

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * <b>Tabata Max</b> <i>Alicia Tremblay</i>	6:30-7:15 CS * <b>Beats Ride</b> <i>Kristy DiScipio</i>	6:30-7:15 CS * Anthem Ride <i>Julie Howell</i>	6:30-7:15 CS * <b>Beats Ride</b> <i>Austin Sa</i>	6:30-7:15 MS * MetCon3 <i>Alicia Tremblay</i>	8:30-9:15 TR * <b>Precision Walk: Elevate</b> <i>Laura Savage</i>	9:00-10:00 YS * Pilates Mat <i>Jessica Battipaglia</i>
7:15-8:15 YS * Vinyasa Yoga <i>Adam Caplan</i>	6:30-7:15 MS * Ropes and Rowers <i>Emily Comerford</i>	6:30-7:15 MS * Stronger <i>Liza Elmstrom</i>	6:30-7:15 MS * Athletic Conditioning <i>Maryanne Blake</i>	7:20-8:05 BA * True Barre <i>Alicia Tremblay</i>	9:00-10:00 YS * Vinyasa Yoga <i>Jene Rossi</i>	9:30-10:15 MS * Stronger <i>Ally Enos</i>
7:20-8:05 BA * True Barre <i>Ally Enos</i>	7:15-8:15 YS * Slow Flow Yoga <i>Jessica Lopez</i>	6:30-7:30 YS * Sculpted Yoga™ <i>Bruna Paranhos</i>	7:15-7:45 MS * <b>Best Abs Ever</b> <i>Maryanne Blake</i>	9:30-10:15 YS * Pilates Mat <i>Ali Greene</i>	9:30-10:15 MS * Stronger <i>Paula Fonseca</i>	10:15-11:00 BA * True Barre <i>Ally Enos</i>
9:30-10:20 MS * <b>Cardio Sculpt</b> <i>Kristy DiScipio</i>	7:20-8:05 BA * Bala Bangle Barre Burn <i>Kristy DiScipio</i>	7:20-8:05 BA * True Barre <i>Cheryl Geiser</i>	7:15-8:15 YS * Vinyasa Yoga <i>Jessica Lopez</i>	10:30-11:15 YS * Best Stretch Ever <i>Adam Caplan</i>	10:15-11:00 BA * True Barre <i>Nikki Rodriguez</i>	10:30-11:15 CS * <b>Beats Ride</b> <i>Dina Metrano</i>
12:15-1:00 MS * Stronger <i>Emily Comerford</i>	7:30-8:15 BR * Rounds: Boxing <i>Emily Comerford</i>	7:30-8:15 MS * Tabata Max <i>Julie Howell</i>	7:20-8:10 BA * Pilates Rise <i>Cheryl Geiser</i>	11:30-12:00 YS * Meditation <i>Adam Caplan</i>	10:15-11:00 CS * <b>Beats Ride</b> <i>Katrina Miaoulis</i>	10:30-11:15 PD * <b>EQX H2O: Swim Basics (L1)</b> <i>Brittany Kaler</i>
12:15-1:00 YS * Pilates Fusion <i>Paula Fonseca</i>	8:30-9:15 TR * <b>Precision Walk: Elevate</b> <i>Jae Pukma</i>	8:30-9:15 BA * <b>Pilates Fusion</b> <i>Dina Metrano</i>	7:30-8:15 BR * <b>Rounds: Boxing</b> <i>Jim Murphy</i>	12:00-1:00 YS * Vinyasa Yoga <i>Adam Caplan</i>	10:20-11:15 YS * <b>Weekend Wind Down Yoga</b> <i>Adam Caplan</i>	10:30-11:30 YS * Vinyasa Yoga <i>Dan Steel</i>
4:30-5:15 BA * Barre <i>Cheryl Geiser</i>	9:30-10:20 BA * True Barre <i>Paula Fonseca</i>	9:30-10:20 MS * <b>Athletic Conditioning</b> <i>Maggi Muirhead</i>	8:30-9:15 TR * Precision Walk: Elevate <i>Jessica Lopez</i>	12:15-1:00 BA * True Barre <i>Cheryl Geiser</i>	10:30-11:15 PD * Aqua Sculpt <i>Jill Karagezian</i>	11:00-12:00 MS * Zumba® <i>David Quiroga Gomez</i>
4:30-5:15 TR * Precision Walk: Elevate <i>Jessica Lopez</i>	10:30-11:30 YS * Gentle Yoga <i>Adam Caplan</i>	12:15-1:00 BA * True Barre <i>Cheryl Geiser</i>	9:30-10:15 BA * Barre <i>Alanna Perry</i>	3:30-4:30 YS * Vinyasa Yoga <i>Michael Alba</i>	10:30-11:30 PG * Playground Experience - PGX (L2) <i>Emily Comerford</i>	11:00-12:00 PG * Playground Experience - PGX <i>Emily Comerford</i>
4:45-5:30 YS * Best Stretch Ever <i>Adam Caplan</i>	12:00-12:45 YS * <b>Best Stretch Ever</b> <i>Adam Caplan</i>	3:30-4:30 YS * Vinyasa Yoga <i>Michael Alba</i>	9:30-10:00 MS * Upper Body Pump <i>Emily Comerford</i>	10:00-10:30 MS * Lower Body Blast <i>Emily Comerford</i>	11:00-11:45 BR * Rounds: Boxing <i>Rod Shivers</i>	11:30-12:20 BA * <b>Barre</b> <i>Dina Metrano</i>
5:30-6:15 BA * True Barre <i>Cheryl Geiser</i>	12:15-1:00 BA * <b>Pilates Mat</b> <i>Victory Chen</i>	4:30-5:15 BA * True Barre <i>Paula Fonseca</i>	12:00-1:00 YS * Slow Flow Yoga <i>Michael Alba</i>	4:30-5:15 BA * True Barre <i>Cheryl Geiser</i>	11:15-12:05 BA * Pilates Rise <i>Paula Fonseca</i>	12:00-1:00 YS * Vinyasa Yoga <i>Dan Steel</i>
5:30-6:15 MS * Two Toned Training <i>Shai Douty Leah Douty</i>	4:45-5:35 YS * Pilates Rise <i>Paula Fonseca</i>	4:30-5:15 TR * Precision Walk: Elevate <i>Jessica Lopez</i>	12:15-1:00 BA * Bala Bangle Barre Burn <i>Jessica Marcarelli</i>	5:30-6:30 YS * Vinyasa Yoga (L2) <i>Dan Steel</i>	11:30-12:00 YS * Meditation <i>Adam Caplan</i>	2:00-2:55 YS * Sculpted Yoga™ <i>Cheryl Geiser</i>
5:45-6:30 CS * Beats + Bands Ride <i>Victoria Knight</i>	5:30-6:15 MS * Ropes and Rowers <i>Maryanne Blake</i>	5:30-6:15 BA * Pilates Mat <i>Kim Valentine</i>	4:45-5:30 RD * Pilates Mat - Outdoors <i>Paula Fonseca</i>	5:45-6:35 CS * <b>Precision Ride</b> <i>Austin Sa</i>	12:05-1:00 YS * Vinyasa Yoga <i>Adam Caplan</i>	2:30-3:15 BR * <b>Rounds: Pro Rod Shivers</b>
5:45-6:45 PG * Playground Experience - PGX (L2) <i>Emily Comerford</i>	5:30-6:15 MS * Ropes and Rowers <i>Maryanne Blake</i>	5:30-6:15 MS * Cardio Dance <i>Djenaba Reynolds</i>	5:45-6:35 MS * <b>Athletic Conditioning</b> <i>Maggi Muirhead</i>	5:45-6:35 MS * Whipped! <i>Emily Comerford</i>	2:00-2:45 RD * Pilates Mat - Outdoors <i>Paula Fonseca</i>	3:15-4:05 BA * True Barre <i>Cheryl Geiser</i>
6:15-7:10 YS * Vinyasa Yoga <i>Monica Trobagis</i>	5:45-6:35 BA * True Barre <i>Paula Fonseca</i>	5:30-6:30 YS * Slow Flow Yoga <i>Jessica Lopez</i>	5:30-6:15 MS * Barre Beyond <i>Paula Fonseca</i>	6:30-7:15 BR * Rounds: Boxing <i>Jim Murphy</i>	3:15-4:00 YS * Sonic Meditation <i>Michael Alba</i>	3:15-4:05 BA * True Barre <i>Cheryl Geiser</i>
6:30-7:15 BA * True Barre <i>Cheryl Geiser</i>	6:15-7:15 RD * Yoga - Outdoors <i>Kayla Galvin</i>	5:45-6:30 CS * <b>Beats Ride</b> <i>Victoria Knight</i>	5:45-6:30 YS * Barre Beyond <i>Paula Fonseca</i>	6:30-7:15 BR * Rounds: Boxing <i>Jim Murphy</i>	4:15-5:30 YS * Vinyasa Yoga <i>Michael Alba</i>	3:15-4:00 YS * Sonic Meditation <i>Michael Alba</i>
6:30-7:15 BR * <b>Rounds: Boxing</b> <i>Jim Murphy</i>	6:30-7:15 RD * Rounds: Boxing <i>Maryanne Blake</i>	5:45-6:45 PG * Playground Experience - PGX (L2) <i>Emily Comerford</i>	6:30-7:15 BR * Rounds: Boxing <i>Jim Murphy</i>	6:30-7:15 BR * Rounds: Boxing <i>Jim Murphy</i>		
6:30-7:15 MS * <b>Cardio Dance</b> <i>Djenaba Reynolds</i>	6:30-7:15 MS * Ropes and Rowers <i>Maryanne Blake</i>	6:30-7:30 FL * Outdoor Run Club <i>Team Equinox</i>	6:30-7:15 CS * <b>Beats Ride</b> <i>Maggi Muirhead</i>	6:30-7:30 MS * Zumba® <i>David Quiroga Gomez</i>		
6:30-7:20 TR * Precision Run® <i>Jae Pukma</i>	6:30-7:15 MS * Tabata Max <i>Emily Comerford</i>	6:30-7:30 FL * Outdoor Run Club <i>Team Equinox</i>	6:30-7:30 MS * Zumba® <i>David Quiroga Gomez</i>	6:45-7:30 MS * EQX H2O: Swim Basics (L1) <i>Brittany Kaler</i>		
7:15-7:30 YS * Meditation <i>Monica Trobagis</i>	6:30-7:20 TR * Precision Run® <i>JJ Rosenfelt</i>	6:30-6:45 MS * Best Abs Ever <i>Paula Fonseca</i>	6:30-7:30 MS * Zumba® <i>David Quiroga Gomez</i>			
7:30-8:15 MS * Tabata Max <i>Jae Pukma</i>	6:45-7:30 PD * Swim Team (L2) <i>Brittany Kaler</i>	6:30-7:15 RD * Pilates Mat - Outdoors <i>Kim Valentine</i>	6:45-7:30 MS * EQX H2O: Swim Basics (L1) <i>Brittany Kaler</i>			
	7:30-8:15 MS * Zumba® <i>David Quiroga Gomez</i>	6:45-7:30 MS * Stronger <i>Paula Fonseca</i>				
		7:00-7:45 BR * Rounds: Boxing <i>Emily Comerford</i>				

# EQUINOX

## SPORTS CLUB BOSTON

4 Avery St

BOSTON MA 02111

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** 08:30 AM 02:00 PM

**SAT** 09:00 AM 01:00 PM

### GROUP FITNESS MANAGER

paula.fonseca@equinox.com

### SIGNATURE CLASSES.

### ACCLAIMED INSTRUCTORS.

### TRANSFORMED BODIES.

### STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**BA** Barre Studio

**TR** Treadmill Area

**BR** Boxing Studio

**PD** Pool Deck

**RD** Roof Deck

**PG** The Playground

**FL** 4th Floor Lobby

### 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 + Bands Ride** Beats + Bands combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving 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

**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®** 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

**Gentle Yoga** A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.

**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.

**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.

**Yoga - Outdoors** This timeless approach to yoga links movement and breath through a creative, flowing sequence of postures. 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.

**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.

**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.

**Playground Experience - PGX** Team up for this challenging circuit-training program. Catapult through cycles of timed rounds and intervals. Increase power, strength, agility, core, and 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.

**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.

**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.

**Barre Beyond** Level up your barre experience with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. An Equinox exclusive.

**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 - Outdoors** 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. (Weather permitting)

**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.

**Rounds: Pro** Gloves on, skills up. Rounds Pro is the pinnacle of our boxing and kickboxing offerings. Led by our elite instructors, this advanced class refines your technique, hones your precision, and pushes your limits. Elevate your training, refine your craft, and step into the professional arena. An Equinox exclusive.

## Pool

**Aqua Sculpt** A non-stop, full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with a program that is gentle on the joints. Swim cap required.

**EQX H2O: Swim Basics** An entry level swim class designed to teach the fundamentals of swimming that focuses specifically on freestyle. Swim Basics features skills and drills that develop technique, confidence and efficiency in the water. An Equinox exclusive. Swim cap and goggles required.

**Swim Team** Build your skills in this team-based class where the basics are reviewed and reinforced. Focus on drills, technique, stamina, strength and form. Swim cap and goggles required.

## Stretch and Recovery

**Best Stretch Ever** Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. An Equinox Exclusive.

**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.

**Sonic Meditation** Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. An Equinox exclusive.

## Sculpt

**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.

**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.