

# EQUNOX

## SEAPORT

February 2026 | SCHEDULE EFFECTIVE 02.01.26-02.28.26

### KEY

**Bold** New/Updated Class, Instructor, or Time

\* Advance sign-up required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 Pilates Fusion YS *	6:15-7:00 <b>True Barre</b> Jolene Cairns YS *	6:30-7:15 Barefoot Sculpt Jenn Azarian YS *	6:15-7:00 Pilates Fusion Ally Enos YS *	6:30-7:15 Vinyasa Yoga Emily Burdett YS *	8:15-9:00 Pilates Fusion Jolene Cairns YS *	8:45-9:45 Vinyasa Yoga (Heated) Alaina Chmielinski YS *
7:30-8:15 Stronger Austin Sa MS *	6:30-7:15 Beats Ride Ali Greene CS *	7:00-7:50 Precision Walk: Elevate Jessica Lopez TR *	6:30-7:15 Core6 Chico Huggins MS *	7:00-7:45 Beats Ride Alaina Chmielinski CS *	9:00-9:45 Beats Ride Katrina Miaoulis CS *	9:00-9:45 Beats Ride Christina Chu CS *
7:30-8:15 True Barre Zoe Sundra YS *	6:30-7:15 Stronger Austin Sa MS *	7:30-8:15 Stronger Julie Howell MS *	7:00-7:45 Beats Ride Kristy DiScipio CS *	7:00-7:50 Precision Run + Strength Austin Sa TR *	9:00-9:45 Tabata Max Chad Flahive MS *	10:00-10:45 Stronger Sabrina Barros MS *
8:30-9:20 Pilates Rise YS *	7:15-8:15 Vinyasa Yoga (Heated) Brittany Belezos YS *	7:30-8:15 Pilates Fusion Jessica Marcarelli YS *	7:15-8:00 Vinyasa Yoga Marc McDonald YS *	7:30-8:15 Two Toned Training Shai Douty Leah Douty MS *	9:15-10:00 True Barre Megan McQuarrie YS *	10:15-11:05 Precision Run + Strength Austin Sa TR *
12:15-1:00 Pilates Fusion YS *	10:00-10:50 Pilates at the Barre Melissa Jalali YS *	8:30-9:30 Vinyasa Yoga (Heated) Jessica Marcarelli YS *	7:30-8:15 True Barre: Bala Bangle Ally Enos MS *	7:30-8:15 True Barre Jae Pukma YS *	10:15-11:05 360 Strength Ann Sheehan MS *	10:15-11:00 Barefoot Sculpt Alaina Chmielinski YS *
12:30-1:15 MetCon Monday Chico Huggins MS *	12:15-1:00 True Barre: Cardio Megan McQuarrie YS *	12:15-1:00 Pilates Fusion Leia Hockstein YS *	10:00-10:50 Pilates at the Barre Melissa Jalali YS *	8:30-9:15 <b>Pilates Fusion</b> Leia Hockstein YS *	10:15-11:05 Pilates Rise Megan McQuarrie YS *	11:00-11:45 Rhythmic Sculpt Sabrina Barros MS *
4:00-4:50 Pilates Rise YS *	4:15-5:05 Pilates at the Barre Megan McQuarrie YS *	4:15-5:00 Pilates Fusion Megan McQuarrie YS *	12:15-1:00 Body Sculpt Ali Greene MS *	12:15-1:00 Pilates Fusion Olivia Florence YS *	11:30-12:15 Core6 Ann Sheehan MS *	11:30-12:15 Pilates Fusion (Heated) Team Equinox YS *
4:30-5:15 Precision Walk: Elevate Austin Sa TR *	5:30-6:15 Beats Ride Ashley Riccio CS *	5:15-6:15 Power Vinyasa (Heated) Brittany Belezos YS *	4:15-5:00 Pilates Fusion Olivia Florence YS *	12:30-1:15 Athletic Conditioning Jae Pukma MS *	11:30-12:30 Power Vinyasa (Heated) Andrew Rigolios YS *	12:30-1:30 Vinyasa Yoga Erin Diel YS *
5:15-6:15 Vinyasa Yoga (Heated) YS *	5:30-6:15 Beats Ride Erin Diel CS *	5:30-6:15 Tabata Max Jessica Marcarelli MS *	5:30-6:15 Beats Ride Mahmoud Saleh CS *	5:15-6:15 Vinyasa Yoga Emily Burdett YS *	4:00-5:00 Vinyasa Yoga (Heated) Emma Connolly YS *	
5:30-6:20 Whipped! Chad Flahive MS *	5:30-6:15 Tabata Max Jessica Marcarelli MS *	5:30-6:15 Beats Ride Alaina Chmielinski CS *	5:30-6:15 360 Strength Marissa Best MS *	6:15-6:45 Meditation Emily Burdett YS *		
6:30-7:15 Core6 Austin Sa MS *	5:30-6:15 True Barre Ally Enos YS *	5:30-6:15 Two Toned Training Shai Douty Leah Douty MS *	5:30-6:15 True Barre: Bala Bangle Jolene Cairns YS *			
6:30-7:15 True Barre: Bala Bangle YS *	6:30-7:15 Pilates Fusion Divya Sharma MS *	6:30-7:15 Barefoot Sculpt (Heated) Alaina Chmielinski YS *	6:30-7:20 Pilates Rise Megan McQuarrie YS *			
	6:30-7:30 Vinyasa Yoga (Heated) Jessica Marcarelli YS *	6:30-7:30 Vinyasa Yoga (Heated) Alaina Chmielinski YS *	6:30-7:30 Vinyasa Yoga (Heated) Allie Cabrera YS *			

VISIT [EQUINOX.COM](http://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.

## 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.

**Core6** Train your center from every angle. Explore six distinct core pathways using SandBells 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.

**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.

## 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.

## 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.