EQUINOX

RAINIER SQUARE

November 2026 | SCHEDULE EFFECTIVE 11.01.26-11.30.26

KEY **Studio key on back**

Bold — New/Updated Class, Instructor, or Time

* — Advance sign-up required

MONDAY

6:30-7:15 YS *	**Pilates Fusion** ***Kari Johnson***
7:00-7:45 TR *	Precision Run + Strength *Dylan Higginbotham*
7:15-8:00 MS *	Best Butt Ever *Anneliese Gill*
8:30-9:15 YS *	Barefoot Sculpt (Heated) *Anneliese Gill*
12:15-1:00 MS *	Stronger *Natasha Daigle*
3:00-4:00 YS *	Vinyasa Yoga (Heated) *Natalie Wong*
3:30-4:15 MS *	Leg Day *Carli Preston*
4:15-5:15 YS *	Sculpted Yoga™ *Hannah Rex*
4:30-5:15 MS *	MetCon Monday *Auggie Melendez*
5:15-6:00 TR *	Precision Run® *Stefon Lyons*
5:30-6:15 MS *	Rounds: Bags and Mitts *Taylor Crow*
5:30-6:20 YS *	Pilates at the Barre *Ciera Sunshine*
5:45-6:30 CS *	Cycle Challenge: Rainier Square *Breezy Charles*
6:30-7:15 MS *	Stronger *Stefon Lyons*
6:45-7:30 YS *	**Vinyasa Yoga (Heated)** ***Nina Marie Garcia***
7:45-8:30 YS *	Slow Flow Yoga *Nina Marie Garcia*

TUESDAY

5:30-6:15 TR *	Precision Run® *Jeanette Vermillion*
6:00-6:45 MS *	Stronger *Katie Radlinger*
6:15-7:00 YS *	Barefoot Sculpt: The Ring (Heated) *Anneliese Gill*
6:30-7:20 CS *	Cycle Challenge: Rainier Square *Jeanette Vermillion*
7:15-8:00 YS *	Pilates Fusion *Nina Fujiwara*
7:30-8:15 MS *	MetCon3 *Tara McElroy*
8:30-9:15 YS *	**Slow Flow Yoga** ***Sasha Hanway***
12:00-12:45 MS *	Best Butt Ever *Anneliese Gill*
1:00-1:45 YS *	**Vinyasa Yoga** ***Kavita Sainanee***
4:15-5:00 YS *	Vinyasa Yoga *Hannah Rex*
4:30-5:15 MS *	Stacked *Alicia Miller*
5:15-6:00 YS *	True Barre (Heated) *Jade Tabares*
5:30-6:15 TR *	Precision Run® *Alicia Miller*
5:45-6:30 CS *	Cycle Challenge: Rainier Square *Gracie Greene*
5:45-6:30 MS *	Ropes and Rowers *Carli Preston*
6:15-7:15 YS *	Power Vinyasa (Heated) *Max Twogood*
6:45-7:30 MS *	Rhythmic Sculpt *Gracie Greene*
8:00-8:45 YS *	Pilates Rise *Laura Murawski*

WEDNESDAY

6:00-6:45 MS *	Leg Day *Sarah Lam*
6:30-7:15 CS *	Cycle Challenge: Rainier Square *Jaclyn Wagner*
6:30-7:15 YS *	Pilates at the Barre *Nina Fujiwara*
7:15-8:00 MS *	Stronger *Sarah Lam*
7:30-8:15 YS *	Barefoot Sculpt (Heated) *Anneliese Gill*
8:30-9:15 YS *	True Barre: Bala Bangle *Natasha Daigle*
12:00-12:30 MS *	Upper Body Pump *Tara McElroy*
12:30-1:00 MS *	Best Abs Ever *Tara McElroy*
3:15-4:00 YS *	Pilates Mat *Emily Swan*
3:30-4:15 MS *	Stronger Women *Carli Preston*
4:15-5:15 YS *	Power Vinyasa (Heated) *Jasmine RaShaé*
4:30-5:15 MS *	Leg Day *Kate Higgins*
5:15-6:00 TR *	Precision Run® *Anneliese Gill*
5:30-6:15 MS *	**MetCon3** ***Carli Preston Natasha Daigle***
5:30-6:15 YS *	Pilates Mat *Ciera Sunshine*
5:45-6:30 CS *	Cycle Challenge: Rainier Square *Katie Radlinger*
6:30-7:15 MS *	Body Sculpt *Anneliese Gill*
6:30-7:15 TR *	Precision Run + Strength *Kate Higgins*
6:45-7:30 YS *	Vinyasa Yoga *Leah Friedlander*
7:45-8:30 YS *	Yin Yoga + Sound Meditation *Leah Friedlander*

THURSDAY

6:00-6:45 MS *	Stacked *Kate Higgins*
6:15-7:00 YS *	Power Vinyasa (Heated) *Breezy Charles*
6:30-7:15 CS *	**Cycle Challenge: Rainier Square** ***Jaclyn Wagner***
7:15-8:00 YS *	Pilates Fusion (Heated) *Laura Murawski*
8:15-9:05 YS *	Pilates at the Barre *Laura Murawski*
10:30-11:15 TR *	Precision Walk: Elevate *Carli Preston*
12:00-12:45 MS *	**Body Sculpt** ***Kate Sabin-Mensah***
1:00-1:45 YS *	**Slow Flow Yoga** ***Jasmine RaShaé***
4:15-5:00 YS *	Barefoot Sculpt: The Ring *Natasha Daigle*
4:30-5:15 MS *	Stronger *Alicia Miller*
5:15-6:00 YS *	**True Barre (Heated)** ***Natasha Daigle***
5:30-6:15 MS *	Cardio Dance *Ruben Pereyra Thickstun*
5:30-6:15 TR *	Precision Run® *Jeanette Vermillion*
5:45-6:30 CS *	Cycle Challenge: Rainier Square *Alicia Miller*
6:15-7:15 YS *	**Vinyasa Yoga (Heated)** ***Max Twogood***

FRIDAY

6:00-6:45 MS *	Ropes and Rowers *Stefon Lyons*
7:00-7:45 TR *	Precision Run® *Stefon Lyons*
7:00-7:45 YS *	Vinyasa Yoga *Breezy Charles*
7:15-8:00 MS *	Best Butt Ever *Sarah Lam*
8:00-9:00 YS *	Sculpted Yoga™ (Heated) *Jade Tabares*
11:30-12:00 TR *	Precision Run 30 *Anneliese Gill*
12:15-1:00 MS *	Stronger *Anneliese Gill*
12:15-1:00 YS *	Vinyasa Yoga *Kate Sabin-Mensah*
3:15-4:00 YS *	Pilates Fusion *Jade Tabares*
4:15-5:00 YS *	**True Barre: Cardio (Heated)** ***Natasha Daigle***
4:30-5:15 MS *	Rounds: Bags and Mitts *Taylor Crow*
5:00-5:45 CS *	Cycle Challenge: Rainier Square *Jamal Little*
5:15-6:15 YS *	Vinyasa Yoga *Leah Friedlander*
5:30-6:15 MS *	Leg Day *Taylor Crow*
6:30-7:15 YS *	Yin Yoga + Sound Meditation *Leah Friedlander*

SATURDAY

8:00-9:00 YS *	Vinyasa Yoga (Heated) *Nina Marie Garcia*
8:30-9:15 MS *	Stronger *Natasha Daigle*
8:30-9:15 TR *	**Precision Run®** ***Tara McElroy***
9:00-9:45 CS *	Cycle Challenge: Rainier Square *Jaclyn Wagner*
9:30-10:00 MS *	Best Butt Ever *Carli Preston*
9:30-10:15 YS *	Pilates Fusion *Jade Tabares*
10:00-10:15 MS *	Best Abs Ever *Carli Preston*
10:15-10:30 MS *	Upper Body Pump *Carli Preston*
10:45-11:30 TR *	Precision Walk: Elevate *Carli Preston*
10:45-11:45 YS *	Sculpted Yoga™ *Nina Marie Garcia*
12:00-1:15 YS *	Vinyasa Yoga (Heated) *Samantha Jane*
1:30-2:15 YS *	Pilates Mat *Emily Swan*
3:00-4:00 YS *	**Weekend Wind Down Yoga** ***Ciera Sunshine***

SUNDAY

8:30-9:15 TR *	Precision Run® *Dylan Higginbotham*
8:30-9:15 YS *	Pilates Fusion *Ciera Sunshine*
9:30-10:15 MS *	Core6 *Dylan Higginbotham*
9:30-10:30 YS *	Power Vinyasa (Heated) *Iza Narag*
10:00-10:45 CS *	Cycle Challenge: Rainier Square *Gracie Greene*
10:30-11:15 MS *	Stronger *Maclaren Crow*
10:30-11:15 TR *	Precision Walk: Elevate + Strength *Dylan Higginbotham*
11:15-12:00 YS *	True Barre (Heated) *Gracie Greene*
12:15-1:00 YS *	Barefoot Sculpt: The Ring *Maclaren Crow*
2:00-3:15 YS *	Vinyasa Yoga *Natalie Wong*
4:00-4:45 YS *	Gentle Yoga *Kavita Sainanee*

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

Cycle Challenge: Rainier Square Exclusively at Rainier Square for a limited time, this cycle challenge helps you build strength, consistency, and endurance while competing for the top prize.

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.
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 + Sound Meditation Relax and rejuvenate with a healing mix of yin yoga along with a live sound bath. You'll experience restorative yoga poses, designed to open hips, pelvis and lower back, combined with the therapeutic sounds of crystal singing bowls to bring you a much deeper mind-body connection.

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.

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.

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.
Leg Day Don't skip Leg Day: lower-body strength training featuring squats, hinges, lunges, and carries. Heavier loads. Structured intervals. Designed to deliver visible definition. 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.
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. 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.

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 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.
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.
Precision Walk: Elevate + Strength A challenging circuit-based workout rotating between steep incline walking intervals on the treadmill and conditioning drills using resistance bands. Improve cardio endurance, speed, and strength with this full body workout. An Equinox exclusive.

HIIT

Core6 Train your center from every angle. Explore six distinct core pathways using SandBells, dumbbells, 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.
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.

Dance

Cardio Dance A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

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.
Barefoot Sculpt: The Ring A low-impact sculpt class built around a weighted ring. Press, hold, and sweep to build functional strength, control, and endurance in one full-body format. Grounded, athletic, and intentional. An Equinox exclusive.
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.
Rhythmic Sculpt Move to the beat in this dynamic Sculpt class that keeps you moving in steady, light-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.