

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * Stacked <i>Austin Sa</i>	6:15-7:00 YS * EQX Barre Burn <i>Alicia Tremblay</i>	6:30-7:20 MS * Ropes and Rowers <i>Emily Comerford</i>	6:15-7:00 YS * Barefoot Sculpt <i>Ricki Kalayci</i>	6:30-7:15 MS * Best Butt Ever <i>Jae Pukma</i>	8:15-9:00 CS * <b>Beats Ride</b> <i>Ali Greene</i>	8:45-9:45 YS * Vinyasa Yoga (HEATED) <i>Alaina Chmielinski</i>
6:30-7:15 YS * Pilates Fusion <i>Jolene Cairns</i>	6:30-7:20 CS * <b>Precision Ride</b> <i>Austin Sa</i>	6:30-7:20 TR * Precision Run@ <i>Jessica Lopez</i>	6:30-7:15 CS * <b>Beats Ride</b> <i>Alison Orr</i>	6:30-7:25 YS * Sculpted Yoga™ <i>Justin Quinn</i>	8:15-9:00 YS * Pilates Fusion <i>Jolene Cairns</i>	9:00-9:45 CS * <b>Beats Ride</b> <i>Joy Mikhail</i>
7:00-7:45 CS * <b>Beats Ride</b> <i>Victoria Knight</i>	6:30-7:20 MS * Whipped! <i>Ann Sheehan</i>	6:30-7:15 YS * Off The Barre <i>Ali Greene</i>	6:30-7:15 MS * MetCon3 <i>Ciara McManus</i>	7:00-7:45 CS * <b>Beats Ride</b> <i>Alaina Chmielinski</i>	9:00-9:45 MS * Tabata Max <i>Chad Flahive</i>	9:30-10:15 MS * Stronger <i>Emily Comerford</i>
7:30-8:15 YS * Barefoot Sculpt <i>Dina Metrano</i>	7:15-8:15 YS * Vinyasa Yoga <i>Marc McDonald</i>	7:00-7:45 CS * <b>Beats Ride</b> <i>Abigail Risse</i>	7:15-8:00 YS * Ashtanga Yoga <i>Marc McDonald</i>	7:30-8:15 MS * Two Toned Training <i>Shai Doudy Leah Doudy</i>	9:15-10:00 YS * Off The Barre <i>Ali Greene</i>	10:00-10:50 CS * <b>Precision Ride</b> <i>Austin Sa</i>
8:30-9:25 YS * Sculpted Yoga™ <i>Dina Metrano</i>	7:30-8:00 MS * <b>Tabata Cardio 30</b> <i>Alicia Tremblay</i>	7:30-8:15 MS * Stronger <i>Emily Comerford</i>	7:30-8:15 MS * Stacked <i>Ciara McManus</i>	7:30-8:15 YS * EQX Barre Burn <i>Justin Quinn</i>	10:00-10:45 MS * MetCon3 <i>AleIGH Jerome</i>	10:15-11:00 YS * Barefoot Sculpt <i>Cheryl Geiser</i>
9:30-10:15 YS * True Barre <i>Cheryl Geiser</i>	8:00-8:30 MS * <b>Best Abs Ever</b> <i>Alicia Tremblay</i>	7:30-8:15 YS * Pilates Fusion <i>Ali Greene</i>	9:30-10:20 YS * Pilates Rise <i>Cheryl Geiser</i>	8:30-9:15 YS * Pilates Mat <i>Victory Chen</i>	10:00-10:50 TR * <b>Precision Run@</b> <i>Jennie Bunce</i>	10:30-11:15 MS * The Cut <i>Sabrina Barros</i>
12:15-1:05 TR * Precision Run@ <i>Leah Doudy</i>	9:30-10:20 YS * Pilates Rise <i>Megan McQuarrie</i>	8:30-9:15 YS * True Barre <i>Megan McQuarrie</i>	12:15-1:00 YS * True Barre <i>Megan McQuarrie</i>	9:30-10:30 YS * Power Vinyasa (HEATED) <i>Mary Keady</i>	10:15-11:05 YS * Pilates Rise <i>Megan McQuarrie</i>	11:00-11:50 TR * <b>Precision Run@</b> <i>Austin Sa</i>
12:15-1:15 YS * Vinyasa Yoga (HEATED) <i>Jessica Lopez</i>	12:15-1:00 CS * <b>Beats Ride</b> <i>Austin Sa</i>	9:30-10:25 YS * Sculpted Yoga™ <i>Jessica Marcarelli</i>	12:30-1:15 MS * Tabata Max <i>Leah Doudy</i>	11:00-11:45 YS * Meditation <i>Jene Rossi</i>	11:30-12:30 YS * Power Vinyasa (HEATED) (L2) <i>Andrew Rigoglioso</i>	11:30-12:15 YS * True Barre <i>Ally Enos</i>
12:30-1:15 MS * MetCon Monday <i>Austin Sa</i>	12:15-1:00 YS * Barre Beyond <i>Megan McQuarrie</i>	12:15-1:00 YS * Pilates Fusion <i>Olivia Florence</i>	4:15-5:00 YS * Pilates Fusion <i>Olivia Florence</i>	12:15-1:00 YS * Pilates Fusion <i>Olivia Florence</i>	1:00-1:45 YS * True Barre <i>Megan McQuarrie</i>	12:30-1:25 YS * Sculpted Yoga™ <i>Hannah Hoffman</i>
4:00-4:45 YS * Pilates Fusion <i>Olivia Florence</i>	12:30-1:15 MS * Stronger <i>Kelly Maher</i>	12:30-1:15 MS * <b>Stacked</b> <i>Jessica Marcarelli</i>	5:15-6:00 MS * Rounds: Boxing <i>Jim Murphy</i>	12:30-1:15 MS * MetCon3 <i>Leah Doudy</i>	2:00-3:00 YS * <b>Weekend Wind Down</b> <i>Pat Donaher</i>	
5:30-6:15 CS * <b>Beats Ride</b> <i>Claire Butler</i>	4:15-5:00 YS * Trilogy Barre <i>Julie Howell</i>	4:00-4:45 YS * Bala Bangle Barre Burn <i>Brenna Oliver</i>	5:15-6:00 MS * 5:30-6:15 CS * <b>Beats Ride</b> <i>Claire Butler</i>	4:15-5:00 YS * Best Stretch Ever <i>Adam Caplan</i>		
5:30-6:15 MS * Athletic Conditioning <i>Chad Flahive</i>	5:15-6:00 YS * EQX Barre Burn <i>Ally Enos</i>	5:15-6:15 YS * Power Vinyasa (HEATED) <i>Brittany Belezos</i>	5:30-6:15 YS * True Barre <i>Jolene Cairns</i>	5:30-6:30 YS * Vinyasa Yoga <i>Emily Burdett</i>		
5:30-6:15 YS * Vinyasa Yoga (HEATED) <i>Kayla Galvin</i>	5:30-6:15 CS * <b>Beats Ride</b> <i>Emily Southworth</i>	5:30-6:15 CS * <b>Beats Ride</b> <i>Alaina Chmielinski</i>	6:30-7:15 MS * Cardio Dance <i>Melisa Valdez</i>			
6:30-7:15 MS * Tabata Max <i>Chad Flahive</i>	5:30-6:15 MS * Tabata Max <i>Jessica Marcarelli</i>	5:30-6:15 MS * Two Toned Training <i>Shai Doudy Leah Doudy</i>	6:30-7:15 MS * 6:30-7:15 YS * Bala Bangle Barre Burn <i>Megan McQuarrie</i>			
6:30-7:15 YS * Barefoot Sculpt <i>Nikki Rodriguez</i>	5:30-6:20 TR * Precision Run@ <i>Courteney Mitchell</i>	6:30-7:15 MS * Stronger <i>Marissa Best</i>				
	6:30-7:15 MS * Cardio Dance <i>Christine Ulysse</i>	6:30-7:25 YS * Sculpted Yoga™ <i>Cordy Elkins</i>				
	6:30-7:30 YS * Power Vinyasa <i>Mary Keady</i>					

# EQUINOX

## SEAPORT

27 Northern Avenue  
BOSTON MA 02110  
EQUINOX.COM  
@EQUINOX

**MON-THU** 05:30 AM 10:00 PM

**FRI** 05:30 AM 08:00 PM

**SAT-SUN** 07:00 AM 07:00 PM

## GROUP FITNESS MANAGER

kelly.maher@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**TR** Treadmill Area

## 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.

**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 Sikk. 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

**Ashtanga Yoga** Developed by K. Pattabhi Jois, this challenging class integrates breath with a specific sequence of poses designed to focus and build strength.

**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.

**Power Vinyasa (HEATED)** 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.

**Vinyasa Yoga (HEATED)** 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.

**Best Butt Ever** Fire up your glutes and entire lower body using dumbbells, mini-bands, and other equipment. Get active. Get strong. Get powerful. An Equinox exclusive.

**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 Cardio 30** A 30-minute cardio-only challenge that demands everything you've got. Fire up your heart rate with 20-second bodyweight exercises, where your rest is always shorter than your work. 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 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.

**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.

**Trilogy Barre** A Pilates reformer and barre-inspired workout at the triple-barre that uses custom-designed resistance bands to strengthen, sculpt, and tone. Increase flexibility while building muscle definition. 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 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.

## 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.

**The Cut** A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

## 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.

## 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.