

# EQUINOX

## RAINIER SQUARE

February 2026 | SCHEDULE EFFECTIVE 02.01.26-02.28.26

### KEY

**Bold** New/Updated Class, Instructor, or Time  
**\*** Advance sign-up required

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

VISIT EQUINOX.COM OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

# 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.