EQUINOX

RITTENHOUSE

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

6:00-6:45	YS *	Barefoot Sculpt *Bailey Benoot*
7:00-7:45	YS *	Vinyasa Yoga (Heated) *Elana Stern*
7:15-8:00	TR *	Precision Run® *Jake White*
8:15-9:00	MS *	Stronger *Sandy Wasserbach*
9:30-10:15	YS *	Barefoot Sculpt: The Ring *BB Arrington*
10:45-11:30	YS *	Pilates at the Barre *BB Arrington*
12:15-12:45	MS *	Upper Body Pump *Sandy Wasserbach*
12:30-1:15	YS *	Pilates Fusion *Chandler Liberio*
12:45-1:15	MS *	Best Abs Ever *Sandy Wasserbach*
4:30-5:00	MS *	Upper Body Pump *Nat Mitchell*
4:45-5:30	YS *	**Barefoot Sculpt: The Ring (Heated)** ***Adina Goldstein***
5:00-5:30	MS *	Best Abs Ever *Nat Mitchell*
5:45-6:30	MS *	MetCon Monday *Kim Harari*
5:45-6:30	YS *	True Barre (Heated) *Adina Goldstein*
6:00-6:45	TR *	Precision Run® *Jake White*
6:30-7:15	CS *	Beats Ride *Kayla Ferst*
7:00-7:45	MS *	**Stronger** ***Kim Harari***
7:00-8:00	YS *	Power Vinyasa (Heated) *Chali Cooke*

TUESDAY

6:00-6:30	MS *	Best Butt Ever *Anna Caccavaro*
6:00-6:45	YS *	Barefoot Sculpt (Heated) *Bailey Benoot*
6:30-7:00	MS *	Best Abs Ever *Anna Caccavaro*
7:15-8:00	MS *	Stacked *Sandy Wasserbach*
7:15-8:00	YS *	Pilates Mat (Heated) *Bailey Benoot*
9:30-10:15	YS *	True Barre: Bala Bangle *Lindsey Hutterer*
10:45-11:45	YS *	Vinyasa Yoga *Elana Stern*
12:15-1:00	YS *	**Pilates at the Barre** ***Morgan Kirner***
12:30-1:15	MS *	Leg Day *Sandy Wasserbach*
4:30-5:15	MS *	Pilates Mat *Team Equinox*
4:30-5:15	YS *	True Barre *Morgan Kirner*
5:30-6:15	TR *	Precision Run® *Carly Rubenstein*
5:30-6:30	YS *	Power Vinyasa (Heated) *Brian Love*
5:45-6:30	MS *	Stronger *Kim Harari*
6:15-7:00	CS *	Beats Ride *Katie Schlesinger*
6:45-7:30	PD *	Swim: Skills + Drills *Sophie Clarkowski*
6:45-7:30	YS *	Barefoot Sculpt *Kristina DelGrosso*
7:00-7:45	MS *	Cardio Dance *Marcel Vilonel*

WEDNESDAY

6:00-6:45	YS *	Barefoot Sculpt: The Ring *BB Arrington*
6:15-7:00	MS *	Core6 *Jacques Mitchell*
6:45-7:30	CS *	Beats Ride *Mike Peterson*
7:00-7:45	YS *	True Barre *Adina Goldstein*
7:15-8:00	TR *	Precision Run® *Jake White*
8:15-9:00	YS *	Pilates at the Barre *Hannah Harper*
9:15-10:00	MS *	Stacked *Carly Rubenstein*
10:45-11:30	YS *	Barefoot Sculpt *Elizabeth Walsh*
12:30-1:15	YS *	True Barre *Annalisa DeFeo*
4:30-5:15	YS *	**Pilates at the Barre** ***Sandy Wasserbach***
4:45-5:30	MS *	Pilates Mat *Chandler Liberio*
5:45-6:30	MS *	Ropes and Rowers *Jacques Mitchell*
5:45-6:30	YS *	Barefoot Sculpt *Daniella Zolotnitsky*
6:00-6:45	TR *	Precision Run® *Sandy Wasserbach*
7:00-7:45	MS *	Stronger *Anna Caccavaro*
7:00-8:00	YS *	Restorative Yoga (Heated) *Jamie Merwin*

THURSDAY

6:00-6:45	MS *	Stronger *Carly Rubenstein*
6:00-6:45	YS *	Barefoot Sculpt (Heated) *Elizabeth Walsh*
7:15-8:00	MS *	MetCon3 *Jacques Mitchell*
7:15-8:15	YS *	Power Vinyasa (Heated) *Peter Reyes*
9:30-10:15	YS *	True Barre: Bala Bangle *Annalisa DeFeo*
12:15-1:00	YS *	Pilates Fusion *BB Arrington*
12:30-1:00	MS *	Upper Body Pump *Nat Mitchell*
1:00-1:30	MS *	Best Abs Ever *Nat Mitchell*
4:30-5:15	MS *	Stronger *Anna Caccavaro*
4:30-5:15	YS *	True Barre: Bala Bangle *Stefanie Eris*
5:30-6:15	PD *	Swim: Skills + Drills (L1) *Sophie Clarkowski*
5:30-6:30	YS *	Vinyasa Yoga (Heated) *Stefanie Eris*
5:45-6:30	MS *	Cardio Boxing *Jacques Mitchell*
6:15-7:00	CS *	Beats Ride *Jordyn Jenkins*
6:45-7:30	YS *	Pilates Rise *Team Equinox*

FRIDAY

6:00-6:45	YS *	True Barre (Heated) *Stefanie Eris*
6:45-7:30	CS *	Beats Ride *Susannah Greenwood*
7:00-8:00	YS *	Vinyasa Yoga (Heated) *Stefanie Eris*
7:15-8:00	MS *	Pilates Mat *Hannah Harper*
8:00-8:45	PD *	Swim: Basics *Sophie Clarkowski*
9:15-9:45	MS *	Best Butt Ever *Jenna Christine Moore*
9:30-10:15	YS *	Pilates Fusion *BB Arrington*
9:45-10:15	MS *	Best Abs Ever *Jenna Christine Moore*
10:45-11:30	YS *	True Barre *Annalisa DeFeo*
12:15-1:00	MS *	Stronger *Anna Caccavaro*
12:30-1:30	YS *	Power Vinyasa (Heated) *Brian Love*
4:30-5:15	YS *	Barefoot Sculpt: The Ring *Kristina DelGrosso*
6:00-7:00	YS *	Yin Yoga (Heated) *Jamie Merwin*

SATURDAY

8:00-8:45	YS *	Pilates Fusion *Annalisa DeFeo*
8:30-9:15	MS *	Stronger *Nat Mitchell*
9:00-9:45	YS *	True Barre *Daniella Zolotnitsky*
9:30-10:15	TR *	Precision Run® *Nat Mitchell*
9:45-10:30	CS *	Beats Ride *Mike Peterson*
10:00-10:45	MS *	MetCon3 *Sandy Wasserbach*
10:15-11:15	YS *	Vinyasa Yoga *Peter Reyes*
11:30-12:15	YS *	Pilates Fusion *BB Arrington*
12:00-12:45	MS *	Stronger *Anna Caccavaro*
12:45-1:15	YS *	Athletic Stretch (Heated) *Jen Kranjec*
1:00-1:45	MS *	Cardio Dance *Marcel Vilonel*
1:15-1:45	YS *	Meditation (Heated) *Jen Kranjec*

SUNDAY

8:45-9:30	YS *	Pilates Fusion *Lismari Rosario*
9:15-10:00	MS *	Stacked *Kim Harari*
9:45-10:30	CS *	Beats Ride *Kenny Caterina*
9:45-10:30	YS *	True Barre *Hannah Harper*
10:00-10:45	TR *	Precision Run® *Joseph Sigismondo*
11:00-12:00	YS *	Vinyasa Yoga *Chali Cooke*
11:30-12:00	MS *	Upper Body Pump *Jenna Christine Moore*
12:00-12:30	MS *	Best Abs Ever *Jenna Christine Moore*
12:30-1:15	YS *	Pilates Mat *Lismari Rosario*
4:00-5:00	YS *	Slow Flow Yoga (Heated) *Lindsay Dombrowski*
5:15-6:00	YS *	Sonic Meditation *Lindsay Dombrowski*

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

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.

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.

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.

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: 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.

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.

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

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.
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.

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.
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

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.
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.
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.

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.
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.
Leg Day Don’t skip Leg Day: 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.