

EQUNOX

WEST PALM BEACH

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

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

EQUINOX

WEST PALM BEACH

575 S Rosemary Ave
WEST PALM BEACH FL 33401
EQUINOX.COM
@EQUINOX

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.