

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * MetCon Monday <i>Nancy Pires</i>	5:30-6:15 CS * Beats Ride <i>Jess Polcer</i>	6:30-7:15 MS * Athletic Conditioning <i>Victoria Arturi</i>	5:30-6:20 CS * Precision Ride <i>Jess Polcer</i>	6:30-7:20 MS * Stronger <i>Nina Secchi</i>	8:00-8:45 MS * Athletic Conditioning <i>Martha Rebocho</i>	8:00-8:45 MS * Athletic Conditioning <i>Hailey Barbarie</i>
7:15-8:15 YS * Sculpted Yoga™ <i>Jake Lukach</i>	6:30-7:15 MS * Tabata Max <i>Nina Secchi</i>	7:30-8:30 YS * Slow Flow Yoga <i>Diana Fonicello</i>	6:30-7:15 MS * Stacked <i>David Reyes</i>	7:15-8:05 TR * Precision Run + Strength <i>Stephanie Shockley</i>	8:15-9:00 CS * Beats Ride <i>Jacob Eventoff</i>	8:30-9:15 CS * Beats Ride <i>Dina Fay</i>
7:45-8:30 MS * Stronger <i>Nancy Pires</i>	7:30-8:30 YS * Bala Bangle Barre Burn <i>Nina Secchi</i>	7:45-8:30 MS * Body Sculpt <i>Jaren Mondry</i>	7:30-8:15 YS * Vinyasa Yoga <i>Jake Lukach</i>	7:30-8:30 YS * Bala Bangle Barre Burn <i>Nina Secchi</i>	8:45-9:30 YS * Pilates Mat <i>Lesley Vainder</i>	8:45-9:45 YS * Barre <i>Lisa Palmeri</i>
8:00-8:45 CS * Beats Ride <i>Jacob Eventoff</i>	8:00-8:45 MS * MetCon3 <i>Allie Taylor Mannie</i>	8:00-8:45 CS * Beats Ride <i>Rhodie Lorenz</i>	8:00-8:45 MS * Rhythmic Sculpt <i>Nina Secchi</i>	7:45-8:30 MS * Circuit Training <i>Nancy Pires</i>	9:15-10:00 CS * Beats Ride <i>David Reyes</i>	9:00-9:45 MS * Rhythmic Sculpt <i>Lindsay Orr</i>
8:30-9:15 YS * True Barre <i>Noel Rosenstein</i>	8:30-9:15 CS * Beats Ride <i>Jess Polcer</i>	8:45-9:45 MS * Cardio Boxing <i>Hailey Barbarie</i>	8:30-9:15 CS * Beats Ride <i>Jake Lukach</i>	8:00-8:45 CS * Beats Ride <i>Jacob Eventoff</i>	9:15-10:00 MS * Lower Body Blast <i>Jacob Eventoff</i>	9:00-9:50 TR * Precision Walk: Elevate <i>Nicola Bam</i>
8:45-9:30 MS * Cardio Sculpt <i>Wilber Escobar</i>	8:45-9:30 YS * Pilates Mat <i>Lesley Vainder</i>	8:45-9:35 TR * Precision Walk: Elevate <i>Vicki Lopez</i>	8:30-9:20 TR * Precision Walk: Elevate <i>Jess Gray</i>	8:45-9:45 MS * Rounds: Boxing <i>Aaron Brown</i>	9:30-10:20 TR * Precision Walk: Elevate <i>Jess Polcer</i>	9:45-10:30 CS * Beats Ride <i>Rhodie Lorenz</i>
9:00-9:45 CS * Beats Ride <i>David Reyes</i>	9:00-9:50 TR * Precision Walk: Elevate <i>Allie Taylor Mannie</i>	8:45-9:30 YS * Barefoot Sculpt <i>Diana Fonicello</i>	8:45-9:45 YS * True Barre <i>Lindsay Orr</i>	8:45-9:30 YS * Barefoot Sculpt <i>Tracy Trubovich</i>	9:45-10:45 YS * Vinyasa Yoga <i>Lisa Giordano</i>	10:00-10:45 MS * MetCon3 <i>Nancy Pires</i>
9:00-9:50 TR * Precision Run + Strength <i>Jaren Mondry</i>	9:15-10:00 MS * Lower Body Blast <i>David Reyes</i>	9:00-9:45 CS * Beats Ride <i>Martha Rebocho</i>	9:15-10:00 MS * Athletic Conditioning <i>Nancy Pires</i>	9:00-9:45 CS * Beats Ride <i>Amanda Borst</i>	10:15-11:00 MS * Cardio Sculpt <i>Wilber Escobar</i>	10:00-10:50 YS * Pilates Rise <i>Nicola Bam</i>
9:30-10:20 YS * Pilates Rise <i>Rhodie Lorenz</i>	10:00-10:45 YS * Barefoot Sculpt <i>Nina Secchi</i>	9:45-10:45 YS * Pilates Fusion <i>Vicki Lopez</i>	9:30-10:15 CS * Beats Ride <i>David Reyes</i>	9:45-10:45 YS * Vinyasa Yoga <i>Diana Fonicello</i>	11:15-12:00 MS * Stacked <i>David Reyes</i>	11:15-12:15 YS * Vinyasa Yoga <i>Jennifer Goggin</i>
10:00-10:50 MS * Athletic Conditioning <i>David Reyes</i>	10:15-10:45 MS * Upper Body Pump <i>Jacob Eventoff</i>	10:00-10:45 MS * MetCon3 <i>Martha Rebocho</i>	10:00-10:45 YS * Barre <i>Erika Yarmoff</i>	10:00-10:45 MS * Stronger <i>Jaren Mondry</i>	11:15-12:15 YS * True Barre <i>Nina Secchi</i>	3:30-4:30 YS * Hatha Yoga (HEATED) <i>Joshua Diaz</i>
10:45-11:45 YS * Slow Flow Yoga <i>Abbey Chase</i>	10:45-11:15 MS * Best Abs Ever <i>Jacob Eventoff</i>	11:00-12:00 YS * Vinyasa Yoga <i>Vicki Lopez</i>	10:15-11:00 MS * Tabata Max <i>Hailey Barbarie</i>	11:00-11:45 MS * Studio Dance: Hip Hop <i>Paul Herman</i>	3:30-4:30 YS * Weekend Wind Down Yoga <i>Jake Lukach</i>	
12:15-1:00 YS * Pilates Fusion <i>Justine Ayala</i>	11:00-11:45 YS * True Barre <i>Sherri Norige</i>	12:15-1:00 YS * Bala Bangle Barre Burn <i>Justine Ayala</i>	11:00-12:00 YS * Pilates Fusion <i>Vicki Lopez</i>	11:00-11:50 YS * Pilates Rise <i>Diana Fonicello</i>		
4:30-5:15 YS * Barefoot Sculpt <i>Nina Secchi</i>	12:15-1:15 YS * Vinyasa Yoga <i>Abbey Chase</i>	5:30-6:15 YS * Vinyasa Yoga (HEATED) <i>Lesley Vainder</i>	12:15-1:15 YS * Slow Flow Yoga <i>Vicki Lopez</i>	12:15-1:00 YS * Barefoot Sculpt <i>Rhodie Lorenz</i>		
5:30-6:15 YS * True Barre <i>Nina Secchi</i>	4:30-5:15 YS * Pilates Fusion <i>Vicki Lopez</i>	6:15-7:00 CS * Beats Ride <i>David Reyes</i>	4:30-5:15 YS * Barefoot Sculpt <i>Lindsay Orr</i>	4:30-5:30 YS * Vinyasa Yoga (HEATED) <i>Tom Johnson</i>		
6:00-6:50 MS * MetCon Monday <i>Jacob Eventoff</i>	5:30-6:20 TR * Precision Run + Strength <i>Amanda Borst</i>	6:30-7:15 YS * Pilates Mat (HEATED) <i>Nicola Bam</i>	5:30-6:30 YS * Yin Yoga Meditation <i>Diana Fonicello</i>	5:30-6:15 CS * Beats Ride <i>David Reyes</i>		
6:15-7:00 CS * Beats Ride <i>Amanda Borst</i>	5:30-6:30 YS * Vinyasa Yoga <i>Diana Fonicello</i>		5:45-6:35 MS * Rounds: Boxing Circuit <i>Hailey Barbarie</i>			
6:30-7:30 YS * Vinyasa Yoga <i>Tom Johnson</i>	5:45-6:35 MS * Ropes and Rowers <i>Martha Rebocho</i>		6:45-7:30 YS * Pilates Fusion <i>Diana Fonicello</i>			
	6:45-7:30 YS * Barre <i>Sherri Norige</i>					

# EQUINOX

## SOUTHPORT

226 Old Post Road

SOUTHPORT CT 06890

EQUINOX.COM

@EQUINOX

**MON-THU** 05:00 AM 10:00 PM

**FRI** 05:00 AM 09:00 PM

**SAT** 07:00 AM 08:00 PM

**SUN** 07:00 AM 07:00 PM

**Kids**

**MON-SAT** 08:00 AM 12:00 PM

## GROUP FITNESS MANAGER

david.reyes@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

**Beats Ride** A rhythmic cycling class that uses an additive 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 + 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

**Hatha Yoga (HEATED)** 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.

**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.

**Vinyasa Yoga (HEATED)** 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

**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.

**Circuit Training** Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

**Lower Body Blast** Train everything below the belt in a class that focuses on lower body strength, definition, and endurance. Expect exercises using bodyweight and a variety of equipment including weights and bands. You'll push your legs and glutes to the limit.

**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.

**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.

**Tabata Max** Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

## Barre

**Bala Bangle Barre Burn** This off-the-barre 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.

**Barre** A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

**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.

## 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 Mat (HEATED)** 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.

## Dance

**Studio Dance: Hip Hop** A choreography-driven dance class using the latest street dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.

## Boxing

**Cardio Boxing** Get your heart rate up with this intense, no-contact boxing workout. Punch, push up, squat, and lunge your way through a high-energy cardio experience set to heart-thumping music.

**Rounds: Boxing** Gloves on, guard up. Step into the ring with Rounds: Boxing, where every punch, every move, is a step towards mastering the art of boxing. Elevate your skill and power through expert-guided sessions and immersive rounds on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

**Rounds: Boxing Circuit** Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in an authentic boxing circuit 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.

**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.

**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.

**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.