

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 YS * Pilates Fusion <i>Jolene Cairns</i>	6:15-7:00 MS * Stronger <i>Austin Sa</i>	6:30-7:20 TR * Precision Walk: Elevate <i>Jessica Lopez</i>	6:15-7:00 MS * MetCon3 <i>Chico Huggins</i>	6:30-7:15 YS * Vinyasa Yoga <i>Emily Burdett</i>	8:15-9:00 YS * Pilates Fusion <i>Jolene Cairns</i>	8:45-9:45 YS * Vinyasa Yoga (Heated) <i>Alaina Chmielinski</i>
7:30-8:15 MS * Stronger <i>Austin Sa</i>	6:15-7:00 YS * True Barre: Off the Barre <i>Alicia Tremblay</i>	6:30-7:15 YS * Barefoot Sculpt <i>Jenn Azarian</i>	6:15-7:00 YS * Pilates Fusion <i>Ally Enos</i>	7:00-7:45 CS * Beats Ride <i>Alaina Chmielinski</i>	9:00-9:45 CS * Beats Ride <i>Katrina Miaoulis</i>	9:00-9:45 CS * Beats Ride <i>Christina Chu</i>
7:30-8:15 YS * True Barre <i>Zoe Sundra</i>	6:30-7:15 CS * Beats Ride <i>Ali Greene</i>	7:30-8:15 MS * Stronger <i>Julie Howell</i>	6:30-7:15 CS * Beats Ride <i>Kristy DiScipio</i>	7:30-8:15 MS * Two Toned Training <i>Shai Douty Leah Douty</i>	9:00-9:45 MS * Tabata Max <i>Chad Flahive</i>	10:00-10:45 MS * Stronger <i>Sabrina Barros</i>
8:30-9:15 YS * Pilates Rise <i>Mollie O'Brien</i>	7:15-8:15 YS * Vinyasa Yoga <i>Marc McDonald</i>	7:30-8:15 YS * True Barre <i>Jessica Marcarelli</i>	7:15-8:00 YS * Vinyasa Yoga <i>Marc McDonald</i>	7:30-8:15 YS * True Barre <i>Jae Pukma</i>	9:15-10:00 YS * True Barre <i>Megan McQuarrie</i>	10:15-11:05 YS * Precision Run + Strength <i>Austin Sa</i>
12:15-1:00 YS * Pilates Fusion <i>Maryanne Blake</i>	7:30-8:15 MS * Pilates Fusion <i>Ali Greene</i>	12:15-1:00 YS * Pilates Fusion <i>Leia Hockstein</i>	7:30-8:15 MS * True Barre: Bala Bangle <i>Ally Enos</i>	8:30-9:15 YS * Pilates Mat <i>Victory Chen</i>	10:15-11:05 MS * 360 Strength <i>Ann Sheehan</i>	TR * 10:15-11:00 YS * Barefoot Sculpt <i>Alaina Chmielinski</i>
12:30-1:15 MS * MetCon Monday <i>Chico Huggins</i>	10:00-10:50 YS * Pilates at the Barre <i>Melissa Jalali</i>	12:30-1:15 MS * Stronger <i>Ann Sheehan</i>	10:00-10:50 YS * Pilates at the Barre <i>Melissa Jalali</i>	12:15-1:00 YS * Pilates Fusion <i>Olivia Florence</i>	10:15-11:05 YS * Pilates Rise <i>Megan McQuarrie</i>	11:00-11:45 MS * Rhythmic Sculpt <i>Sabrina Barros</i>
4:00-4:50 YS * Pilates Rise <i>Megan McQuarrie</i>	12:15-1:00 YS * True Barre: Cardio <i>Megan McQuarrie</i>	4:00-4:45 YS * True Barre <i>Brenna Oliver</i>	12:15-1:00 MS * Body Sculpt <i>Ali Greene</i>	12:30-1:15 MS * Athletic Conditioning <i>Jae Pukma</i>	11:30-12:30 YS * Power Vinyasa (Heated) <i>Andrew Rigoglioso</i>	11:30-12:15 YS * Pilates Fusion (Heated) <i>Julia St. Amand</i>
4:30-5:15 TR * Precision Walk: Elevate <i>Austin Sa</i>	4:15-5:05 YS * Pilates at the Barre <i>Megan McQuarrie</i>	5:15-6:15 YS * Power Vinyasa (Heated) <i>Brittany Belezos</i>	4:15-5:00 YS * Pilates Fusion <i>Olivia Florence</i>	5:15-6:15 YS * Vinyasa Yoga <i>Emily Burdett</i>		12:30-1:30 YS * Vinyasa Yoga <i>Erin Diel</i>
5:15-6:15 YS * Vinyasa Yoga (Heated) <i>Erin Diel</i>	5:30-6:15 MS * Tabata Max <i>Jessica Marcarelli</i>	5:30-6:15 CS * Beats Ride <i>Alaina Chmielinski</i>	5:30-6:20 MS * 360 Strength <i>Marissa Best</i>	6:15-6:45 YS * Meditation <i>Emily Burdett</i>		4:00-5:00 YS * Vinyasa Yoga (Heated) <i>Masha Yakubovich</i>
5:30-6:20 MS * Whipped! <i>Chad Flahive</i>	5:30-6:15 YS * True Barre <i>Ally Enos</i>	5:30-6:15 MS * Two Toned Training <i>Shai Douty Leah Douty</i>	5:30-6:15 YS * True Barre: Bala Bangle <i>Jolene Cairns</i>			
6:30-7:15 MS * Rhythmic Sculpt <i>Austin Sa</i>	5:45-6:30 CS * Beats Ride <i>Ashley Riccio</i>	6:30-7:15 YS * Barefoot Sculpt (Heated) <i>Alaina Chmielinski</i>	5:45-6:30 CS * Beats Ride <i>Mahmoud Saleh</i>			
6:30-7:15 YS * True Barre: Bala Bangle <i>Nikki Rodriguez</i>	6:30-7:15 MS * Pilates Fusion <i>Divya Sharma</i>		6:30-7:20 MS * Pilates Rise <i>Megan McQuarrie</i>			
	6:30-7:30 YS * Vinyasa Yoga (Heated) <i>Jessica Marcarelli</i>		6:30-7:30 YS * Vinyasa Yoga (Heated) <i>Allie Cabrera</i>			

EQUINOX

SEAPORT

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EQUINOX.COM

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MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 08:00 PM

SAT-SUN 07:00 AM 07:00 PM

GROUP FITNESS MANAGER

megan.mcquarrie@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

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 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

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.

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.



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.

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.

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.

Two Toned Training Dynamic sister duo Shai + Leah Douty presents the Two-Toned Training boot camp experience. Train like an athlete during these 45 Min HIIT style workouts combining plyometric and strength focused exercises to some of your favorite hard hitting beats. #DontToneAlone.

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.

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.

True Barre: Off the Barre This off-the-barre sculpt class uses light weights and props 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.



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.



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.

Rhythmic Sculpt Move to the beat in this dynamic Sculpt class that keeps you moving in steady, low-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

360 Strength Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, ViPR, and dynamic full-body exercises. 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.