

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15-7:00 YS * Pilates Fusion <i>Claire Butler</i>	6:15-7:05 YS * Vinyasa Yoga <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>	6:15-7:00 YS * Pilates Fusion <i>Dina Metrano</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>	6:30-7:15 CS * Beats Ride <i>Richard Guptill</i>	6:30-7:15 MS * MetCon3 <i>Jae Pukma</i>	7:00-7:50 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>	6:30-7:15 MS * Tabata Max <i>Caitlin Rams</i>	7:20-8:05 BR * Rounds: Boxing <b>Jim Murphy</b>	7:20-8:05 BR * Rounds: Boxing <i>Emily Comerford</i>	12:05-1:00 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>	7:20-8:05 YS * Barefoot Sculpt <i>Cordy Elkins</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>	12:15-1:05 CS * Precision Ride <b>Austin Sa</b>	
5:30-6:15 CS * Beats Ride <i>Austin Sa</i>	12:05-12:50 YS * Pilates Fusion <i>Ricki Kalayci</i>	12:05-1:00 YS * Vinyasa Yoga <i>Jessica Lopez</i>	12:05-12:55 YS * Sculpted Yoga™ <i>Kristy DiScipio</i>	3:30-4:15 MS * Stronger <i>Emily Comerford</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 * Cardio Sculpt <i>Kristy DiScipio</i>	12:15-1:00 MS * Tabata Max <b>Jessica Marcarelli</b>	4:30-5:15 MS * Two Toned Training <i>Shai Douty Leah Douty</i>	
5:30-6:15 YS * EQX Barre Burn <i>Ally Enos</i>	4:45-5:30 YS * Bala Bangle Barre Burn <i>Kristy DiScipio</i>	5:30-6:20 MS * Stronger <i>Jessica Marcarelli</i>	4:45-5:35 YS * Pilates Rise <i>Cheryl Geiser</i>	5:15-6:15 YS * Vinyasa Yoga <i>Michael Alba</i>	
6:30-7:20 TR * Precision Run® <i>Ciara McManus</i>	5:15-6:05 TR * Precision Run® <i>Austin Sa</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>	5:30-6:20 MS * Athletic Conditioning <i>Mike Flynn</i>	5:45-6:45 CL * Outdoor Run Club <i>Cat Dominick</i>	5:45-6:45 YS * Power Vinyasa <i>Cheryl Geiser</i>		
	5:45-6:30 BR * Rounds: Boxing <i>Julie Howell</i>	6:30-7:15 MS * Tabata Max <i>Jessica Marcarelli</i>	6:30-7:20 CS * Precision Ride <i>Austin Sa</i>		
	5:45-6:30 CS * Beats Ride <i>Victoria Knight</i>	6:30-7:30 YS * Vinyasa Yoga <i>Dan Steel</i>			
	5:45-6:45 YS * Vinyasa Yoga <i>Michael Alba</i>				
	6:30-7:00 MS * Best Abs Ever <i>Mike Flynn</i>				

# EQUINOX

## FRANKLIN STREET

225 Franklin Street  
BOSTON MA 02110  
EQUINOX.COM  
@EQUINOX

**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

**CL** Club Lobby

## 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 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

**Outdoor Run Club** Improve your pace, form, and endurance alongside your Equinox running community during this outdoor group running class. While we welcome runners of different levels, we suggest participants can complete a three-mile run. An Equinox Exclusive.

**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.

## 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.

**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.

## 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 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.

**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.

**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.