

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 BA * True Barre Kara Laramie	6:00-6:45 CS * Beats Ride Kara Laramie	6:00-6:45 BA * Barefoot Sculpt Rachel Shirey	6:00-6:30 MS * Quick HIT Lisa Butler	6:00-6:45 YS * Barefoot Sculpt (Heated) KC Chapple	8:00-8:45 MS * MetCon3 Brittanie Chin-Merkerson	8:15-9:00 YS * Pilates Mat (Heated) Nicole Campbell
6:15-7:05 MS * Whipped! Erica Jones	6:00-6:45 YS * Pilates Fusion (Heated) Jenny Lingenfelter	6:15-7:00 CS * Beats Ride Chrissy McGarry	6:00-6:45 YS * Pilates Fusion (Heated) Kara Laramie	6:15-7:00 MS * Stronger Alie Lukosavich	8:15-9:00 CS * Beats Ride Alie Lukosavich	8:30-9:15 CS * Beats Ride Kara Laramie
7:15-8:00 BA * Pilates Mat Erica Dutton	6:15-7:00 MS * Stacked Lauren Page	6:15-7:00 MS * MetCon3 Erica Jones	6:30-7:00 MS * Best Abs Ever Lisa Butler	8:15-9:00 MS * Whipped! Alie Lukosavich	8:45-9:30 BA * True Barre Sam Cook	9:00-9:45 MS * Limited Series: Stronger Women Lisa Butler
8:15-9:00 MS * Best Butt Ever Chrissy McGarry	7:15-8:00 MS * Cardio Sculpt Sam Cook	7:15-8:00 BA * Pilates Fusion Emma Jeraffi	7:15-8:00 YS * Barefoot Sculpt (Heated) Lisa Butler	8:30-9:15 CS * Beats Ride Lisa Butler	9:00-10:00 YS * Vinyasa Yoga (Heated) Natasha Baccari	9:15-10:00 YS * Slow Flow Yoga (Heated) Nicole Yoder
8:30-9:15 CS * Beats Ride Lisa Butler	8:45-9:30 YS * True Barre: Off the Barre (Heated) Kara Laramie	8:30-9:15 TR * Precision Run + Strength Alie Lukosavich	8:45-9:30 BA * True Barre Kara Laramie	9:15-10:15 YS * Gentle Yoga Rachel Vurpillat	9:15-10:00 MS * Best Butt Ever Alie Lukosavich	9:30-10:15 BA * True Barre: Bala Bangle Kara Laramie
9:15-10:15 YS * Vinyasa Yoga (Heated) Natasha Baccari	9:15-10:00 MS * Body Sculpt Erica Dutton	9:15-10:00 YS * Slow Flow Yoga Rachel Vurpillat	9:15-10:00 MS * Body Sculpt Erica Dutton	9:30-10:15 BA * True Barre Erica Dutton	9:15-10:00 TR * Precision Run + Strength Brittanie Chin-Merkerson	9:30-10:15 TR * Precision Walk: Elevate Jenny Lingenfelter
9:30-10:15 BA * True Barre Sitara Bird	10:00-10:45 YS * Best Stretch Ever Nicole Yoder	9:30-10:15 BA * True Barre: Bala Bangle Alie Lukosavich	10:00-10:45 YS * Best Stretch Ever Nicole Yoder	9:30-10:15 MS * Cardio Sculpt Lisa Butler	10:00-10:50 BA * Pilates at the Barre Jenny Lingenfelter	10:00-10:45 MS * Rhythmic Sculpt Lisa Butler
9:30-10:15 MS * Rhythmic Sculpt Lisa Butler	10:15-11:00 BA * Pilates Mat Nicole Campbell	9:30-10:15 MS * Stronger Jack Ruckle	10:15-11:00 BA * Pilates Mat Erica Dutton	10:45-11:30 YS * Barefoot Sculpt (Heated) Sitara Bird	10:30-11:15 YS * Barefoot Sculpt (Heated) Sam Cook	10:15-11:00 YS * Best Stretch Ever Nicole Yoder
10:45-11:30 YS * Barefoot Sculpt (Heated) Alie Lukosavich	12:00-12:45 BA * Pilates Fusion Kara Laramie	10:30-11:15 YS * Pilates Mat (Heated) Emma Jeraffi	12:00-12:45 MS * MetCon3 Erica Dutton	12:00-12:45 YS * Pilates Rise (Heated) Kara Laramie	10:30-11:15 YS * Barefoot Sculpt (Heated) Sam Cook	10:30-11:15 BA * Pilates Fusion Jenny Lingenfelter
12:30-1:15 MS * Stronger Erica Dutton	4:45-5:30 YS * Barefoot Sculpt (Heated) Lisa Butler	12:15-1:00 YS * Barefoot Sculpt (Heated) KC Chapple	4:45-5:30 YS * Pilates Fusion (Heated) Kara Laramie	4:45-5:45 YS * Yin Yoga Meditation Linda Talakic	11:15-12:00 BA * Pilates Rise Jenny Lingenfelter	11:15-12:00 YS * Barefoot Sculpt (Heated) Lisa Butler
5:30-6:30 YS * Vinyasa Yoga (Heated) Natasha Baccari	5:30-6:15 CS * Beats Ride Alie Lukosavich	4:45-5:30 MS * Best Butt Ever Abbie Jankelovitz	5:45-6:30 BA * Barefoot Sculpt Emma Jeraffi	5:15-6:00 BA * Pilates Fusion Jenny Lingenfelter	11:45-12:30 YS * Restorative Yoga Catherine Leverett	3:00-4:00 YS * Weekend Wind Down Yoga Linda Talakic
5:45-6:30 BA * Pilates Fusion Emma Jeraffi	5:45-6:30 BA * True Barre: Bala Bangle Jenny Lingenfelter	5:30-6:30 YS * Vinyasa Yoga (Heated) Natasha Baccari	6:00-6:45 MS * Whipped! Jack Ruckle			
5:45-6:30 MS * MetCon Monday Lauren Page	6:00-6:45 MS * Stronger Brittanie Chin-Merkerson	5:45-6:30 BA * Pilates Fusion Amy Bezbatchenko	6:30-7:30 YS * Hatha Yoga (Heated) Catherine Leverett			
6:00-6:45 CS * Beats Ride Maddy Weinert	6:30-7:30 YS * Vinyasa Yoga (Heated) Catherine Leverett	5:45-6:15 MS * Upper Body Pump Abbie Jankelovitz				
7:00-7:45 YS * Pilates Mat (Heated) Shaniya Raheja		6:15-6:45 MS * Best Abs Ever Abbie Jankelovitz				
		7:00-7:45 YS * Pilates Mat (Heated) Amy Bezbatchenko				

EQUINOX

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MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 08:00 PM

SAT-SUN 07:00 AM 07:00 PM

Kids

MON-SUN 08:00 AM 01:00 PM

GROUP FITNESS MANAGER

alie.lukosavich@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

BA Barre 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 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

Gentle Yoga A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.

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.

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.

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 Meditation A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.



HIIT

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.

Quick HIIT A fast and effective full-body HIIT workout. A mix of strength, cardio, and core will bring the heat in just 30 minutes. 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.

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 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

Best Stretch Ever Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. An Equinox Exclusive.



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 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.

Limited Series: Stronger Women Introducing Stronger Women. Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women's performance program. Optimized for women, but open to all.

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.