

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 MS * MetCon Monday <i>Jake White</i>	5:45-6:30 MS * MetCon3 <i>Anna Caccavaro</i>	6:00-6:45 MS * Tabata Max <i>Jacques Mitchell</i>	5:45-6:30 MS * Stronger <i>Carly Rubenstein</i>	6:00-6:45 MS * Circuit Training <i>Jacques Mitchell</i>	8:00-8:45 YS * Pilates Mat <i>Sharmanie Esin</i>	8:30-9:15 YS * Pilates Fusion <i>Lillian Walton-Masters</i>
6:30-7:15 CS * Beats + Bands Ride <i>Stephanie Ochabillo</i>	6:00-6:45 YS * Barefoot Sculpt <i>Danielle Forrestal</i>	6:30-7:00 CS * Beats Ride <i>Mike Peterson</i>	6:00-6:45 YS * Barre <i>Daniella Zolotnitsky</i>	6:30-7:15 CS * Beats Ride <i>Stephanie Ochabillo</i>	8:30-9:15 MS * Stronger <i>Nat Mitchell</i>	9:00-9:45 MS * Tabata Max <i>Jake White</i>
7:00-8:15 YS * Power Vinyasa <i>Kara Pell</i>	7:00-7:45 CS * Beats Ride <i>Meg Mauro</i>	7:00-7:45 YS * Barre <i>Adina Goldstein</i>	7:00-7:45 CS * Beats Ride <i>Carly Rubenstein</i>	7:00-7:45 YS * Pilates Fusion (HEATED) <i>Hannah Blank</i>	9:00-9:45 YS * Barre <i>Daniella Zolotnitsky</i>	9:45-10:30 YS * Barre <i>Hannah Blank</i>
7:30-8:15 TR * Precision Run@ <i>Jake White</i>	7:00-7:45 MS * Stacked <i>Sandy Wasserbach</i>	7:30-8:15 TR * Precision Run@ <i>Jacques Mitchell</i>	7:00-7:45 MS * MetCon3 <i>Maya Abrahamian</i>	7:30-8:15 TR * Precision Run@ <i>Kristine Zabala</i>	9:30-10:15 MS * Cardio Sculpt <i>Sandy Wasserbach</i>	10:00-10:45 TR * Precision Run@ <i>Jake White</i>
9:15-10:00 MS * Lower Body Blast <i>Kristine Zabala</i>	7:15-8:00 YS * Pilates Mat <i>Ella Cuda</i>	9:15-10:00 MS * Stacked <i>Sandy Wasserbach</i>	7:15-8:00 YS * Pilates Fusion <i>Sharmanie Esin</i>	9:15-9:45 MS * Lower Body Blast <i>Kristine Zabala</i>	9:45-10:30 TR * Precision Run@ <i>Nat Mitchell</i>	10:15-11:00 MS * Rounds: Boxing <i>Kat Sterling</i>
9:30-10:15 YS * Pilates Mat <i>Zha Dadson</i>	9:15-10:05 MS * Rhythmic Sculpt <i>Morgan Kirner</i>	9:30-10:30 YS * Vinyasa Yoga <i>Elana Stern</i>	9:15-10:00 MS * Cardio Sculpt <i>Sandy Wasserbach</i>	9:30-10:15 YS * Pilates Fusion <i>Zha Dadson</i>	10:00-10:45 CS * Beats Ride <i>Kelsie Daniels</i>	10:30-11:00 CS * Beats Ride <i>Meg Mauro</i>
10:45-11:30 YS * Barre <i>Daniella Zolotnitsky</i>	9:30-10:15 YS * Barre <i>Stefanie Eris</i>	10:45-11:30 YS * Pilates Fusion <i>Hannah Bornstein</i>	9:30-10:15 YS * Barre <i>Annalisa DeFeo</i>	9:45-10:05 MS * Upper Body Pump <i>Kristine Zabala</i>	10:15-11:15 YS * Vinyasa Yoga <i>Danielle Forrestal</i>	10:45-11:45 YS * Vinyasa Yoga <i>Kara Pell</i>
12:15-1:00 MS * MetCon Monday <i>Sandy Wasserbach</i>	10:45-11:45 YS * Vinyasa Yoga <i>Stefanie Eris</i>	12:15-1:00 MS * Circuit Training <i>Jordyn Hnasko</i>	10:45-11:45 YS * Vinyasa Yoga <i>Lindsay Dombrowski</i>	10:45-11:30 YS * Barefoot Sculpt <i>Annalisa DeFeo</i>	10:30-11:15 MS * MetCon3 <i>Maya Abrahamian</i>	12:15-1:00 MS * Cardio Sculpt <i>Anna Caccavaro</i>
12:30-1:15 YS * Pilates Fusion <i>Chandler Liberio</i>	12:00-12:45 TR * Precision Run@ <i>Jake White</i>	12:30-1:15 YS * Barre <i>Annalisa DeFeo</i>	12:00-12:45 TR * Precision Run@ <i>Sandy Wasserbach</i>	12:15-1:00 MS * Athletic Conditioning <i>Carly Rubenstein</i>	11:30-12:15 YS * Barre <i>Kelsie Daniels</i>	5:00-6:00 YS * Slow Flow Yoga (HEATED) <i>Lindsay Dombrowski</i>
4:30-5:15 MS * Tabata Max <i>Sandy Wasserbach</i>	12:15-1:00 YS * Barefoot Sculpt <i>Hannah Bornstein</i>	4:30-5:00 MS * Upper Body Pump <i>Sandy Wasserbach</i>	12:15-1:00 YS * Pilates Fusion <i>Ella Cuda</i>	12:30-1:30 YS * Yin Yoga (HEATED) <i>Jule Lane</i>	12:00-12:45 MS * Cardio Dance <i>Anna Caccavaro</i>	
4:45-5:30 YS * Pilates Mat (HEATED) <i>Chandler Liberio</i>	12:30-1:15 MS * Tabata Max <i>Carly Rubenstein</i>	4:45-5:30 YS * Pilates Mat <i>Chandler Liberio</i>	12:30-1:15 MS * Stacked <i>Nat Mitchell</i>	4:30-5:15 YS * Pilates Mat (HEATED) <i>Sharmanie Esin</i>	1:00-1:45 YS * Pilates Fusion (HEATED) <i>Lillian Walton-Masters</i>	
5:45-6:30 MS * Athletic Conditioning <i>Christopher De Jesus</i>	4:30-5:15 YS * Barre <i>Morgan Kirner</i>	5:00-5:15 MS * Best Abs Ever <i>Sandy Wasserbach</i>	4:30-5:15 YS * Barre <i>Stephanie Yonkovich</i>	6:00-7:00 YS * Slow Flow Yoga (HEATED) <i>Jamie Merwin</i>	4:00-5:15 YS * Weekend Wind Down Yoga (HEATED) <i>Lisa Alfieri</i>	
5:45-6:30 YS * Barefoot Sculpt (HEATED) <i>Adina Goldstein</i>	5:30-6:30 YS * Power Vinyasa <i>Brian Love</i>	5:45-6:30 MS * Circuit Training <i>Jake White</i>	5:30-6:30 YS * Vinyasa Yoga <i>Bre Broderick</i>			
6:00-6:45 TR * Precision Run@ <i>Jake White</i>	5:45-6:30 MS * Athletic Conditioning <i>Kim Harari</i>	5:45-6:30 YS * Barre <i>Kelsie Daniels</i>	5:45-6:30 MS * MetCon3 <i>Kat Sterling</i>			
6:30-7:15 CS * Beats Ride <i>Jordyn Jenkins</i>	6:15-7:00 CS * Beats Ride <i>Katie Schlesinger</i>	6:00-6:45 TR * Precision Run@ <i>Sandy Wasserbach</i>	6:15-7:00 CS * Beats Ride <i>Kayla Ferst</i>			
7:00-7:45 MS * Rounds: Boxing <i>Kim Harari</i>	6:45-7:30 MS * Rounds: Boxing <i>Brett Rosoff-Verbit</i>	6:30-7:00 CS * Beats Ride <i>Susannah Greenwood</i>	6:45-7:30 MS * Rounds: Boxing <i>Kat Sterling</i>			
7:00-8:00 YS * Hatha Yoga (HEATED) <i>Jamie Merwin</i>	6:45-7:30 YS * Pilates Fusion <i>Lillian Walton-Masters</i>	7:00-7:45 MS * Cardio Dance <i>Alanna Palombo</i>	6:45-7:30 YS * Pilates Mat <i>Lillian Walton-Masters</i>			
		7:00-8:00 YS * Power Vinyasa (HEATED) <i>Bre Broderick</i>				

# EQUINOX

## RITTENHOUSE

1907 Walnut Street

PHILADELPHIA PA 19103

EQUINOX.COM

@EQUINOX

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

**FRI** 05:00 AM 09:00 PM

**SAT-SUN** 07:00 AM 08:00 PM

### GROUP FITNESS MANAGER

sandy.wasserbach@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 + 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.

## Running

**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

**Hatha Yoga (HEATED)** A classic take on a physical yoga practice— without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.

**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.

**Slow Flow Yoga (HEATED)** 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 (HEATED)** 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.

**Yin Yoga (HEATED)** Releasing tension through prolonged poses, this heated, open class targets deep connective tissue to help open your hips, pelvis, and lower back.

## 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.

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

**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.

**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.

## Barre

**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.

## 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 Mat (HEATED)** 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.

## 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.

## Sculpt

**Barefoot Sculpt** A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

**Barefoot Sculpt (HEATED)** 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.

**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.

**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.