

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 YS * Vinyasa Yoga <i>Jessica Lopez</i>	6:15-7:00 MS * Athletic Conditioning <i>George Dossas</i>	6:30-7:15 YS * Pilates Fusion <i>Stephanie Harshman</i>	6:15-7:00 MS * Tabata Max <i>George Dossas</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>
6:45-7:30 MS * MetCon Monday <i>Richard G</i>	6:45-7:30 YS * Barefoot Sculpt <i>Cheryl Geiser</i>	6:45-7:35 MS * Stronger <i>Austin Sa</i>	6:45-7:45 YS * Vinyasa Yoga <i>Alaina Chmielinski</i>	7:30-8:20 YS * Power Vinyasa <i>Allie Cabrera</i>	9:00-9:45 MS * Tabata Max <i>Samantha Boulay</i>	9:00-9:45 YS * Pilates Fusion <i>Susan Connelly</i>
7:30-8:20 TR * Precision Run® <i>Jessica Lopez</i>	7:00-7:45 CS * Beats Ride <i>Alaina Chmielinski</i>	7:00-7:50 TR * Precision Run® <i>Charles Steinberg</i>	7:00-7:50 CS * Precision Ride <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 <i>Meera Lakhavani</i>
7:30-8:15 YS * Bala Bangle Barre Burn <i>Kristy DiScipio</i>	7:15-8:00 MS * Tabata Max <i>George Dossas</i>	7:30-8:15 YS * EQX Barre Burn <i>Stephanie Harshman</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 TR * Precision Walk: Elevate <i>Jessica Lopez</i>	10:00-10:45 BR * Rounds: Boxing <i>Jim Murphy</i>
9:30-10:20 MS * Stronger <i>Samantha Boulay</i>	8:00-8:45 YS * Pilates Fusion <i>Ricki Kalayci</i>	9:30-10:15 MS * Stacked <i>Chris Leighton</i>	8:00-8:55 YS * Sculpted Yoga™ <i>Dina Metrano</i>	10:30-11:15 YS * Barefoot Sculpt <i>Jae Pukma</i>	9:30-10:30 CS * Endurance Ride 60 <i>Maryanne Blake</i>	10:00-10:45 MS * MetCon3 <i>Caitlin Rams</i>
10:30-11:00 MS * Best Abs Ever <i>Samantha Boulay</i>	9:30-10:15 MS * MetCon3 <i>Emily Southworth</i>	10:30-11:30 YS * Vinyasa Yoga <i>Owen Henn</i>	9:30-10:15 MS * Athletic Conditioning <i>Maryanne Blake</i>	12:00-12:45 YS * Off The Barre <i>Bree Ager</i>	10:15-11:05 MS * Ropes and Rowers <i>Samantha Boulay</i>	10:30-11:30 YS * Power Vinyasa <i>Kayla Galvin</i>
10:30-11:15 YS * Barefoot Sculpt <i>Jae Pukma</i>	10:30-11:15 YS * Vinyasa Yoga <i>Brenna Oliver</i>	12:00-12:45 YS * Pilates Mat <i>Kim Valentine</i>	10:30-11:30 YS * Vinyasa Yoga <i>Jessica Lopez</i>	12:15-1:00 MS * MetCon3 <i>Cara Andreoli</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>
12:00-12:50 YS * Pilates Rise <i>Alexandra Wheelock</i>	12:00-12:50 YS * Pilates Rise <i>Cheryl Geiser</i>	12:15-1:00 MS * MetCon3 <i>Jae Pukma</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 YS * Weekend Wind Down Yoga <i>Pat Donaher</i>
12:15-1:00 MS * Tabata Max <i>Chad Flahive</i>	12:15-1:05 MS * Stronger <i>Samantha Boulay</i>	4:00-4:45 YS * Pilates Fusion <i>Olivia Florence</i>	12:15-1:05 MS * Ropes and Rowers <i>Samantha Boulay</i>	5:00-5:45 BR * Rounds: Boxing <i>Jim Murphy</i>	11:30-12:15 MS * Cardio Dance <i>Djenaba Reynolds</i>	5:05-5:20 YS * Meditation <i>Pat Donaher</i>
4:00-5:00 YS * Vinyasa Yoga <i>Alaina Chmielinski</i>	4:00-4:45 YS * Pilates Fusion <i>Melissa Jalali</i>	5:15-6:00 BR * Rounds: Boxing <i>Samantha Boulay</i>	4:00-5:00 YS * Vinyasa Yoga <i>Natalie Wannamaker</i>	5:30-6:30 YS * Vinyasa Yoga <i>Pat Donaher</i>		
5:30-6:15 MS * Athletic Conditioning <i>Cara Andreoli</i>	5:00-5:45 YS * EQX Barre Burn <i>Melissa Jalali</i>	5:30-6:20 CS * Precision Ride <i>Austin Sa</i>	5:30-6:20 TR * Precision Run® <i>Marissa Best</i>			
5:30-6:15 YS * Pilates Fusion <i>Olivia Florence</i>	5:30-6:15 MS * Two Toned Training <i>Shai Douty Leah Douty</i>	5:30-6:15 MS * Tabata Max <i>Cheryl Geiser</i>	5:30-6:15 YS * Pilates Fusion <i>Susan Connelly</i>			
5:45-6:30 CS * Beats Ride <i>Maggi Muirhead</i>	5:30-6:20 TR * Precision Run® <i>Marissa Best</i>	5:30-6:15 YS * Off The Barre <i>Ricki Kalayci</i>	5:45-6:30 MS * Whipped! <i>Leah Douty</i>			
6:30-7:15 MS * MetCon Monday <i>Alicia Tremblay</i>	5:45-6:30 CS * Beats Ride <i>Claire Butler</i>	6:30-7:15 MS * Athletic Conditioning <i>Maggi Muirhead</i>	6:30-7:15 YS * Barefoot Sculpt <i>Zoe Sundra</i>			
6:30-7:30 YS * Vinyasa Yoga <i>Owen Henn</i>	6:00-7:00 YS * Power Vinyasa <i>Natalie Wannamaker</i>	6:30-7:30 YS * Vinyasa Yoga <i>Cheryl Geiser</i>				
	6:15-7:00 BR * Rounds: Boxing <i>Rod Shivers</i>	7:30-8:15 MS * Cardio Dance: Zumba® <i>David Quiroga Gomez</i>				
	6:30-7:15 MS * Athletic Conditioning <i>Maggi Muirhead</i>					
	7:05-7:20 YS * Meditation <i>Natalie Wannamaker</i>					

# EQUINOX

## DARTMOUTH STREET

131 Dartmouth Street  
BOSTON MA 02116  
EQUINOX.COM  
@EQUINOX

**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

## 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.

**Endurance Ride 60** An extended cycling workout so you can ride those extra miles. A Stages Console measures your performance to motivate and challenge you while building strength, power, and endurance.

**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.

**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 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.

## 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.

**Cardio Dance: 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.

## Stretch and Recovery

**Meditation** Turn your senses inward to transform your state in real time. Own the stillness of the moment as you cycle through focused breath work and guided observation of body and mind.

## 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.