

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

# EQUINOX

## 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.

**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.

**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.

**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 continuous. 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.



## 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.