

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 YS * Pilates Fusion <i>Elizabeth Walsh</i>	5:45-6:30 TR * Precision Run® <i>Anneliese Gill</i>	6:30-7:15 CS * Anthem Ride Jaclyn Wagner	5:45-6:30 TR * Precision Run® <i>Carli Preston</i>	6:00-6:45 MS * MetCon3 <i>Stefon Lyons</i>	8:00-9:00 YS * Vinyasa Yoga (Heated) <i>Nina Marie Garcia</i>	8:15-9:05 YS * Pilates at the Barre <i>Ciera Sunshine</i>
7:00-7:45 TR * Precision Run® <i>Dylan Higginbotham</i>	6:00-6:45 MS * Stronger Katie Radlinger	6:30-7:15 YS * Pilates Fusion <i>Elizabeth Walsh</i>	6:00-6:45 MS * Athletic Conditioning <i>Jordan Convery</i>	6:30-7:15 YS * Pilates Rise (Heated) <i>Kari Johnson</i>	8:15-9:05 MS * Stronger <i>Anneliese Gill</i>	8:30-9:15 TR * Precision Run® <i>Dylan Higginbotham</i>
7:15-8:00 MS * Best Butt Ever <i>Anneliese Gill</i>	6:15-7:15 YS * Vinyasa Yoga (Heated) <i>Samantha Jane</i>	7:15-8:00 MS * Stronger <i>Sarah Lam</i>	6:15-7:15 YS * Power Vinyasa (Heated) <i>Breezy Charles</i>	7:00-7:45 TR * Precision Run® <i>Stefon Lyons</i>	8:30-9:15 TR * Precision Run® <i>Carli Preston</i>	9:30-10:15 MS * Core6 <i>Dylan Higginbotham</i>
8:30-9:15 YS * Barefoot Sculpt (Heated) <i>Anneliese Gill</i>	6:30-7:20 CS * Precision Ride <i>Jeanette Vermillion</i>	7:30-8:15 YS * Barefoot Sculpt (Heated) <i>Anneliese Gill</i>	6:30-7:15 CS * Beats Ride <i>Jeanette Vermillion</i>	7:15-8:00 MS * Best Butt Ever <i>Sarah Lam</i>	9:00-9:45 CS * Beats Ride <i>Jaclyn Wagner</i>	9:30-10:30 YS * Power Vinyasa (Heated) <i>Ciera Sunshine</i>
	7:30-8:15 YS * Pilates Rise (Heated) <i>Kari Johnson</i>	8:30-9:15 YS * True Barre: Bala Bangle <i>Elizabeth Walsh</i>	7:30-8:15 YS * Pilates Fusion (Heated) <i>Laura Murawski</i>	7:45-8:30 YS * Vinyasa Yoga <i>Breezy Charles</i>	9:30-10:15 MS * Best Butt Ever <i>Kate Higgins</i>	10:00-10:45 CS * Anthem Ride <i>Gracie Greene</i>
12:00-12:45 MS * Stronger <i>Kate Higgins</i>	8:45-9:35 YS * Pilates Fusion Kari Johnson	12:00-12:45 MS * Core6 <i>Team Equinox</i>	8:45-9:30 YS * Pilates at the Barre Laura Murawski	8:45-9:30 YS * Pilates Mat <i>Jade Tabares</i>	9:30-10:15 YS * Pilates Fusion <i>Jade Tabares</i>	10:30-11:15 MS * Stronger <i>Carli Preston</i>
1:00-1:30 TR * Precision Run 30 <i>Carli Preston</i>	12:00-12:45 MS * Best Butt Ever <i>Anneliese Gill</i>	1:00-1:30 TR * Precision Run 30 <i>Carli Preston</i>	12:00-12:30 MS * Quick HIIT <i>Kate Sabin-Mensah</i>	12:00-1:15 YS * Power Vinyasa <i>Kate Sabin-Mensah</i>	10:30-11:15 TR * Precision Run® <i>Kate Higgins</i>	10:30-11:15 TR * Precision Run® <i>Dylan Higginbotham</i>
3:00-4:00 YS * Vinyasa Yoga (Heated) Hannah Rex	12:15-1:00 YS * Power Vinyasa <i>Sasha Hanway</i>	3:15-4:00 MS * Limited Series: Stronger Women <i>Taylor Crow</i>	12:15-1:00 YS * Slow Flow Yoga (Heated) <i>Sasha Hanway</i>	12:15-1:00 MS * Stronger <i>Anneliese Gill</i>	10:45-11:45 YS * Sculpted Yoga™ <i>Nina Marie Garcia</i>	
3:15-4:00 MS * Core6 <i>Carli Preston</i>	4:15-5:00 YS * Vinyasa Yoga <i>Hannah Rex</i>	3:15-4:00 YS * Pilates Mat <i>Emily Swan</i>	12:30-1:00 MS * Best Abs Ever <i>Kate Sabin-Mensah</i>	3:15-4:00 YS * Pilates Rise <i>Jade Tabares</i>	11:30-12:20 MS * Rounds: Bags and Mitts <i>Carli Preston</i>	11:15-12:00 YS * True Barre (Heated) <i>Gracie Greene</i>
4:15-5:00 MS * MetCon Monday <i>Jordan Convery</i>	4:30-5:15 MS * Stacked <i>Alicia Miller</i>	4:15-5:00 MS * Best Butt Ever <i>Kate Higgins</i>	4:15-5:00 YS * Power Vinyasa <i>Hannah Rex</i>	4:15-5:00 YS * True Barre <i>Jade Tabares</i>	12:00-1:15 YS * Vinyasa Yoga (Heated) <i>Samantha Jane</i>	12:15-1:00 YS * Pilates Mat <i>Kari Johnson</i>
4:15-5:15 YS * Sculpted Yoga™ <i>Hannah Rex</i>	5:15-6:00 YS * True Barre (Heated) <i>Jade Tabares</i>	4:15-5:15 YS * Power Vinyasa (Heated) <i>Samantha Jane</i>	4:30-5:15 MS * Stronger <i>Alicia Miller</i>	4:30-5:15 MS * Stacked <i>Taylor Crow</i>	1:30-2:15 YS * Pilates Mat <i>Emily Swan</i>	2:00-3:15 YS * Vinyasa Yoga <i>Kavita Sainanee</i>
5:15-6:00 TR * Precision Run® <i>Stefon Lyons</i>	5:30-6:15 TR * Precision Run® <i>Alicia Miller</i>	5:15-6:00 TR * Precision Run® <i>Anneliese Gill</i>	5:15-6:00 YS * True Barre <i>Elizabeth Walsh</i>	5:00-5:45 CS * Anthem Ride <i>Jamal Little</i>	3:00-4:00 YS * Slow Flow Yoga <i>Ciera Sunshine</i>	
5:30-6:15 MS * Rounds: Bags and Mitts Taylor Crow	5:45-6:35 MS * Ropes and Rowers <i>David Thomas</i>	5:30-6:15 MS * MetCon3 <i>Taylor Crow</i>	5:30-6:15 MS * Cardio Dance: WERQ <i>Ruben Pereyra Thickstun</i>	5:30-6:15 MS * Stronger <i>David Thomas</i>		4:00-4:45 YS * Gentle Yoga <i>Kavita Sainanee</i>
5:30-6:20 YS * Pilates at the Barre <i>Elizabeth Walsh</i>	6:00-6:45 CS * Anthem Ride <i>Gracie Greene</i>	5:30-6:15 YS * Pilates Mat <i>Ciera Sunshine</i>	5:30-6:15 TR * Precision Run® <i>Kate Higgins</i>	5:30-6:30 YS * Vinyasa Yoga <i>Leah Friedlander</i>		
5:45-6:30 CS * Anthem Ride <i>Breezy Charles</i>	6:15-7:15 YS * Power Vinyasa (Heated) Max Twogood	5:45-6:30 CS * Beats Ride <i>Carli Preston</i>	6:00-6:45 CS * Beats Ride Alicia Miller	6:45-7:30 YS * Yin Yoga Meditation <i>Leah Friedlander</i>		
6:30-7:15 MS * Stronger <i>Stefon Lyons</i>	7:00-7:45 MS * Body Sculpt Gracie Greene	6:30-7:15 MS * Body Sculpt <i>Anneliese Gill</i>	6:15-7:15 YS * Vinyasa Yoga Max Twogood			
6:30-7:15 TR * Precision Run® <i>Kate Higgins</i>	8:00-8:45 YS * Pilates Rise <i>Laura Murawski</i>	6:30-7:15 TR * Precision Run® <i>Kate Higgins</i>				
6:45-7:30 YS * Vinyasa Yoga <i>Nina Marie Garcia</i>		6:45-7:30 YS * Slow Flow Yoga <i>Leah Friedlander</i>				
7:45-8:30 YS * Slow Flow Yoga <i>Nina Marie Garcia</i>		7:45-8:45 YS * Yin Yoga Meditation <i>Leah Friedlander</i>				

EQUINOX

RAINIER SQUARE

401 Union Street Suite 220

SEATTLE WA 98101

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

GROUP FITNESS MANAGER

carli.preston@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

Anthem Ride Let the music move you! Vibe, flow, and sweat to the beat in our Signature “all music, no metrics” ride. An 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.

Precision Ride A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.



Running

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.



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.

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.

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

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.

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.

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.



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.



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.



Dance

Cardio Dance: WERQ WERQ is the fiercely fun dance fitness class based on pop, rock, and hip hop music. No dance experience needed in this calorie-crushing, cardio dance experience. Are you ready to WERQ?



Boxing

Rounds: Bags and Mitts Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in authentic boxing drills as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.



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.



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.