

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 MS * Stronger <i>Alex Muck</i>	6:00-7:00 YS * Sculpted Yoga™ <i>Fiona Dagher</i>	6:00-6:45 MS * Body Sculpt <i>Alex Muck</i>	6:00-6:45 YS * Power Vinyasa (Heated) Brenna Murray	6:15-7:00 CS * Beats Ride <i>Candace Storch</i>	8:00-8:45 CS * Beats Ride <i>Sam Benjimen</i>	7:45-9:00 YS * Sunrise Vinyasa Yoga Jade Wonzon
6:15-7:00 YS * Pilates Fusion <i>Joanne Baum</i>	6:15-7:00 CS * Beats Ride <i>Heather Shea</i>	6:15-7:00 YS * True Barre <i>Chevi Hill</i>	6:15-7:00 CS * Beats Ride <i>Sam Benjimen</i>	7:00-7:45 MS * MetCon3 Chloe Lambros	8:15-9:00 YS * Pilates Fusion <i>Sarafina Orbe</i>	8:15-9:00 CS * Beats Ride <i>Francis Dolloway</i>
7:00-7:45 MS * Stacked <i>Eric Mearsheimer</i>	7:00-7:45 MS * Stronger <i>Chloe Lambros</i>	7:00-7:45 MS * Leg Day Alex Muck	7:00-7:45 MS * TRX Max <i>Taylor Christian</i>	7:30-8:15 YS * True Barre (Heated) Chevi Hill	8:30-9:15 MS * Leg Day Noah Pantaleon	8:30-9:15 MS * TRX Max Taylor Christian
7:15-8:00 TR * Precision Run + Strength <i>Alex Muck</i>	7:15-8:00 YS * Barefoot Sculpt <i>Susan Laney</i>	7:15-8:05 TR * Precision Walk: Elevate <i>Eric Mearsheimer</i>	7:15-7:45 TR * Precision Run 30 Sam Benjimen	8:30-9:15 MS * Athletic Conditioning <i>Mia Rodriguez</i>	9:00-9:45 TR * Precision Run@ <i>Sam Benjimen</i>	9:15-10:00 YS * True Barre <i>Ginelle Ruffa</i>
8:30-9:15 MS * Athletic Conditioning <i>Marco De Ornelas</i>	8:00-8:45 CS * Beats Ride <i>Taylor Christian</i>	8:30-9:15 MS * Stronger <i>Marco De Ornelas</i>	7:15-8:05 YS * Pilates at the Barre <i>Christa Panayotidis</i>	8:45-9:30 YS * Pilates Fusion Arianna Soffos	9:15-10:00 YS * True Barre <i>Ginelle Ruffa</i>	9:30-10:15 MS * Stacked <i>Francis Dolloway</i>
8:45-9:30 YS * Barefoot Sculpt (Heated) <i>Kelsey Gephart</i>	8:30-9:15 YS * Pilates Fusion Arianna Soffos	8:45-9:30 YS * Pilates Fusion (Heated) <i>Alex Muck</i>	8:00-8:45 CS * Beats Ride <i>Sam Benjimen</i>	9:30-10:15 CS * Beats Ride <i>Eric Mearsheimer</i>	9:30-10:20 MS * Whipped! <i>Eric Mearsheimer</i>	10:15-11:15 YS * Sculpted Yoga™ (Heated) <i>Karen Burnett</i>
9:30-10:15 CS * Beats Ride <i>Rena Wise</i>	9:00-9:45 MS * Core6 <i>Kelsey Gephart</i>	9:30-10:15 CS * Beats Ride <i>Noah Pantaleon</i>	8:30-9:15 YS * Barefoot Sculpt (Heated) Karen Burnett	9:45-10:30 MS * Stronger <i>Eric Mearsheimer</i>	10:00-10:45 CS * Beats Ride <i>Sam Benjimen</i>	10:30-11:15 MS * Stronger <i>Chloe Lambros</i>
9:45-10:30 MS * Body Sculpt <i>Kelsey Gephart</i>	9:45-10:15 TR * Precision Run 30 <i>Chloe Lambros</i>	9:45-10:30 MS * Cardio Dance <i>GiGi Fleurimond</i>	9:00-9:45 MS * Cardio Sculpt Roxy King	10:30-11:15 YS * True Barre: Bala Bangle <i>Chevi Hill</i>	10:30-11:15 TR * Precision Run + Strength <i>Eric Mearsheimer</i>	10:45-11:30 CS * Beats Ride <i>Rena Wise</i>
10:30-11:30 YS * Sculpted Yoga™ <i>Jade Wonzon</i>	9:45-10:45 YS * Vinyasa Yoga <i>Lauren Musselman</i>	10:30-11:30 YS * Vinyasa Yoga (Heated) <i>Karen Burnett</i>	9:45-10:30 YS * Pilates Fusion <i>Kelsey Gephart</i>	11:30-12:15 MS * Rounds: Boxing <i>Marco De Ornelas</i>	10:45-11:30 MS * MetCon3 <i>Francis Dolloway</i>	11:30-12:20 TR * Precision Walk: Elevate <i>Chloe Lambros</i>
11:30-12:15 MS * Stronger <i>Noah Pantaleon</i>	10:30-11:15 MS * TRX Max <i>Noah Pantaleon</i>	11:30-12:00 MS * Upper Body Pump <i>Sophia Lewis</i>	10:30-11:15 TR * Precision Run + Strength <i>Noah Pantaleon</i>	11:45-12:45 YS * Sculpted Yoga™ <i>Susan Laney</i>	11:00-12:00 YS * Power Vinyasa (Heated) <i>Jade Wonzon</i>	11:45-12:30 YS * Pilates Mat <i>Brenna Murray</i>
11:45-12:45 YS * Slow Flow Yoga <i>Jade Wonzon</i>	11:30-12:15 MS * Body Sculpt <i>Karen Burnett</i>	11:45-12:45 YS * Yin Yoga <i>Karen Burnett</i>	11:30-12:15 MS * TRX Max <i>Kelsey Gephart</i>	12:15-12:30 MS * Best Abs Ever <i>Marco De Ornelas</i>	11:45-12:30 MS * Rounds: Kickboxing <i>Marco De Ornelas</i>	12:30-1:15 YS * Cardio Dance <i>GiGi Fleurimond</i>
12:30-1:20 TR * Precision Walk: Elevate <i>Noah Pantaleon</i>	12:30-1:20 YS * Pilates at the Barre <i>Christa Panayotidis</i>	12:00-12:45 MS * Best Butt Ever <i>Sophia Lewis</i>	12:15-1:00 YS * Pilates Mat (Heated) <i>Joanne Baum</i>	1:00-1:45 YS * Sound Meditation <i>Lauren Musselman</i>	12:30-1:15 YS * Pilates Mat (L2) <i>Sarafina Orbe</i>	3:30-4:15 MS * Barefoot Sculpt <i>Shauna Kelly</i>
1:15-2:00 MS * Cardio Dance <i>GiGi Fleurimond</i>	4:30-5:15 YS * Barefoot Sculpt (Heated) <i>Becca Pace</i>	4:30-5:15 TR * Precision Walk: Elevate <i>Eric Mearsheimer</i>	4:30-5:15 YS * Pilates at the Barre <i>Sarafina Orbe</i>	4:30-5:15 YS * True Barre: Bala Bangle <i>Issy Chung</i>	2:30-3:15 YS * Barefoot Sculpt <i>Roxy King</i>	5:00-6:00 YS * Hatha Yoga <i>Dan Schaffer</i>
4:30-5:15 MS * Pilates Fusion Arianna Soffos	5:30-6:15 MS * Cardio Sculpt Sarafina Orbe	5:15-6:00 YS * Barefoot Sculpt (Heated) <i>Sarafina Orbe</i>	4:30-5:15 YS * Pilates at the Barre <i>Sarafina Orbe</i>	6:00-6:45 MS * Feel Good Friday: Cardio Dance <i>GiGi Fleurimond</i>	3:30-4:15 YS * Yin Yoga (Heated) <i>Alina Garcia</i>	
5:15-6:15 YS * Vinyasa Yoga (Heated) <i>Lauren Musselman</i>	5:45-6:30 CS * Beats Ride <i>Noah Pantaleon</i>	5:30-6:15 MS * Stronger <i>Eric Mearsheimer</i>	5:30-6:15 MS * Body Sculpt <i>Alex Muck</i>	6:30-7:30 MS * Power Vinyasa (Heated) <i>Fiona Dagher</i>		
5:30-6:15 MS * Rounds: Boxing <i>Ian Curran</i>	6:00-6:45 YS * Pilates at the Barre <i>Christa Panayotidis</i>	5:45-6:30 MS * Stronger <i>Eric Mearsheimer</i>	5:45-6:30 CS * Beats Ride <i>Chloe Lambros</i>			
5:45-6:30 CS * Beats Ride <i>Lynn Tai Wong</i>	6:30-7:15 MS * Cardio Dance <i>GiGi Fleurimond</i>	6:30-7:15 MS * Beats Ride <i>Evely Davila</i>	6:00-6:45 YS * True Barre <i>Ginelle Ruffa</i>			
6:30-7:15 MS * Leg Day Sophia Lewis	6:45-7:30 TR * Precision Run@ <i>Noah Pantaleon</i>	6:30-7:15 MS * Core6 Roxy King	6:30-7:15 MS * Stronger <i>Marco De Ornelas</i>			
6:45-7:30 YS * True Barre: Off the Barre (Heated) <i>Sarafina Orbe</i>	7:00-8:00 YS * Sculpted Yoga™ <i>Alina Garcia</i>	6:45-7:30 YS * Yin Yoga <i>Lauren Musselman</i>	6:45-7:35 TR * Precision Walk: Elevate <i>Chloe Lambros</i>			
7:45-8:30 YS * Pilates Fusion <i>Sophia Lewis</i>		7:45-8:35 YS * Sonic Meditation <i>Noah Pantaleon</i>	7:00-8:15 YS * Vinyasa Yoga (Heated) Jade Wonzon			

EQUINOX

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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.

Sunrise Vinyasa Yoga Awaken your body and mind with this energizing morning flow designed to start your day with intention. This class combines gentle movement, breath work, and mindful stretches to improve circulation, increase flexibility, and set a grounded tone for the day ahead.

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

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, 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.

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.

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.

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.

Rounds: Kickboxing Shoes on, guard up. Unleash the fusion of power and agility in Rounds: Kickboxing. This dynamic class blends boxing with kickboxing techniques, pushing you to your limits through skillful combinations and intense bag work. Your journey to peak fitness starts here. 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.



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.