

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15-7:00 YS * Pilates Fusion <i>Claire Butler</i>	6:15-7:00 YS * Pilates Fusion <i>Dina Metrano</i>	6:15-7:05 YS * Sculpted Yoga™ <i>Dina Metrano</i>	6:15-7:05 YS * Vinyasa Yoga <i>Erin Diel</i>	6:15-7:05 YS * Pilates Rise <i>Cheryl Geiser</i>	9:00-9:30 TR * Precision Run 30 <i>Austin Sa</i>
6:30-7:15 MS * MetCon Monday <i>Jae Pukma</i>	6:30-7:15 MS * Tabata Max <i>Caitlin Rams</i>	6:30-7:15 CS * Beats Ride <i>Maggi Muirhead</i>	6:30-7:15 MS * Stronger <i>Emily Comerford</i>	6:30-7:15 MS * Tabata Max <i>Austin Sa</i>	9:30-10:15 YS * Pilates Fusion <i>Jolene Cairns</i>
7:20-8:05 YS * Barefoot Sculpt <i>Jae Pukma</i>	6:45-7:30 CS * Beats Ride <i>Richard G</i>	6:30-7:15 MS * MetCon3 <i>Jae Pukma</i>	6:45-7:30 TR * Precision Run® <i>Courteney Mitchell</i>	7:15-8:15 YS * Vinyasa Yoga <i>Cheryl Geiser</i>	9:45-10:30 MS * Stronger <i>Austin Sa</i>
12:05-12:50 YS * Pilates Mat <i>Cara Harley</i>	7:20-8:05 YS * Barefoot Sculpt <i>Cordy Elkins</i>	7:20-8:05 BR * Rounds: Boxing <i>Jim Murphy</i>	7:20-8:05 BR * Rounds: Boxing <i>Emily Comerford</i>	12:05-12:55 YS * Vinyasa Yoga <i>Natalie Wannamaker</i>	11:00-12:00 YS * Power Vinyasa <i>Todd Skoglund</i>
12:15-1:00 BR * Rounds: Boxing <i>Jim Murphy</i>	7:30-8:15 MS * Stronger <i>Julie Howell</i>	7:20-8:05 YS * Bala Bangle Barre Burn <i>Ally Enos</i>	7:20-8:05 YS * Barefoot Sculpt <i>Cordy Elkins</i>	4:00-4:45 MS * Stronger <i>Emily Comerford</i>	
5:30-6:15 CS * Beats Ride <i>Austin Sa</i>	12:05-12:55 YS * Sculpted Yoga™ <i>Kristy DiScipio</i>	12:05-12:55 YS * Vinyasa Yoga <i>Jessica Lopez</i>	7:30-8:15 CS * Anthem Ride <i>Kristy DiScipio</i>	4:30-5:15 YS * Barefoot Sculpt <i>Ellie Gonyeau</i>	
5:30-6:20 MS * Whipped! <i>Ciara McManus</i>	12:15-1:00 MS * MetCon3 <i>Jackson Williams</i>	12:15-1:00 MS * Rhythmic Sculpt <i>Kristy DiScipio</i>	12:05-12:50 YS * Bala Bangle Barre Burn <i>Kristy DiScipio</i>	5:30-6:30 YS * Vinyasa Yoga <i>Michael Alba</i>	
5:30-6:15 YS * EQX Barre Burn <i>Ally Enos</i>	4:45-5:30 YS * Off The Barre <i>Zoe Sundra</i>	4:30-5:20 YS * Sculpted Yoga™ <i>Jessica Marcarelli</i>	12:15-1:00 MS * Stronger <i>Jessica Marcarelli</i>		
6:30-7:15 MS * Rhythmic Sculpt <i>Liza Levy</i>	5:15-6:05 TR * Precision Run® <i>Austin Sa</i>	5:30-6:20 MS * Stronger <i>Jessica Marcarelli</i>	4:45-5:35 YS * Pilates Rise <i>Cheryl Geiser</i>		
6:30-7:20 TR * Precision Run® <i>Ciara McManus</i>	5:30-6:20 MS * Athletic Conditioning <i>Mike Flynn</i>	5:30-6:15 YS * EQX Barre Burn <i>Brenna Oliver</i>	5:30-6:15 MS * Stacked <i>Austin Sa</i>		
6:30-7:30 YS * Vinyasa Yoga <i>Dan Steel</i>	5:45-6:30 BR * Rounds: Boxing <i>Julie Howell</i>	5:45-6:35 TR * Precision Run® <i>Cat Dominick</i>	5:45-6:45 YS * Power Vinyasa <i>Cheryl Geiser</i>		
	5:45-6:30 CS * Beats Ride <i>Victoria Knight</i>	6:25-6:55 MS * Best Abs Ever <i>Jessica Marcarelli</i>	6:30-7:20 CS * Precision Ride <i>Austin Sa</i>		
	5:45-6:45 YS * Vinyasa Yoga <i>Michael Alba</i>	6:30-7:30 YS * Vinyasa Yoga <i>Dan Steel</i>			
	6:25-6:55 MS * Best Abs Ever <i>Mike Flynn</i>				

# EQUINOX

FRANKLIN STREET  
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MON-THU 05:30 AM 09:00 PM  
FRI 05:30 AM 08:00 PM  
SAT 08:00 AM 02:00 PM

GROUP FITNESS MANAGER  
kristy.discipio@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

**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

**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.

## 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.

**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.

**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.

**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.

## Boxing

**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.

**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.

**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.