

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 MS * <i>Stronger Alex Muck</i>	6:00-7:00 YS * <i>Sculpted Yoga™ Fiona Daghir</i>	6:00-6:45 MS * Body Sculpt Alex Muck	6:00-6:45 YS * <i>Pilates Fusion Susan Laney</i>	6:15-7:15 YS * <i>Power Vinyasa (Heated) Alina Garcia</i>	8:00-8:45 CS * <i>Beats Ride Sam Benjimen</i>	8:00-9:00 YS * <i>Vinyasa Yoga Karen Burnett</i>
6:15-7:00 YS * Pilates Mat Joanne Baum	6:15-7:00 CS * <i>Beats Ride Sam Benjimen</i>	6:15-7:00 YS * True Barre Chevi Hill	6:15-7:00 CS * <i>Beats Ride Sam Benjimen</i>	6:30-7:15 CS * <i>Beats Ride Francis Dolloway</i>	8:15-9:00 YS * <i>Pilates Fusion Sarafina Orbe</i>	8:15-9:00 CS * Beats Ride Francis Dolloway
7:00-7:45 TR * <i>Precision Run® Rena Wise</i>	7:00-7:45 MS * Stronger Francis Dolloway	7:00-7:45 TR * <i>Precision Walk: Elevate Noah Pantaleon</i>	7:00-7:45 MS * TRX Max Taylor Christian	7:00-7:50 MS * Ropes and Rowers Noah Pantaleon	8:30-9:15 MS * <i>Stronger Noah Pantaleon</i>	8:30-9:15 MS * <i>Best Butt Ever Jeanne Slade</i>
7:15-8:00 MS * <i>Cardio Sculpt Sarafina Orbe</i>	7:15-8:00 YS * <i>Barefoot Sculpt Susan Laney</i>	7:15-8:00 MS * <i>Rhythmic Sculpt Alex Muck</i>	7:15-8:00 YS * <i>Pilates Mat (Heated) Christa Panayotidis</i>	7:30-8:15 YS * <i>True Barre Chevi Hill</i>	9:00-9:45 TR * <i>Precision Run® Sam Benjimen</i>	9:15-10:00 YS * <i>True Barre Chevi Hill</i>
8:15-9:00 MS * <i>MetCon Monday Eric Mearsheimer</i>	8:00-8:45 CS * Beats Ride Noah Pantaleon	8:15-9:00 MS * <i>Athletic Conditioning Marco De Ornelas</i>	8:00-8:45 CS * Beats Ride Taylor Christian	8:15-9:00 MS * <i>Best Butt Ever Arianna Soffos</i>	9:15-10:00 YS * <i>True Barre Ginelle Ruffa</i>	9:30-10:15 MS * <i>Stacked Francis Dolloway</i>
8:45-9:30 YS * <i>True Barre (Heated) Kelsey Gephart</i>	8:30-9:15 YS * <i>Pilates Fusion Arianna Soffos</i>	8:45-9:30 YS * <i>Pilates Fusion (Heated) Alex Muck</i>	8:30-9:30 YS * <i>Power Vinyasa (Heated) Karen Burnett</i>	8:45-9:30 YS * <i>Pilates Fusion Marce Chacon</i>	9:30-10:20 CS * <i>Whipped! Eric Mearsheimer</i>	10:15-11:15 YS * <i>Sculpted Yoga™ (Heated) Karen Burnett</i>
9:30-10:15 CS * <i>Beats Ride Rena Wise</i>	9:00-9:45 MS * Core6 Kelsey Gephart	9:30-10:15 CS * <i>Beats Ride Noah Pantaleon</i>	9:00-9:30 MS * <i>Upper Body Pump Roxy King</i>	9:30-10:15 CS * <i>Beats Ride Evelyn Davila</i>	10:00-10:45 CS * <i>Beats Ride Sam Benjimen</i>	10:30-11:15 MS * <i>Stronger Chloe Lambros</i>
9:45-10:30 MS * <i>Body Sculpt Kelsey Gephart</i>	9:45-10:15 TR * <i>Precision Run 30 Chloe Lambros</i>	9:45-10:30 MS * <i>Cardio Dance GiGi Fleurimond</i>	9:30-10:00 MS * <i>Best Butt Ever Roxy King</i>	9:45-10:30 MS * <i>Stronger Eric Mearsheimer</i>	10:45-11:30 MS * <i>MetCon3 Francis Dolloway</i>	
10:30-11:30 YS * <i>Sculpted Yoga™ Jade Wonzon</i>	9:45-10:45 YS * <i>Vinyasa Yoga (Heated) Karen Burnett</i>	10:30-11:30 YS * <i>Vinyasa Yoga (Heated) Karen Burnett</i>	9:45-10:35 YS * <i>Pilates at the Barre Kelsey Gephart</i>	10:30-11:15 YS * <i>True Barre: Bala Bangle Chevi Hill</i>		11:30-12:15 TR * <i>Precision Walk: Elevate Chloe Lambros</i>
	10:30-11:15 MS * TRX Max Circuit Noah Pantaleon	11:30-12:00 MS * <i>Upper Body Pump Sophia Lewis</i>	10:30-11:15 TR * <i>Precision Run + Strength Noah Pantaleon</i>	11:45-12:45 MS * <i>Sculpted Yoga™ Susan Laney</i>	11:15-12:15 YS * <i>Power Vinyasa (Heated) Jade Wonzon</i>	11:45-12:30 YS * Pilates Mat Juliana Beladerra
11:30-12:15 MS * <i>Stronger Noah Pantaleon</i>	12:15-1:00 MS * <i>Body Sculpt Karen Burnett</i>	11:45-12:30 YS * <i>Barefoot Sculpt (Heated) Karen Burnett</i>	12:15-1:00 YS * <i>Pilates Mat (Heated) Joanne Baum</i>	12:00-12:45 MS * <i>Rounds: Boxing Marco De Ornelas</i>	11:45-12:30 MS * <i>Rounds: Boxing Marco De Ornelas</i>	12:00-12:45 CS * Beats Ride Rena Wise
11:45-12:45 YS * <i>Slow Flow Yoga Jade Wonzon</i>	12:30-1:20 YS * <i>Pilates at the Barre Christa Panayotidis</i>	12:00-12:45 MS * <i>Best Butt Ever Sophia Lewis</i>	12:30-1:15 MS * <i>Core6 Kelsey Gephart</i>	1:00-1:45 YS * Sound Meditation Lauren Musselman	12:30-1:15 YS * Pilates Mat (L2) Sarafina Orbe	12:30-1:15 MS * <i>Cardio Dance GiGi Fleurimond</i>
12:30-1:15 TR * <i>Precision Walk: Elevate Noah Pantaleon</i>					2:30-3:15 YS * <i>Barefoot Sculpt Roxy King</i>	3:30-4:15 YS * <i>Pilates Fusion Jeanne Slade</i>
					3:30-4:15 YS * <i>Weekend Wind Down Yoga Alina Garcia</i>	
4:30-5:15 MS * Pilates Fusion Marce Chacon	4:30-5:15 YS * <i>Barefoot Sculpt (Heated) Becca Pace</i>	4:30-5:15 CS * Beats Ride Issy Chung	4:30-5:15 YS * <i>Pilates Fusion Christa Panayotidis</i>	4:30-5:15 YS * <i>True Barre: Bala Bangle Issy Chung</i>		5:00-6:00 YS * Hatha Yoga Dan Schaffer
5:15-6:15 YS * <i>Vinyasa Yoga (Heated) Lauren Musselman</i>	5:30-6:15 MS * <i>Cardio Sculpt Becca Pace</i>	5:15-6:00 YS * <i>Barefoot Sculpt (Heated) Sarafina Orbe</i>	5:30-6:15 MS * <i>Body Sculpt Alex Muck</i>	5:30-6:15 CS * <i>Beats Ride Francis Dolloway</i>	4:30-5:20 YS * <i>Sonic Meditation Noah Pantaleon</i>	
5:30-6:15 MS * <i>Rounds: Boxing Ian Curran</i>	5:45-6:30 CS * <i>Beats Ride Francis Dolloway</i>	5:30-6:15 MS * <i>Stronger Eric Mearsheimer</i>	5:45-6:30 CS * <i>Beats Ride Chloe Lambros</i>	5:45-6:30 MS * <i>Feel Good Friday: Cardio Dance GiGi Fleurimond</i>		
6:15-7:00 CS * <i>Beats Ride Lynn Tai Wong</i>	6:00-6:45 YS * <i>Pilates at the Barre Christa Panayotidis</i>	6:15-7:00 CS * <i>Beats Ride Evelyn Davila</i>	6:00-6:45 YS * <i>True Barre Ginelle Ruffa</i>	6:30-7:30 YS * <i>Power Vinyasa (Heated) Fiona Daghir</i>		
6:30-7:15 MS * <i>Best Butt Ever Sophia Lewis</i>	6:30-7:20 MS * <i>Whipped! Taylor Christian</i>	6:30-7:15 MS * <i>Rhythmic Sculpt Roxy King</i>	6:30-7:15 MS * <i>Stronger Alex Muck</i>			
6:45-7:30 YS * <i>True Barre: Off the Barre Sarafina Orbe</i>	6:45-7:30 TR * <i>Precision Run® Francis Dolloway</i>	6:45-7:30 YS * <i>Yin Yoga Lauren Musselman</i>	6:45-7:30 TR * <i>Precision Run + Strength Chloe Lambros</i>			
7:30-8:15 MS * <i>Core6 Susan Laney</i>	7:00-8:00 YS * <i>Sculpted Yoga™ Alina Garcia</i>	7:30-8:15 MS * <i>Athletic Conditioning Marco De Ornelas</i>	7:00-8:00 YS * <i>Vinyasa Yoga (Heated) Jade Wonzon</i>			
7:45-8:30 YS * <i>Pilates Mat Sophia Lewis</i>		7:45-8:35 YS * <i>Sonic Meditation Noah Pantaleon</i>				

EQUINOX

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575 S Rosemary Ave

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MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT-SUN 07:00 AM 07:00 PM

Kids

MON-SUN 08:00 AM 12:00 PM

GROUP FITNESS MANAGER

noah.pantaleon@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 Run 30 An express version of our signature interval-based treadmill program, created by running expert, David Siik. Perfectly balanced speeds and inclines will have you crushing goals while having fun. An Equinox exclusive, welcome to the express lane. Bring headphones.

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.

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

Hatha Yoga A classic take on a physical yoga practice— without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.

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.

Sculpted Yoga™ Take Vinyasa up a notch with a challenging class that combines yoga with light weight sculpting. Incorporating Bala bangles and hand weights, this class merges Vinyasa flow with low-impact toning exercises to enhance strength, mobility, and balance. An Equinox exclusive.

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.

Weekend Wind Down Yoga A soothing yoga journey that uses extended postures and supportive props to fully reset body and mind. Move slowly, breathe deeply, and restore completely in this special weekend only class.

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



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.

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.

TRX Max A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging your core.

TRX Max Circuit A functional strength workout using TRX body-weight suspension equipment. Work through timed intervals cycling between specially designed stations to test your stability, build muscle, increase flexibility, and challenge your core.

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: 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 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 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.



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.

Feel Good Friday: Cardio Dance Fridays are all about the "feels". Start your weekend with a feel-good dance class. A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations.



Boxing

Rounds: Boxing Gloves on, guard up. Step into the ring with Rounds: Boxing, where every punch, every move, is a step towards mastering the art of boxing. Elevate your skill and power through expert-guided sessions and immersive rounds on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.



Regeneration

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.

Sound Meditation A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.



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.

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.

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

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.