

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 YS * Pilates Fusion <i>Jolene Cairns</i>	6:15-7:00 YS * True Barre <i>Jae Pukma</i>	6:30-7:15 YS * <b>Barefoot Sculpt</b> <b>Shannen Moen</b>	6:15-7:05 YS * Pilates Rise <i>Megan McQuarrie</i>	7:30-8:15 MS * MetCon3 <i>Julie Howell</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 * Core6 <i>Austin Sa</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 YS * True Barre <i>Jae Pukma</i>	9:00-9:45 CS * Beats Ride <i>Katrina Miaoulis</i>	9:00-9:45 CS * Beats Ride <i>Christina Chu</i>
7:30-8:20 YS * Pilates at the Barre <i>Mollie O'Brien</i>	6:30-7:15 MS * Stronger <i>Austin Sa</i>	7:30-8:15 YS * <b>True Barre: Bala Bangle</b> <b>Jenn Azarian</b>	6:30-7:15 MS * <b>MetCon3</b> <b>Tenika Seitz</b>	8:30-9:15 YS * Pilates Fusion <i>Leia Hockstein</i>	9:00-9:45 MS * Tabata Max <i>Chad Flahive</i>	10:00-10:45 MS * Stronger <i>Sabrina Barros</i>
12:15-1:00 YS * Pilates Fusion <i>Maryanne Blake</i>	7:15-8:15 YS * Vinyasa Yoga (Heated) <i>Brittany Belezos</i>	12:15-1:00 YS * <b>Barefoot Sculpt</b> <b>Katie Martinson</b>	7:15-8:00 YS * Vinyasa Yoga <i>Marc McDonald</i>	12:15-1:00 YS * Pilates Fusion <i>Olivia Florence</i>	9:15-10:00 YS * True Barre <i>Megan McQuarrie</i>	10:00-10:50 YS * Precision Run + Strength <i>Austin Sa</i>
12:30-1:15 MS * MetCon Monday <i>Chico Huggins</i>	7:30-8:15 MS * Pilates Fusion <i>Ali Greene</i>	12:30-1:15 MS * Stronger <i>Chico Huggins</i>	7:30-8:15 MS * <b>True Barre: Off the Barre</b> <b>Megan McQuarrie</b>	12:30-1:15 MS * Athletic Conditioning <i>Jae Pukma</i>	10:00-10:45 MS * Stronger <i>Ann Sheehan</i>	10:15-11:00 YS * Barefoot Sculpt <i>Alaina Chmielinski</i>
4:00-4:50 YS * Pilates Rise <i>Megan McQuarrie</i>	9:30-10:20 YS * Pilates at the Barre <i>Melissa Jalali</i>	4:00-4:45 YS * Barefoot Sculpt <i>Mackenzie Lafond</i>	9:30-10:20 YS * Pilates at the Barre <i>Melissa Jalali</i>	4:00-4:45 YS * Barefoot Sculpt <i>Katie Martinson</i>	10:15-11:05 YS * Pilates Rise <i>Megan McQuarrie</i>	11:00-11:45 MS * Core6 <i>Ann Sheehan</i>
5:15-6:15 YS * Vinyasa Yoga (Heated) <i>Erin Diel</i>	12:15-1:00 YS * True Barre <i>Megan McQuarrie</i>	5:15-6:15 YS * Power Vinyasa (Heated) <i>Brittany Belezos</i>	12:15-1:00 YS * Barefoot Sculpt <i>Ali Greene</i>	5:15-6:15 YS * Vinyasa Yoga <i>Emily Burdett</i>	11:00-11:45 MS * Core6 <i>Ann Sheehan</i>	11:30-12:15 YS * Pilates Fusion (Heated) <i>Jess Murphy</i>
5:30-6:15 CS * Beats Ride <i>Christina Chu</i>	4:15-5:05 YS * Pilates at the Barre <i>Megan McQuarrie</i>	5:30-6:15 CS * Beats Ride <i>Alaina Chmielinski</i>	4:15-5:00 YS * Pilates Fusion <i>Olivia Florence</i>	6:15-6:45 YS * Meditation <i>Emily Burdett</i>	11:30-12:30 YS * Power Vinyasa (Heated) <i>Andrew Rigoglioso</i>	12:30-1:30 YS * Vinyasa Yoga <i>Erin Diel</i>
5:30-6:15 MS * Stronger <i>Sabrina Barros</i>	5:30-6:15 CS * Beats Ride <i>Ashley Riccio</i>	5:30-6:15 MS * MetCon3 <i>Chad Flahive</i>	5:30-6:15 CS * Beats Ride <i>Mahmoud Saleh</i>		1:00-1:50 YS * Pilates at the Barre <i>Mollie O'Brien</i>	4:00-5:00 YS * <b>Vinyasa Yoga (Heated)</b> <b>Jason Santosuosso</b>
6:30-7:15 YS * True Barre: Bala Bangle <i>Nikki Rodriguez</i>	5:30-6:15 MS * Tabata Max <i>Jessica Marcarelli</i>	6:30-7:15 MS * MetCon3 <i>Chad Flahive</i>	5:30-6:15 MS * Stronger <i>Marissa Best</i>			
	5:30-6:15 YS * True Barre: Off the Barre <i>Megan McQuarrie</i>	6:30-7:15 YS * Barefoot Sculpt (Heated) <i>Alaina Chmielinski</i>	5:30-6:15 YS * True Barre: Bala Bangle <i>Jolene Cairns</i>			
	6:30-7:15 MS * Pilates Fusion <i>Divya Sharma</i>	7:30-8:15 YS * Pilates Fusion <i>Jess Murphy</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

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.

## **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, 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.

**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: 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 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.

**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**

**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.