

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* Leg Day <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 Ross</i>	9:30-10:15 MS* MetCon3 <i>Chico Huggins</i>
7:20-8:05 BA* True Barre <i>Cheryl Geiser</i>	7:20-8:05 BA* True Barre: Bala Bangle <i>Kristy DiScipio</i>	7:20-8:05 BA* Pilates at the Barre <i>Mollie O'Brien</i>	7:15-8:15 YS* Slow Flow 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>	7:30-8:15 BR* Rounds: Boxing <i>Julie Howell</i>	8:30-9:15 BA* True Barre <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>Kristy DiScipio</i>
10:30-11:15 BA* True Barre <i>Reegan Behles</i>	8:30-9:15 TR* Precision Walk: Elevate <i>Jae Pukma</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>Leia Hockstein</i>	10:30-11:15 BR* Rounds: Boxing <i>Barrett Hanlon</i>
12:15-1:00 MS* Stronger <i>Julie Howell</i>	9:30-10:15 BA* True Barre <i>Heidi Anderson</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 RD* Pilates Fusion <i>Paula Fonseca</i>	10:30-11:15 BA* True Barre: Bala Bangle <i>Jae Pukma</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 YS* Weekend Wind Down <i>Yoga 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>	10:30-11:30 YS* Gentle Yoga <i>Adam Caplan</i>	12:00-1:00 YS* Vinyasa Yoga <i>Natalie Wannamaker</i>	9:30-10:00 MS* Upper Body Pump <i>Jessica Marcarelli</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 MS* Cardio Dance: Zumba® <i>David Quiroga Gomez</i>
4:30-5:15 TR* Precision Walk: Elevate <i>Jessica Lopez</i>	12:00-12:45 YS* Best Stretch Ever <i>Adam Caplan</i>	12:15-1:00 BA* True Barre <i>Cheryl Geiser</i>	10:00-10:45 MS* Leg Day <i>Jessica Marcarelli</i>	4:15-5:15 YS* Vinyasa Yoga <i>Michael Alba</i>	10:30-11:15 PD* Hydro Sculpt <i>Jill Karagezian</i>	11:00-12:00 PG* Playground Experience - PGX <i>Rod Shivers Cal Capozzi</i>
4:45-5:30 YS* Best Stretch Ever <i>Adam Caplan</i>	12:15-1:00 BA* Pilates Mat <i>Victory Chen</i>	4:30-5:15 BA* True Barre <i>Leia Hockstein</i>	12:15-1:00 YS* Pilates Mat <i>Victory Chen</i>	4:30-5:15 BA* True Barre <i>Cheryl Geiser</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>
5:30-6:15 BA* True Barre <i>Cheryl Geiser</i>	4:45-5:35 YS* Pilates Rise <i>Paula Fonseca</i>	4:30-5:15 TR* Precision Walk: Elevate <i>Jessica Lopez</i>	4:45-5:30 RD* Pilates Fusion <i>Paula Fonseca</i>	5:30-6:15 BA* True Barre <i>Cheryl Geiser</i>	11:20-12:05 BA* Barefoot Sculpt <i>Leia Hockstein</i>	12:05-1:05 YS* Vinyasa Yoga (L2) <i>Dan Steel</i>
5:30-6:15 MS* Core6 <i>Paula Fonseca</i>	5:30-6:15 MS* MetCon3 <i>Lynzie Luschenat</i>	5:30-6:15 BA* Pilates Fusion <i>Paula Fonseca</i>	5:30-6:15 MS* MetCon3 <i>Haley Schmich</i>	5:30-6:45 YS* Vinyasa Yoga <i>Dan Steel</i>	11:30-12:00 YS* Meditation <i>Adam Caplan</i>	2:00-2:50 YS* Sculpted Yoga™ <i>Cheryl Geiser</i>
5:45-6:30 CS* Beats Ride <i>Nicole Roach</i>	5:45-6:30 BA* True Barre <i>Paula Fonseca</i>	5:30-6:30 YS* Slow Flow Yoga <i>Jessica Lopez</i>	5:45-6:30 YS* True Barre: Cardio <i>Paula Fonseca</i>	5:45-6:30 MS* Athletic Conditioning <i>Chico Huggins</i>	12:05-1:05 YS* Vinyasa Yoga <i>Adam Caplan</i>	3:00-3:45 BA* True Barre <i>Cheryl Geiser</i>
5:45-6:45 PG* Playground Experience - PGX (L2) <i>Shai Douty Leah Douty</i>	5:45-6:45 PG* Playground Experience - PGX <i>Chico Huggins Cal Capozzi</i>	5:45-6:30 CS* Beats Ride <i>Christina Chu</i>	6:30-7:15 BR* Rounds: Boxing <i>Barrett Hanlon</i>	6:45-6:30 MS* Cardio Dance: Zumba® <i>David Quiroga Gomez</i>	2:00-2:45 RD* Pilates Fusion <i>Paula Fonseca</i>	3:15-4:15 YS* Vinyasa Yoga <i>Michael Alba</i>
6:15-7:15 YS* Vinyasa Yoga <i>Michael Alba</i>	6:15-7:15 RD* Power Vinyasa <i>Allie Cabrera</i>	5:45-6:35 CS* Precision Run + Strength <i>Courteney Mitchell</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>		4:30-5:15 YS* Sonic Meditation <i>Michael Alba</i>
6:30-7:15 BA* True Barre: Bala Bangle <i>Liza Levy</i>	6:30-7:15 BR* Rounds: Boxing <i>Lynzie Luschenat</i>	6:30-7:15 RD* Pilates Mat <i>Divya Sharma</i>				
6:30-7:15 BR* Rounds: Boxing <i>Barrett Hanlon</i>	6:35-7:20 MS* Tabata Max <i>Austin Sa</i>	6:35-6:50 YS* Meditation <i>Jessica Lopez</i>				
6:30-7:15 MS* Cardio Dance <i>Djenaba Reynolds</i>	6:45-7:30 PD* Swim: Skills + Drills <i>Brittany Kaler</i>	6:45-7:30 MS* Stronger <i>Chico Huggins</i>				
6:30-7:20 TR* Precision Run® <i>Austin Sa</i>	7:30-8:15 MS* Cardio Dance: Zumba® <i>David Quiroga Gomez</i>	6:45-7:30 PD* Swim: Basics <i>Brittany Kaler</i>				

EQUINOX

SPORTS CLUB BOSTON

4 Avery St

BOSTON MA 02111

EQUINOX.COM

@EQUINOX

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

RD Roof 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.

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.

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

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.