

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:15-7:05 CS * Precision Ride <i>Dina Metrano</i>	6:15-7:00 MS * Athletic Conditioning <i>George Dossas</i>	6:45-7:35 MS * Stronger <i>Austin Sa</i>	6:15-7:00 MS * Tabata Max <i>George Dossas</i>	7:00-7:50 TR * Precision Run® <i>Charles Steinberg</i>	7:00-7:50 TR * Precision Run® <i>Charles Steinberg</i>	8:30-9:15 BR * Rounds: Boxing <i>Maryanne Blake</i>	8:45-9:30 MS * Stronger <i>Austin Sa</i>
6:30-7:15 YS * Vinyasa Yoga <i>Jessica Lopez</i>	6:45-7:30 YS * Barefoot Sculpt <i>Cheryl Geiser</i>	7:00-7:50 TR * Precision Run® <i>Charles Steinberg</i>	6:45-7:45 YS * Vinyasa Yoga <i>Alaina Chmielinski</i>	7:30-8:15 YS * Barefoot Sculpt <i>Caitlin Rams</i>	9:00-9:45 MS * Tabata Max <i>Samantha Boulay</i>	9:00-9:45 YS * Barefoot Sculpt <i>Caitlin Rams</i>	
6:45-7:30 MS * MetCon Monday <i>Richard Guptill</i>	7:00-7:45 CS * Beats Ride <i>Alaina Chmielinski</i>	7:15-8:00 YS * EQX Barre Burn <i>Stephanie Harshman</i>	7:00-7:45 CS * Cycle Power <i>Dina Metrano</i>	9:15-10:15 YS * Vinyasa Yoga <i>Jene Rossi</i>	9:00-10:00 YS * Vinyasa Yoga <i>Stephanie Lucero</i>	9:30-10:15 CS * Beats Ride Team Equinox	
7:15-8:00 BR * Rounds: Boxing Emily Comerford	7:15-8:00 MS * TRX Max Circuit George Dossas	9:30-10:15 MS * Stacked <i>Chris Leighton</i>	7:15-8:00 MS * Athletic Conditioning <i>George Dossas</i>	9:30-10:15 MS * Athletic Conditioning <i>Shai Douty</i>	9:15-10:05 YS * Precision Walk: Elevate Jessica Lopez	10:00-10:45 MS * MetCon3 <i>Caitlin Rams</i>	
7:30-8:20 TR * Precision Walk: Elevate <i>Jessica Lopez</i>	8:00-8:45 YS * Off The Barre <i>Ricki Kalayci</i>	10:30-11:30 YS * Vinyasa Yoga <i>Owen Henn</i>	8:00-8:55 YS * Sculpted Yoga™ <i>Dina Metrano</i>	10:30-11:15 YS * Barefoot Sculpt <i>Jae Pukma</i>	TR * 9:30-10:15 CS * Cycle Power <i>Maryanne Blake</i>	10:30-11:30 YS * Power Vinyasa <i>Kayla Galvin</i>	
7:30-8:15 YS * Bala Bangle Barre Burn <i>Kristy DiScipio</i>	9:30-10:15 MS * MetCon3 <i>Emily Southworth</i>	12:00-12:45 YS * Pilates Fusion <i>Alli Greene</i>	9:30-10:15 MS * Athletic Conditioning <i>Maryanne Blake</i>	12:00-12:50 YS * Pilates Rise <i>Aleigh Jerome</i>	10:15-11:00 YS * EQX Barre Burn <i>Melissa Jalali</i>	12:15-1:00 YS * EQX Barre Burn <i>Cheryl Geiser</i>	
9:30-10:20 MS * Stronger <i>Samantha Boulay</i>	10:30-11:15 YS * Vinyasa Yoga <i>Brenna Oliver</i>	12:15-1:00 MS * MetCon3 Jae Pukma	10:30-11:30 YS * Vinyasa Yoga <i>Jessica Lopez</i>	12:15-1:00 MS * MetCon3 <i>Cara Andreoli</i>	10:15-11:05 YS * Ropes and Rowers <i>Samantha Boulay</i>		
10:30-11:15 YS * Barefoot Sculpt <i>Jae Pukma</i>	12:00-12:55 YS * Sculpted Yoga™ <i>Cheryl Geiser</i>	4:00-4:45 YS * Pilates Fusion <i>Olivia Florence</i>	12:00-12:45 YS * EQX Barre Burn <i>Cheryl Geiser</i>	4:45-5:30 MS * MetCon3 <i>Jae Pukma</i>	11:15-12:00 YS * Pilates Fusion <i>Melissa Jalali</i>	4:00-5:00 Yoga Weekend Wind Down <i>Pat Donaher</i>	
12:00-12:50 YS * Pilates Rise <i>Alexandra Wheelock</i>	12:15-1:05 MS * Stronger <i>Samantha Boulay</i>	5:15-6:00 BR * Rounds: Boxing <i>Samantha Boulay</i>	12:15-1:05 MS * Ropes and Rowers <i>Samantha Boulay</i>	5:00-5:45 BR * Rounds: Boxing Jim Murphy	11:30-12:15 MS * Cardio Dance <i>Djenaba Reynolds</i>		
12:15-1:00 MS * Tabata Max <i>Chad Flahive</i>	4:00-4:45 YS * Pilates Fusion <i>Melissa Jalali</i>	5:30-6:15 CS * Beats Ride Austin Sa	4:00-5:00 YS * Vinyasa Yoga <i>Natalie Wannamaker</i>	5:30-6:30 YS * Vinyasa Yoga <i>Pat Donaher</i>			
4:00-5:00 YS * Vinyasa Yoga <i>Alaina Chmielinski</i>	5:00-5:45 YS * EQX Barre Burn <i>Melissa Jalali</i>	5:30-6:15 MS * Tabata Max <i>Cheryl Geiser</i>	5:15-6:00 YS * Pilates Fusion <i>Susan Connelly</i>				
5:30-6:15 MS * Athletic Conditioning <i>Joy Mikhail</i>	5:30-6:15 MS * Two Toned Training <i>Shai Douty Leah Douty</i>	5:45-6:30 YS * Off The Barre <i>Ricki Kalayci</i>	5:30-6:20 TR * Precision Run® Marissa Best				
5:30-6:15 YS * Pilates Fusion <i>Olivia Florence</i>	5:30-6:20 TR * Precision Run® <i>Marissa Best</i>	6:30-7:15 MS * Athletic Conditioning <i>Maggi Muirhead</i>	5:45-6:30 MS * Whipped! <i>Richard Guptill</i>				
5:45-6:30 CS * Beats Ride Maggi Muirhead	5:45-6:30 CS * Beats Ride Claire Butler	6:45-7:45 YS * Vinyasa Yoga <i>Cheryl Geiser</i>	6:15-7:00 YS * Barefoot Sculpt <i>Tiffany Ely</i>				
6:30-7:15 MS * MetCon Monday <i>Alicia Trembley</i>	6:00-7:00 YS * Power Vinyasa Natalie Wannamaker	7:30-8:15 MS * Zumba® <i>David Quiroga Gomez</i>					
6:30-7:20 TR * Precision Run® <i>Joy Mikhail</i>	6:15-7:00 BR * Rounds: Boxing <i>Rod Shivers</i>						
6:45-7:45 YS * Vinyasa Yoga <i>Owen Henn</i>	6:30-7:15 MS * Athletic Conditioning Maggi Muirhead						

EQUINOX

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BOSTON MA 02116

EQUINOX.COM

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MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 09:00 PM

SAT-SUN 07:00 AM 08:00 PM

Kids

MON-FRI 08:00 AM 02:00 PM

SAT 08:00 AM 01:00 PM

GROUP FITNESS MANAGER

samantha.boulay@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

BR Boxing Studio

RD Roof Deck

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.

Cycle Power A metrics-driven cycling workout that uses the best-in-class Stages Console to measure your performance, motivate, and challenge you. Build cardio, strength, and endurance to music you love.

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 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.

Yoga

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.

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.

Athletic Training

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.

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.

TRX Max Circuit A functional strength workout using TRX body-weight suspension equipment. Work through timed intervals cycling between specially designed stations to test your stability, build muscle, increase flexibility, and challenge your core.

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.

Two Toned Training Dynamic sister duo Shai + Leah Douty presents the Two-Toned Training boot camp experience. Train like an athlete during these 45 Min HIIT style workouts combining plyometric and strength focused exercises to some of your favorite hard hitting beats. #DontToneAlone.

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

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.

EQX Barre Burn 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.

Off The Barre This off-the-barre class incorporates a continuous series of contemporary exercises. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

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 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

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.

Zumba A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

Boxing and Kickboxing

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.

Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.