EQUINOX

SPORTS CLUB BOSTON

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

6:30-7:15 MS *	Stronger *Lynzie Luschenat*
6:30-7:15 RF *	Pilates Reform (Premium) *Luiza Lima Vieira*
7:15-8:15 YS *	Vinyasa Yoga *Sharon Henzler*
7:20-8:05 BA *	True Barre *Cheryl Geiser*
9:30-10:15 MS *	Athletic Conditioning *Emily Southworth*
9:30-10:15 RF *	Pilates Reform (Premium) *Aly Moniz*
10:30-11:15 BA *	True Barre *Reegan Behles*
12:00-12:45 RF *	Pilates Reform (Premium) *Kianna Gousby*
12:15-1:00 MS *	Stronger *Paula Fonseca*
12:15-1:00 YS *	Pilates Fusion *Jolene Cairns*
4:30-5:15 BA *	True Barre *Cheryl Geiser*
4:30-5:15 TR *	Precision Walk: Elevate *Jessica Lopez*
4:45-5:30 YS *	Best Stretch Ever *Adam Caplan*
5:30-6:15 BA *	True Barre *Cheryl Geiser*
5:30-6:15 MS *	Core6 *Paula Fonseca*
5:45-6:30 CS *	Beats Ride *Nicole Roach*
5:45-6:45 PG *	PGX: Playground Experience (L2) *Rod Shivers*
6:15-7:15 YS *	Vinyasa Yoga *Michael Alba*
6:30-7:15 BA *	True Barre: Bala Bangle *Liza Levy*
6:30-7:15 BR *	Rounds: Boxing *Barrett Hanlon*
6:30-7:15 MS *	Cardio Dance *Djenaba Reynolds*

TUESDAY

6:30-7:15 CS *	Beats Ride *Katelyn Quinlan*
6:30-7:15 MS *	**Ropes and Rowers** ***Parker Krug***
6:30-7:15 RF *	Pilates Reform (Premium) *Colleen O'Dell*
7:20-8:05 BA *	True Barre: Bala Bangle *Kalyn Schieffer*
7:30-8:15 BR *	Rounds: Boxing *Rod Shivers*
8:30-9:15 RF *	Pilates Reform (Premium) *Cindy Heyer*
8:30-9:15 TR *	Precision Walk: Elevate *Jae Pukma*
9:30-10:15 BA *	True Barre *Heidi Anderson*
10:30-11:15 BA *	Barefoot Sculpt: The Ring *Jae Pukma*
10:30-11:30 YS *	Gentle Yoga *Jessica Lopez*
12:00-12:45 YS *	Athletic Stretch *Jessica Lopez*
12:15-1:00 BA *	Pilates Mat *Victory Chen*
4:45-5:30 YS *	Pilates Rise *Paula Fonseca*
5:30-6:15 MS *	MetCon3 *Lynzie Luschenat*
5:45-6:35 BA *	True Barre *Paula Fonseca*
5:45-6:45 PG *	PGX: Playground Experience *Chico Huggins Cal Capozzi*
6:00-6:45 RF *	Pilates Reform (Premium) *Kianna Gousby*
6:15-7:15 YS *	Power Vinyasa *Allie Cabrera*
6:30-7:15 BR *	Rounds: Boxing *Lynzie Luschenat*
6:30-7:15 MS *	Leg Day *Marissa Best*
6:45-7:30 PD *	Swim: Skills + Drills *Brittany Kaler*
7:30-8:15 MS *	Cardio Dance: Zumba® *David Quiroga Gomez*

WEDNESDAY

6:30-7:15 MS *	Stronger *Haley Schmich*
6:30-7:15 YS *	Pilates Fusion *Cheryl Geiser*
7:20-8:05 BA *	Pilates at the Barre *Mollie O'Brien*
8:30-9:15 YS *	Pilates Fusion *Emma Hogan*
9:30-10:15 MS *	Core6 *Ann Sheehan*
10:30-11:15 BA *	True Barre *Alanna Perry*
10:30-11:15 PD *	Hydro Sculpt *Jill Karagezian*
11:30-12:15 RF *	Pilates Reform (Premium) *Aly Moniz*
12:00-1:00 YS *	Vinyasa Yoga *Natalie Wannamaker*
12:15-1:00 BA *	True Barre *Cheryl Geiser*
4:30-5:15 BA *	True Barre *Paula Fonseca*
4:30-5:15 TR *	Precision Walk: Elevate *Jessica Lopez*
5:30-6:15 BA *	Barefoot Sculpt: The Ring *Paula Fonseca*
5:30-6:15 MS *	Cardio Dance *Djenaba Reynolds*
5:30-6:30 YS *	Slow Flow Yoga *Jessica Lopez*
5:45-6:30 CS *	Beats Ride *Hannah Connell*
5:45-6:30 TR *	**Precision Run + Strength** ***Courteney Mitchell***
6:30-7:15 BA *	Pilates Fusion *Divya Sharma*
6:35-7:30 RF *	Pilates Reform (Premium) *Colleen O'Dell*
6:45-7:30 MS *	Stronger *Chico Huggins*
6:45-7:30 PD *	Swim: Basics *Brittany Kaler*

THURSDAY

6:30-7:15 MS *	Athletic Conditioning *Maryanne Blake*
7:00-7:45 RF *	Pilates Reform (Premium) *Kylie Brown*
7:15-8:15 YS *	Slow Flow Yoga *Jessica Lopez*
7:20-8:10 BA *	Pilates Rise *Cheryl Geiser*
7:30-8:15 BR *	Rounds: Boxing *Henry Gould*
8:30-9:15 TR *	Precision Walk: Elevate *Jessica Lopez*
9:00-9:45 RF *	Pilates Reform (Premium) *Kianna Gousby*
9:30-10:15 BA *	True Barre *Cheryl Geiser*
9:30-10:00 MS *	Upper Body Pump *Jessica Marcarelli*
10:00-10:30 MS *	**Leg Day 30** ***Jessica Marcarelli***
12:15-1:00 YS *	Pilates Mat *Victory Chen*
4:45-5:30 YS *	Pilates Fusion *Paula Fonseca*
5:30-6:15 MS *	MetCon3 *Ash Herron*
5:45-6:30 YS *	True Barre: Cardio *Paula Fonseca*
6:30-7:15 BR *	Rounds: Boxing *Barrett Hanlon*
6:30-7:30 MS *	Cardio Dance: Zumba® *David Quiroga Gomez*

FRIDAY

6:30-7:15 MS *	**MetCon3** ***Reegan Behles***
7:20-8:05 BA *	True Barre *Reegan Behles*
8:15-9:00 RF *	Pilates Reform (Premium) *Aly Moniz*
8:30-9:15 MS *	Athletic Conditioning *Heidi Anderson*
9:30-10:20 YS *	Pilates Fusion *Heidi Anderson*
10:30-11:15 YS *	Best Stretch Ever *Adam Caplan*
11:30-12:00 YS *	Meditation *Adam Caplan*
12:00-12:45 RF *	Pilates Reform (Premium) *Geneviève Basu*
12:00-1:00 YS *	Gentle Yoga *Adam Caplan*
12:15-1:00 BA *	True Barre *Zoe Sundra*
4:15-5:15 YS *	Vinyasa Yoga *Michael Alba*
4:30-5:15 BA *	True Barre *Cheryl Geiser*
5:30-6:15 BA *	True Barre *Cheryl Geiser*
5:30-6:45 YS *	Vinyasa Yoga *Dan Steel*
5:45-6:30 MS *	Athletic Conditioning *Chico Huggins*

SATURDAY

8:30-9:15 TR *	Precision Walk: Elevate *Ann Sheehan*
9:00-9:45 RF *	Pilates Reform (Premium) *Kianna Gousby*
9:00-10:00 YS *	Vinyasa Yoga *Jené Nappi*
9:30-10:15 BR *	Rounds: Boxing *Rod Shivers*
9:30-10:15 MS *	Stronger *Paula Fonseca*
10:15-11:00 BA *	True Barre *Nikki Rodriguez*
10:15-11:00 CS *	Beats Ride *Katrina Miaoulis*
10:15-11:00 RF *	Pilates Reform (Premium) *Kianna Gousby*
10:20-11:20 YS *	Weekend Wind Down Yoga *Adam Caplan*
10:30-11:15 MS *	Rhythmic Sculpt *Paula Fonseca*
10:30-11:15 PD *	Hydro Sculpt *Jill Karagezian*
10:30-11:30 PG *	PGX: Playground Experience *Rod Shivers Chico Huggins*
11:20-12:05 BA *	Pilates Fusion *Brayden Kraiss*
11:30-12:00 YS *	Meditation *Adam Caplan*
12:05-1:05 YS *	Vinyasa Yoga *Adam Caplan*
2:00-2:45 YS *	Pilates Fusion *Brayden Kraiss*

SUNDAY

9:00-10:00 YS *	Pilates Mat *Jessica Battipaglia*
9:30-10:15 MS *	MetCon3 *Chico Huggins*
10:15-11:00 BA *	True Barre *Team Equinox*
10:15-11:00 CS *	Beats Ride *Hannah Connell*
10:30-11:15 BR *	Rounds: Boxing *Angel Santos*
10:30-11:15 PD *	**Swim: Basics** ***Warren Perry***
10:30-11:30 YS *	Vinyasa Yoga *Dan Steel*
10:45-11:45 PG *	**PGX: Playground Experience** ***Chico Huggins Cal Capozzi***
11:00-12:00 MS *	Cardio Dance: Zumba® *David Quiroga Gomez*
11:15-12:00 BA *	Pilates Mat *Ernie Lea Place*
12:05-1:05 YS *	Vinyasa Yoga *Dan Steel*
2:00-2:45 BA *	Barefoot Sculpt: The Ring *Cheryl Geiser*
3:00-3:45 BA *	True Barre *Cheryl Geiser*
3:00-4:15 YS *	Vinyasa Yoga *Michael Alba*
4:30-5:15 YS *	Sonic Meditation *Michael Alba*

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

RF Reformer 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.

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.
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.
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.

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.

Sculpt

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.
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.

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 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.
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.
PGX: Playground Experience 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.
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.

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 Reform A Pilates workout that increases strength, improves flexibility and connects movements to your core, using the Pilates Reformer. This class combines dynamic but controlled movements using spring-based resistance for a balanced full body workout.
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.

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.
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.

Strength

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.
Leg Day 30 Thirty minutes of 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.
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.