

# EQUNOX

## BLOOMFIELD HILLS

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

VISIT [EQUINOX.COM](http://EQUINOX.COM) OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

# EQUINOX

BLOOMFIELD HILLS  
4065 West Maple Road  
BLOOMFIELD HILLS MI 48301  
EQUINOX.COM  
@EQUINOX

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.