bangle <i>Kristy DiScipio</i>	8:30-9:20 YS* Pilates Rise <i>Leia Hockstein</i>	7:20-8:10 BA* Pilates Rise <i>Cheryl Geiser</i>	9:30-10:20 YS* Pilates Fusion <i>Heidi Anderson</i>	9:30-10:15 MS* Stronger <i>Paula Fonseca</i>	10:15-11:00 CS* Beats Ride <i>Ashley Riccio</i>
10:30-11:15 BA* True Barre <i>Reegan Behles</i>	7:30-8:15 BR* Rounds: Boxing <i>Julie Howell</i>	9:30-10:15 MS* Core6 <i>Ann Sheehan</i>	7:30-8:15 BR* Rounds: Boxing <i>Henry Gould</i>	10:30-11:15 YS* Best Stretch Ever <i>Adam Caplan</i>	10:15-11:00 BA* True Barre <i>Nikki Rodriguez</i>	10:30-11:15 BR* Rounds: Boxing <i>Barrett Hanlon</i>
12:15-1:00 MS* Stronger <i>Julie Howell</i>	8:30-9:15 TR* Precision Walk: Elevate <i>Jae Pukma</i>	10:30-11:15 BA* True Barre <i>Alanna Perry</i>	8:30-9:15 TR* Precision Walk: Elevate <i>Jessica Lopez</i>	11:30-12:00 YS* Meditation <i>Adam Caplan</i>	10:15-11:00 CS* Beats Ride <i>Katrina Miaoulis</i>	10:30-11:15 PD* Swim: Basics (L1) <i>Brittany Kaler</i>
12:15-1:00 YS* Pilates Fusion <i>Paula Fonseca</i>	9:30-10:15 BA* True Barre <i>Heidi Anderson</i>	10:30-11:15 PD* Hydro Sculpt <i>Jill Karagezian</i>	9:30-10:15 BA* True Barre <i>Alanna Perry</i>	12:00-1:00 YS* Vinyasa Yoga <i>Adam Caplan</i>	10:20-11:20 CS* Weekend Wind Down Yoga <i>Adam Caplan</i>	10:30-11:30 YS* Vinyasa Yoga <i>Dan Steel</i>
4:30-5:15 BA* True Barre <i>Cheryl Geiser</i>	10:30-11:15 BA* True Barre: Bala Bangle <i>Jae Pukma</i>	12:00-1:00 YS* Vinyasa Yoga <i>Natalie Wannamaker</i>	9:30-10:00 MS* Upper Body Pump <i>Emily Southworth</i>	12:15-1:00 BA* True Barre <i>Zoe Sundra</i>	10:30-11:15 MS* Rhythmic Sculpt <i>Paula Fonseca</i>	11:00-12:00 PG* Playground Experience - PGX <i>Rod Shivers Cal Capozzi</i>
4:30-5:15 TR* Precision Walk: Elevate <i>Jessica Lopez</i>	10:30-11:30 YS* Gentle Yoga <i>Adam Caplan</i>	12:15-1:00 BA* True Barre <i>Cheryl Geiser</i>	10:00-10:30 MS* Lower Body Blast <i>Emily Southworth</i>	4:15-5:15 YS* Vinyasa Yoga <i>Michael Alba</i>	10:30-11:30 PG* Playground Experience - PGX <i>Rod Shivers Chico Huggins</i>	11:15-12:00 BA* True Barre <i>Mackenzie Lafond</i>
4:45-5:30 YS* Best Stretch Ever <i>Adam Caplan</i>	12:00-12:45 YS* Best Stretch Ever <i>Adam Caplan</i>	4:15-5:15 YS* Vinyasa Yoga <i>Michael Alba</i>	12:15-1:00 YS* Pilates Mat <i>Victory Chen</i>	4:30-5:15 BA* True Barre <i>Cheryl Geiser</i>	11:20-12:05 BA* Barefoot Sculpt <i>Nikki Rodriguez</i>	12:05-1:05 YS* Vinyasa Yoga (L2) <i>Dan Steel</i>
5:30-6:15 BA* True Barre <i>Cheryl Geiser</i>	12:15-1:00 BA* Pilates Mat <i>Victory Chen</i>	4:30-5:15 BA* True Barre <i>Leia Hockstein</i>	4:45-5:30 YS* Pilates Fusion <i>Paula Fonseca</i>	5:30-6:15 BA* True Barre <i>Cheryl Geiser</i>	5:30-6:45 YS* Vinyasa Yoga <i>Dan Steel</i>	2:00-2:50 YS* Sculpted Yoga™ <i>Cheryl Geiser</i>
5:30-6:15 MS* Core6 <i>Paula Fonseca</i>	4:45-5:35 YS* Pilates Rise <i>Paula Fonseca</i>	4:30-5:15 TR* Precision Walk: Elevate <i>Jessica Lopez</i>	5:30-6:15 MS* Athletic Conditioning <i>Lynzie Luschenat</i>	5:30-6:45 YS* Beats Ride <i>Dan Steel</i>	5:45-6:30 CS* Beats Ride <i>Austin Sa</i>	3:00-3:45 BA* True Barre <i>Cheryl Geiser</i>
5:45-6:30 CS* Beats Ride <i>Nicole Roach</i>	5:30-6:15 MS* MetCon3 <i>Lynzie Luschenat</i>	5:30-6:15 BA* Pilates Fusion <i>Paula Fonseca</i>	5:45-6:30 YS* True Barre: Cardio <i>Paula Fonseca</i>	5:45-6:30 CS* Beats Ride <i>Austin Sa</i>	5:45-6:30 MS* MetCon3 <i>Chico Huggins</i>	3:15-4:15 YS* Vinyasa Yoga <i>Michael Alba</i>
5:45-6:45 PG* Playground Experience - PGX (L2) <i>Shai Douty Leah Douty</i>	5:45-6:35 BA* True Barre <i>Paula Fonseca</i>	5:30-6:15 MS* Cardio Dance <i>Ash Herron</i>	6:30-7:15 BR* Rounds: Boxing <i>Lynzie Luschenat</i>	6:30-7:15 BR* Rounds: Boxing <i>Lynzie Luschenat</i>	6:30-7:15 MS* Meditation <i>Jessica Lopez</i>	4:30-5:15 YS* Sonic Meditation <i>Michael Alba</i>
6:15-7:15 YS* Vinyasa Yoga <i>Tenika Seitz</i>	5:45-6:45 PG* Playground Experience - PGX <i>Chico Huggins Cal Capozzi</i>	5:30-6:30 YS* Slow Flow Yoga <i>Jessica Lopez</i>	6:30-7:30 MS* Cardio Dance: Zumba® <i>David Quiroga Gomez</i>	6:45-7:30 PD* Swim: Skills + Drills <i>Brittany Kaler</i>	12:05-1:05 YS* Vinyasa Yoga <i>Adam Caplan</i>	
6:20-7:05 MS* Cardio Dance <i>Djenaba Reynolds</i>	6:15-7:15 YS* Power Vinyasa <i>Allie Cabrera</i>	5:45-6:30 CS* Beats Ride <i>Julie Howell</i>	6:45-7:30 PD* Swim: Skills + Drills <i>Brittany Kaler</i>		2:00-2:45 YS* Pilates Fusion <i>Paula Fonseca</i>	
6:30-7:15 BA* True Barre: Bala Bangle <i>Liza Levy</i>	6:30-7:15 BR* Rounds: Boxing <i>Barrett Hanlon</i>	5:45-6:35 TR* Precision Run + Strength <i>Courteney Mitchell</i>				
6:30-7:15 BR* Rounds: Boxing <i>Barrett Hanlon</i>	6:30-7:15 MS* Tabata Max <i>Austin Sa</i>	6:30-7:15 BA* Pilates Mat <i>Divya Sharma</i>				
6:30-7:20 TR* Precision Run® <i>Austin Sa</i>	6:30-7:15 MS* Best Abs Ever <i>Paula Fonseca</i>	6:30-6:45 MS* Best Abs Ever <i>Paula Fonseca</i>				
	6:45-7:30 PD* Swim: Skills + Drills <i>Brittany Kaler</i>	6:35-7:05 YS* Meditation <i>Jessica Lopez</i>				
	7:30-8:15 MS* Cardio Dance: Zumba® <i>David Quiroga Gomez</i>	6:45-7:30 MS* Stronger <i>Chico Huggins</i>				
		6:45-7:30 PD* Swim: Basics <i>Brittany Kaler</i>				

# EQUINOX

## SPORTS CLUB BOSTON

4 Avery St

BOSTON MA 02111

EQUINOX.COM

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**MON-THU** 05:30 AM 10:00 PM

**FRI** 05:30 AM 09:00 PM

**SAT-SUN** 07:00 AM 08:00 PM

**Kids**

**MON-FRI** 08:00 AM 02:00 PM

**SAT** 09:00 AM 01:00 PM

## GROUP FITNESS MANAGER

paula.fonseca@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

**BR** Boxing Studio

**PD** Pool Deck

**PG** The Playground

## 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 + 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.

**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.

**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.

**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.

**Playground Experience - PGX** Team up for this challenging circuit-training program. Catapult through cycles of timed rounds and intervals. Increase power, strength, agility, core, and more. 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.

## **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.

**True Barre: Cardio** Give your barre workout a cardio boost with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. 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.

## **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.

## **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: Basics** An entry level swim class designed to teach the fundamentals of swimming that focuses specifically on freestyle. Swim Basics features skills and drills that develop technique, confidence and efficiency in the water. An Equinox exclusive. Swim cap and goggles 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**

**Best Stretch Ever** Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. An Equinox Exclusive.

**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.

**Rhythmic Sculpt** Move to the beat in this dynamic Sculpt class that keeps you moving in steady, light-impact motion. This mid-intensity workout shapes and tones your body. Increase endurance with movement that seamlessly flows to the rhythm of the music. An Equinox exclusive.

## **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.

**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.