

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|---|---|---|---|
| 6:00-6:45 True Barre: Off the Barre (Heated) Kara Laramie YS * 6:15-7:05 Whipped! Erica Jones MS * 7:15-8:00 Pilates Mat BA * Erica Dutton 8:15-9:00 Best Butt Ever Chrissy McGarry MS * 9:15-10:15 Vinyasa Yoga (Heated) YS * Natasha Baccari 9:30-10:15 True Barre BA * Sitara Bird 9:30-10:15 Rhythmic Sculpt MS * Lisa Butler 10:45-11:30 Barefoot Sculpt (Heated) YS * Alie Lukosavich 12:30-1:15 Stronger MS * Erica Dutton 4:45-5:30 Core6 MS * Emma Jeraffi 5:30-6:30 Vinyasa Yoga (Heated) YS * Natasha Baccari 5:45-6:30 Pilates Fusion BA * Emma Jeraffi 5:45-6:30 MetCon Monday MS * Lauren Page 6:00-6:45 Beats Ride CS * Maddy Weinert 7:00-7:45 Pilates Mat (Heated) YS * Shaniya Raheja | 6:00-6:45 Beats Ride CS * Kara Laramie 6:00-6:45 Pilates Fusion (Heated) YS * Jenny Lingenfelter 6:15-7:00 Stacked MS * Lauren Page 7:15-8:00 Barefoot Sculpt (Heated) YS * Sam Cook 8:45-9:30 True Barre: Off the Barre (Heated) YS * Kara Laramie 9:15-10:00 Body Sculpt MS * Erica Dutton 10:00-10:45 Best Stretch Ever YS * Nicole Yoder 10:15-11:00 Pilates Mat BA * Erica Dutton 12:00-12:45 Pilates Fusion BA * Kara Laramie 4:45-5:30 Barefoot Sculpt (Heated) YS * Lisa Butler 5:30-6:15 Beats Ride CS * Alie Lukosavich 5:45-6:30 True Barre: Bala Bangle BA * Jenny Lingenfelter 6:00-6:45 Stronger MS * Brittanie Chin-Merkerson 6:30-7:30 Vinyasa Yoga (Heated) YS * Catherine Leverett | 6:00-6:45 Barefoot Sculpt (Heated) Rachel Shirey BA * MetCon3 6:15-7:00 Whipped! MS * Erica Jones 7:15-8:00 Pilates Fusion (Heated) BA * Emma Jeraffi 8:30-9:15 Precision Run + Strength TR * Alie Lukosavich 9:15-10:00 Slow Flow Yoga YS * Rachel Vurpillat 9:30-10:15 True Barre: Bala Bangle BA * Alie Lukosavich 9:30-10:15 Stronger MS * Erica Dutton 10:30-11:15 Pilates Mat (Heated) YS * Emma Jeraffi 12:15-1:00 Barefoot Sculpt (Heated) YS * KC Chapple 4:45-5:30 Best Butt Ever MS * Abbie Jankelovitz 5:30-6:30 Vinyasa Yoga (Heated) YS * Natasha Baccari 5:45-6:30 Pilates Fusion BA * Ermey Bezbatchenko 5:45-6:30 MetCon3 MS * Jack Ruckle 7:00-7:45 Pilates Mat (Heated) YS * Ermey Bezbatchenko | 6:00-6:45 Beats Ride CS * Chrissy McGarry 6:00-6:45 Pilates Fusion (Heated) YS * Kara Laramie 6:15-7:00 Core6 MS * Lisa Butler 7:15-8:00 Barefoot Sculpt (Heated) YS * Lisa Butler 8:45-9:30 True Barre: Cardio BA * Kara Laramie 9:15-10:15 Gentle Yoga YS * Rachel Vurpillat 9:30-10:15 True Barre BA * Erica Dutton 9:30-10:15 Cardio Sculpt MS * Lisa Butler 10:45-11:30 Barefoot Sculpt (Heated) YS * Sitara Bird 12:00-12:45 Pilates Rise (Heated) YS * Kara Laramie 4:45-5:45 Yin Yoga Meditation YS * Linda Talakic 5:15-6:00 Pilates Fusion BA * Jenny Lingenfelter | 6:00-6:45 Barefoot Sculpt (Heated) MS * KC Chapple 6:15-7:00 Stronger MS * Alie Lukosavich 8:15-9:00 Whipped! MS * Alie Lukosavich 8:30-9:15 Beats + Bands Ride CS * Lisa Butler 9:15-10:15 Gentle Yoga YS * Rachel Vurpillat 9:30-10:15 True Barre BA * Erica Dutton 9:30-10:15 Cardio Sculpt MS * Lisa Butler 10:45-11:30 Barefoot Sculpt (Heated) YS * Sitara Bird 12:00-12:45 Pilates Rise (Heated) YS * Kara Laramie 4:45-5:45 Yin Yoga Meditation YS * Linda Talakic 5:15-6:00 Pilates Fusion BA * Jenny Lingenfelter | 8:00-8:45 MetCon3 MS * Brittanie Chin-Merkerson 8:15-9:00 Beats Ride CS * Alie Lukosavich 8:45-9:30 True Barre: Cardio BA * Kara Laramie 9:00-10:00 Vinyasa Yoga (Heated) YS * Natasha Baccari 9:15-10:00 Precision Run + Strength TR * Brittanie Chin-Merkerson 9:30-10:15 Best Butt Ever MS * Alie Lukosavich 10:00-10:50 Pilates at the Barre BA * Jenny Lingenfelter 10:30-11:15 Hydro Sculpt PD * Alie Lukosavich 10:30-11:15 Barefoot Sculpt (Heated) YS * Kara Laramie 10:45-11:30 Core6 MS * Abbie Jankelovitz 11:15-12:00 Pilates Rise BA * Jenny Lingenfelter 11:45-12:30 Restorative Yoga YS * Catherine Leverett | 8:15-9:00 Pilates Mat (Heated) YS * Shaniya Raheja 9:00-9:45 Stronger MS * Lisa Butler 9:15-10:00 True Barre: Bala Bangle BA * Sam Cook 9:15-10:00 Slow Flow Yoga (Heated) YS * Nicole Yoder 9:30-10:15 Precision Walk: Elevate TR * Jenny Lingenfelter 10:00-10:45 Beats + Bands Ride CS * Lisa Butler 10:15-11:00 Cardio Sculpt MS * Sam Cook 10:15-11:00 Best Stretch Ever YS * Nicole Yoder 10:30-11:15 Pilates Fusion BA * Jenny Lingenfelter 11:15-12:00 Barefoot Sculpt (Heated) YS * Lisa Butler 3:00-4:00 Weekend Wind Down YS * Yoga Linda Talakic |

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

PD Pool Deck

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced



Cycling

Beats + Bands Ride Beats + Bands combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving Equinox exclusive.

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

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.

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: Cardio Give your barre workout a cardio boost with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. 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.



Swim

Hydro Sculpt A head above water, non-stop full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with programming that is gain without pain. Swim cap required.



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 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.