

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 YS * Pilates Fusion <i>Jolene Cairns</i>	6:15-7:00 YS * EQX Barre Burn <i>Alicia Tremblay</i>	6:30-7:20 TR * Precision Run® <i>Jessica Lopez</i>	6:15-7:00 YS * Pilates Fusion <i>Claire Butler</i>	6:30-7:15 MS * Best Butt Ever <i>Jae Pukma</i>	8:15-9:00 YS * Pilates Fusion <i>Jolene Cairns</i>	8:45-9:45 YS * Vinyasa Yoga (HEATED) <i>Alaina Chmielinski</i>
7:30-8:15 YS * Barefoot Sculpt <i>Dina Metrano</i>	6:30-7:15 CS * Precision Ride <i>Austin Sa</i>	6:30-7:15 YS * Barefoot Sculpt <i>Megan McQuarrie</i>	6:30-7:15 CS * Beats Ride <i>Alison Orr</i>	6:30-7:25 YS * Sculpted Yoga™ <i>Justin Quinn</i>	9:00-9:45 MS * Tabata Max <i>Chad Flahive</i>	9:00-9:45 CS * Beats Ride <i>Mahmoud Saleh</i>
8:00-8:45 CS * Beats Ride <i>Victoria Knight</i>	6:30-7:20 MS * Whipped! <i>Ann Sheehan</i>	7:30-8:15 MS * Stronger <i>Emily Comerford</i>	6:30-7:15 MS * MetCon3 <i>Ciara McManus</i>	7:00-7:45 CS * Beats Ride <i>Alaina Chmielinski</i>	9:15-10:00 CS * Beats Ride <i>Dina Metrano</i>	9:30-10:15 MS * Stronger <i>Emily Comerford</i>
8:30-9:20 TR * Precision Run® <b>JENNIE Bunce</b>	7:15-8:15 YS * Vinyasa Yoga <i>Marc McDonald</i>	7:30-8:15 YS * EQX Barre Burn <i>Jessica Marcarelli</i>	7:15-8:00 YS * Ashtanga Yoga <i>Marc McDonald</i>	7:30-8:15 MS * Two Toned Training <i>Shai Douty Leah Douty</i>	9:15-10:00 YS * EQX Barre Burn <i>Megan McQuarrie</i>	10:00-10:50 TR * Precision Run® <i>Austin Sa</i>
8:30-9:15 YS * Barre (HEATED) <b>Dina Metrano</b>	7:30-8:15 MS * Athletic Conditioning <i>Alicia Tremblay</i>	8:00-8:45 CS * Beats Ride <i>Abigail Risse</i>	7:30-8:15 MS * Tabata Max <i>Ciara McManus</i>	7:30-8:15 YS * EQX Barre Burn <i>Justin Quinn</i>	10:00-10:50 TR * Precision Run® <b>JENNIE Bunce</b>	10:15-11:00 YS * Barefoot Sculpt <i>Cheryl Geiser</i>
9:30-10:15 MS * Stacked <i>Austin Sa</i>	9:00-9:50 YS * Pilates Rise <i>Cheryl Geiser</i>	8:30-9:30 YS * Vinyasa Yoga (HEATED) <i>Jessica Marcarelli</i>	9:00-9:50 YS * Pilates Rise <i>Cheryl Geiser</i>	8:30-9:15 YS * Pilates Mat <i>Victory Chen</i>	10:15-11:00 MS * Body Sculpt <i>Dina Metrano</i>	10:30-11:15 MS * Rhythmic Sculpt <i>Sabrina Barros</i>
12:15-1:05 YS * Pilates Rise <i>Megan McQuarrie</i>	12:15-1:00 YS * Barre Beyond <i>Megan McQuarrie</i>	12:15-1:00 YS * Pilates Fusion <i>Olivia Florence</i>	12:15-1:00 YS * True Barre <i>Megan McQuarrie</i>	12:15-1:00 YS * Pilates Fusion <i>Olivia Florence</i>	10:15-11:05 YS * Pilates Rise <i>Megan McQuarrie</i>	11:00-11:45 CS * Precision Ride <i>Austin Sa</i>
12:30-1:15 MS * MetCon Monday <i>Austin Sa</i>	12:30-1:15 MS * Body Sculpt <i>Maryanne Blake</i>	12:30-1:15 MS * Tabata Max <i>Leah Douty</i>	12:30-1:15 MS * Best Butt Ever <i>Leah Douty</i>	12:30-1:15 MS * Athletic Conditioning <i>Jae Pukma</i>	11:15-12:00 MS * MetCon3 <i>Ann Sheehan</i>	11:30-12:15 YS * Pilates Fusion (HEATED) <i>Dina Metrano</i>
4:00-4:45 YS * Pilates Fusion <i>Olivia Florence</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>	4:15-5:00 YS * Pilates Fusion <i>Olivia Florence</i>	4:15-5:00 YS * Best Stretch Ever <i>Adam Caplan</i>	11:30-12:30 YS * Power Vinyasa (HEATED) <i>Andrew Rigoglioso</i>	12:00-12:45 MS * Cardio Dance <b>Djenaba Reynolds</b>
5:15-6:15 YS * Vinyasa Yoga (HEATED) <i>Kayla Galvin</i>	5:30-6:15 MS * Tabata Max <i>Jessica Marcarelli</i>	5:15-6:15 YS * Power Vinyasa (HEATED) <i>Brittany Belezos</i>	5:30-6:20 MS * Whipped! <i>Emily Comerford</i>	5:15-6:15 YS * Vinyasa Yoga <i>Emily Burdett</i>	1:00-1:45 YS * Barre <i>Ally Enos</i>	12:30-1:25 YS * Sculpted Yoga™ <i>Hannah Hoffman</i>
5:30-6:15 CS * Beats Ride <i>Claire Butler</i>	5:30-6:15 YS * EQX Barre Burn <b>Ally Enos</b>	5:30-6:15 YS * Bala Bangle Barre Burn <i>Jolene Cairns</i>	5:30-6:15 YS * Bala Bangle Barre Burn <i>Jolene Cairns</i>	6:15-6:45 YS * Meditation <i>Emily Burdett</i>		2:00-3:00 YS * Weekend Wind Down Yoga <i>Pat Donaher</i>
5:30-6:15 MS * Circuit Training <i>Chad Flahive</i>	5:45-6:30 CS * Beats Ride <i>Mahmoud Saleh</i>	5:30-6:15 CS * Beats Ride <i>Alaina Chmielinski</i>	5:45-6:30 CS * Beats Ride <i>Claire Butler</i>			
6:30-7:15 MS * Body Sculpt <i>Chad Flahive</i>	6:30-7:15 MS * Pilates Mat <i>Divya Sharma</i>	5:30-6:15 MS * Two Toned Training <i>Shai Douty Leah Douty</i>	6:30-7:15 MS * Rhythmic Sculpt <i>Megan McQuarrie</i>			
6:30-7:15 YS * Barefoot Sculpt <i>Nikki Rodriguez</i>	6:30-7:30 YS * Power Vinyasa <i>Jessica Marcarelli</i>	6:30-7:15 YS * Barefoot Sculpt <i>Cordy Elkins</i>	6:30-7:30 YS * Vinyasa Yoga (HEATED) <b>Allie Cabrera</b>			
	6:45-7:30 MS * Stronger <i>Marissa Best</i>	6:45-7:30 MS * Stronger <i>Marissa Best</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.

## 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.

**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.

**Circuit Training** Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

**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.

**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 (HEATED)** 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.

**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.

**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 Fusion (HEATED)** 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.

## Regeneration

**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.

**Body Sculpt** An endurance-based, low-impact workout, using high reps and light to medium weights in combination with equipment like bands and gliding discs. Increase body part definition and total body mobility with this workout.

**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.