

EQUNOX

RITTENHOUSE

February 2026 | SCHEDULE EFFECTIVE 02.01.26-02.28.26

KEY Studio key on back

Bold New/Updated Class, Instructor, or Time

***** Advance sign-up required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 True Barre: Bala Bangle YS *	6:00-6:30 Best Butt Ever MS *	6:00-6:45 Vinyasa Yoga (Heated) YS * Bre Broderick	6:00-6:45 Stronger Carly Rubenstein MS *	6:00-6:45 True Barre (Heated) Stefanie Eris YS *	8:00-8:45 Pilates Fusion Lisa Alfieri YS *	8:45-9:30 Cardio Boxing Kim Harari
6:15-7:00 MetCon Monday MS *	6:00-6:45 Barefoot Sculpt (Heated) Jake White	6:15-7:00 Core6 Jacques Mitchell MS *	6:15-7:00 Barefoot Sculpt (Heated) Jacques Mitchell MS *	6:15-7:00 Circuit Training Jacques Mitchell MS *	8:45-9:30 Beats Ride Sandy Wasserbach	8:45-9:30 Pilates Fusion Lillian Walton-Masters
7:00-7:45 Beats Ride CS *	7:00-7:45 Ella Cuda	7:00-7:45 Beats Ride Mike Peterson CS *	7:00-7:45 Beats Ride Carly Rubenstein CS *	7:00-7:45 Beats Ride Alanna Palombo MS *	9:00-9:45 Stronger Nat Mitchell	9:00-9:45 Swim: Pro (L2) Joseph Sigismondo
7:00-8:00 Power Vinyasa (Heated) Elana Stern	7:00-7:45 Best Abs Ever MS *	7:00-7:45 True Barre Adina Goldstein YS *	7:15-8:00 Precision Run® Jake White	7:00-8:00 Vinyasa Yoga (Heated) Stefanie Eris YS *	9:00-9:45 True Barre Daniella Zolotnitsky YS *	9:45-10:30 Beats Ride Kenny Caterina
7:30-8:15 Precision Run® TR *	7:15-8:00 Stacked Sandy Wasserbach	7:30-8:15 Precision Run® Jake White	7:15-8:15 Power Vinyasa (Heated) Hannah Harper	7:15-8:00 Pilates Mat Hannah Harper	9:30-10:15 Cardio Sculpt Sandy Wasserbach	9:45-10:30 True Barre Hannah Harper
8:15-9:00 Stronger MS *	7:15-8:00 Pilates Mat (Heated) Ella Cuda	8:00-8:45 Swim: Basics Sophie Clarkowski YS *	9:15-10:00 True Barre: Bala Bangle Hannah Harper YS *	9:15-9:45 Best Butt Ever Ella Cuda MS *	9:30-10:15 Precision Run® Team Equinox TR *	10:00-10:45 Precision Run® Lillian Walton-Masters
9:15-10:00 Pilates Mat MS *	9:15-10:00 Cardio Sculpt Molly Reilly	8:15-9:00 True Barre: Bala Bangle Hannah Harper YS *	9:30-10:15 True Barre: Bala Bangle Annalisa DeFeo YS *	9:30-10:15 Pilates Fusion BB Arrington	10:00-10:45 Beats Ride Mike Peterson	10:15-11:00 Stacked Team Equinox
9:30-10:15 Barefoot Sculpt YS *	9:30-10:15 True Barre: Bala Bangle Sandy Wasserbach	9:15-10:00 Stacked Carly Rubenstein	9:45-10:15 Best Abs Ever Team Equinox	10:15-11:15 Vinyasa Yoga Chali Cooke	11:15-12:00 Athletic Stretch Lismari Rosario	11:30-12:00 Upper Body Pump Katie Schlesinger
10:45-11:30 True Barre YS *	10:45-11:45 Vinyasa Yoga Daniella Zolotnitsky	9:30-10:15 Pilates Mat Lismari Rosario YS *	10:45-11:45 Vinyasa Yoga Lindsay Dombrowski YS *	10:30-11:15 True Barre Annalisa DeFeo YS *	11:30-12:15 Pilates Fusion BB Arrington	12:00-12:30 Best Abs Ever Katie Schlesinger
12:15-12:45 Upper Body Pump MS *	12:15-1:00 Barefoot Sculpt Sandy Wasserbach	12:15-1:00 True Barre: Bala Bangle Hannah Bornstein	12:15-1:00 Pilates Fusion BB Arrington YS *	12:15-1:05 Whipped! Carly Rubenstein MS *	12:30-1:15 Pilates Fusion BB Arrington	12:30-1:15 Pilates Mat Lismari Rosario
12:30-1:15 Pilates Fusion YS *	12:30-1:00 Best Butt Ever Chandler Liberio	12:30-1:00 Best Butt Ever Jake White	12:30-1:15 Stacked Nat Mitchell	12:30-1:30 Power Vinyasa (Heated) Brian Love	1:00-1:45 Cardio Dance Marcel Vilonel	4:00-4:45 Sonic Meditation Lindsay Dombrowski
12:45-1:15 Best Abs Ever MS *	1:00-1:30 Best Abs Ever Sandy Wasserbach	1:00-1:30 Best Abs Ever Jake White	4:30-5:15 Stronger Anna Caccavaro MS *	4:30-5:15 Barefoot Sculpt (Heated) Daniella Zolotnitsky YS *	2:00-2:45 Athletic Stretch (Heated) Jen Kranjec	5:00-6:00 Slow Flow Yoga (Heated) Lindsay Dombrowski
4:30-5:00 Upper Body Pump MS *	4:30-5:15 Pilates Mat Nat Mitchell	4:30-5:15 Best Butt Ever Isabelle Tan	4:30-5:15 True Barre: Bala Bangle Stefanie Eris YS *	5:30-6:15 Core6 Team Equinox	YS *	YS *
4:45-5:30 Pilates Rise (Heated) YS *	4:30-5:15 True Barre Hannah Harper	4:45-5:30 Pilates Mat Daniella Zolotnitsky	5:30-6:15 Ropes and Rowers Chandler Liberio	5:30-6:30 Vinyasa Yoga (Heated) Stefanie Eris	6:00-7:00 Yin Yoga (Heated) Jamie Merwin	
5:00-5:30 Best Abs Ever MS *	5:30-6:15 Precision Run® Nat Mitchell	5:30-6:15 Precision Run® Carly Rubenstein	5:45-6:30 True Barre: Bala Bangle Daniella Zolotnitsky YS *	5:45-6:35 360 Strength Jacques Mitchell MS *		
5:45-6:30 MetCon3 MS *	5:30-6:30 Power Vinyasa (Heated) Kim Harari	5:45-6:30 Power Vinyasa (Heated) Brian Love	6:00-6:45 Precision Run® Sandy Wasserbach	6:15-7:00 Beats Ride Jordyn Jenkins		
5:45-6:30 True Barre (Heated) YS *	YS *	5:45-6:30 Stronger Kim Harari	TR *	6:45-7:30 Pilates Rise Isabelle Tan		
6:00-6:45 Precision Run® TR *	6:15-7:00 Beats Ride Jake White	6:30-7:15 Beats Ride Katie Schlesinger	6:30-7:15 Restorative Yoga (Heated) Heather Urban	7:00-7:45 Cardio Boxing Jacques Mitchell MS *		
6:30-7:15 Beats Ride CS *	6:45-7:30 Swims: Basics Kayla Ferst	7:00-7:45 Stronger Anna Caccavaro	7:00-8:00 Restorative Yoga (Heated) Heather Urban			
7:00-7:50 360 Strength MS *	6:45-7:30 Pilates Rise Kim Harari	YS *	YS *			
7:00-8:00 Power Vinyasa (Heated) YS *	6:45-7:30 Pilates Rise Morgan Kirner	7:00-7:45 Cardio Dance Marcel Vilonel				

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

EQUNOX

RITTENHOUSE

1907 Walnut Street

PHILADELPHIA PA 19103

EQUINOX.COM

@EQUINOX

MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT-SUN 07:00 AM 08:00 PM

GROUP FITNESS MANAGER

sandy.wasserbach@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

PD Pool Deck

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® 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

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.

Restorative Yoga A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

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.

Yin Yoga Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

HIIT

Circuit Training Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

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.

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.

Ropes and Rowers Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. An Equinox exclusive.

Stacked Maximize your workout by "stacking" targeted exercises to increase endurance, strength, and power. Each set is an opportunity to uplevel and achieve all-out effort. An Equinox exclusive.

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.

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.

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.

Boxing

Cardio Boxing Get your heart rate up with this intense, no-contact boxing workout. Punch, push up, squat, and lunge your way through a high-energy cardio experience set to heart-thumping music.

Swim

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: Pro Test your limits in an intermediate/advanced team-based swim class. Train all 4 strokes like a pro, focusing on technique, form, and stamina. Must be able to swim 100 yards continuously. 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 continuously. An Equinox exclusive. Swim cap and goggles are required.

Regeneration

Athletic Stretch Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

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.

Cardio Sculpt A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.

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.

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.

Best Butt Ever Fire up your glutes and entire lower body using dumbbells, mini-bands, and other equipment. Get active. Get strong. Get powerful. 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.