EQUINOX

SEAPORT

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 *	**Body Sculpt** ***Haley Schmich***
6:30-7:15 YS *	Pilates Fusion *Jolene Cairns*
7:30-8:15 MS *	**Stronger** ***Haley Schmich***
7:30-8:20 YS *	Pilates at the Barre *Mollie O'Brien*
12:00-12:45 YS *	Pilates Fusion *Maryanne Blake*
12:15-1:00 MS *	MetCon Monday *Chico Huggins*
3:00-3:45 YS *	True Barre: Cardio *Katie Martinson*
4:00-4:45 YS *	**Barefoot Sculpt** ***Jenn Azarian***
5:15-6:15 YS *	Vinyasa Yoga (Heated) *Allie Cabrera*
5:30-6:15 MS *	Stronger *Sabrina Barros*
6:30-7:15 CS *	Beats Ride *Christina Chu*
6:30-7:15 YS *	True Barre: Bala Bangle *Nikki Rodriguez*

TUESDAY

6:15-7:00 YS *	True Barre *Jae Pukma*
6:30-7:15 CS *	Beats Ride *Ali Greene*
6:30-7:15 MS *	MetCon3 *Lynzie Luschenat*
7:15-8:00 YS *	Vinyasa Yoga (Heated) *Swati*
7:30-8:15 MS *	Pilates Fusion *Ali Greene*
12:15-1:00 YS *	Barefoot Sculpt: The Ring *Megan McQuarrie*
4:15-5:05 YS *	Pilates at the Barre *Megan McQuarrie*
4:30-5:15 MS *	Body Sculpt *Chico Huggins*
5:30-6:15 CS *	Beats Ride *Katelyn Quinlan*
5:30-6:15 MS *	Tabata Max *Jessica Marcarelli*
5:30-6:15 YS *	True Barre: Off the Barre *Megan McQuarrie*
6:30-7:15 MS *	Pilates Fusion *Divya Sharma*
6:30-7:30 YS *	Vinyasa Yoga (Heated) *Jessica Marcarelli*

WEDNESDAY

6:30-7:15 MS *	**Athletic Conditioning** ***Parker Krug***
6:30-7:15 YS *	Barefoot Sculpt *Shannen Moen*
7:30-8:15 MS *	Stronger *Jessica Marcarelli*
7:30-8:15 YS *	True Barre: Bala Bangle *Jenn Azarian*
12:00-12:30 MS *	**Leg Day 30** ***Chico Huggins***
12:00-12:45 YS *	Barefoot Sculpt *Katie Martinson*
12:30-12:45 MS *	**Upper Body Pump** ***Chico Huggins***
12:45-1:00 MS *	**Best Abs Ever** ***Chico Huggins***
4:00-4:45 YS *	Barefoot Sculpt: The Ring *Mackenzie Lafond*
5:15-6:15 YS *	Power Vinyasa (Heated) *Brittany Belezos*
5:30-6:15 CS *	**Beats Ride** ***Raphael Anthony***
5:30-6:15 MS *	MetCon3 *Chad Flahive*
6:30-7:15 YS *	**Barefoot Sculpt (Heated)** ***Laura Pothier***

THURSDAY

6:15-7:00 YS *	**Barefoot Sculpt** ***Laura Pothier***
6:30-7:15 CS *	Beats Ride *Nicole Roach*
7:15-8:00 YS *	Vinyasa Yoga *Marc McDonald*
7:30-8:15 MS *	True Barre: Off the Barre *Megan McQuarrie*
12:15-1:00 YS *	Barefoot Sculpt *Ali Greene*
4:15-5:00 YS *	Pilates Fusion *Olivia Florence*
4:30-5:15 MS *	Rhythmic Sculpt *Sabrina Barros*
5:30-6:15 CS *	Beats Ride *Mahmoud Saleh*
5:30-6:15 MS *	Stronger *Marissa Best*
5:30-6:15 YS *	True Barre: Bala Bangle *Jolene Cairns*
6:30-7:15 MS *	**Pilates Fusion** ***Megan McQuarrie***
6:30-7:30 YS *	Vinyasa Yoga (Heated) *Allie Cabrera*

FRIDAY

7:30-8:15 MS *	**Tabata Max** ***Liza Levy***
7:30-8:15 YS *	True Barre *Jae Pukma*
9:15-10:00 YS *	**Pilates Fusion** ***Emma Hogan***
10:15-11:00 YS *	**Barefoot Sculpt** ***Katie Martinson***
12:15-1:00 YS *	Pilates Fusion *Olivia Florence*
12:30-1:15 MS *	Athletic Conditioning *Jae Pukma*
3:00-3:45 YS *	Barefoot Sculpt: The Ring *Mackenzie Lafond*
5:15-6:15 YS *	Vinyasa Yoga *Emily Burdett*
6:15-6:45 YS *	Meditation *Emily Burdett*

SATURDAY

8:15-9:00 YS *	Pilates Fusion *Jolene Cairns*
9:00-9:45 CS *	Beats Ride *Katrina Miaoulis*
9:00-9:45 MS *	Tabata Max *Chad Flahive*
9:15-10:00 YS *	**True Barre** ***Jolene Cairns***
9:30-10:20 TR *	Precision Run® *Jennie Bunce*
10:00-10:45 MS *	Stronger *Ann Sheehan*
10:15-11:05 YS *	Pilates Rise *Megan McQuarrie*
11:00-11:45 MS *	**Body Sculpt** ***Ann Sheehan***
11:30-12:30 YS *	Power Vinyasa (Heated) *Andrew Rigoglioso*
1:00-1:50 YS *	Pilates at the Barre *Megan McQuarrie*

SUNDAY

8:45-9:45 YS *	Vinyasa Yoga (Heated) *Jené Nappi*
9:00-9:45 CS *	Beats Ride *Christina Chu*
10:00-10:45 MS *	Stronger *Sabrina Barros*
10:00-10:50 TR *	Precision Run® *Jessica Lopez*
10:15-11:00 YS *	**True Barre** ***Kalyn Schieffer***
11:00-11:45 MS *	Rhythmic Sculpt *Sabrina Barros*
11:30-12:15 YS *	Pilates Fusion (Heated) *Megan McQuarrie*
12:30-1:30 YS *	Vinyasa Yoga *Natalie Wannamaker*
4:00-5:00 YS *	Vinyasa Yoga (Heated) *Swati*

VISIT EQUINOX.COM OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

EQUINOX

SEAPORT

27 Northern Avenue

BOSTON MA 02110

EQUINOX.COM

@EQUINOX

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.

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.

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.

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.
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.
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, 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® 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.

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.

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 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.

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 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.