

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 YS * <b>Pilates Fusion</b> <b>Molly Reilly</b>	6:00-6:30 MS * Best Butt Ever <i>Anna Caccavaro</i>	6:00-6:45 YS * <b>Athletic Stretch (Heated)</b> <b>BB Arrington</b>	6:00-6:45 MS * Stronger <i>Carly Rubenstein</i>	6:00-6:45 YS * True Barre (Heated) <i>Stefanie Eris</i>	8:00-8:45 YS * Pilates Fusion <i>Annalisa DeFeo</i>	8:45-9:30 MS * Cardio Boxing <i>Kim Harari</i>
6:15-7:00 MS * MetCon Monday <i>Jake White</i>	6:00-6:45 YS * Barefoot Sculpt (Heated) <i>Ella Cuda</i>	6:15-7:00 MS * Core6 <i>Jacques Mitchell</i>	6:00-6:45 YS * Barefoot Sculpt (Heated) <i>Ella Cuda</i>	6:15-7:00 MS * Circuit Training <i>Jacques Mitchell</i>	8:15-9:00 CS * Beats Ride <i>Sandy Wasserbach</i>	8:45-9:30 YS * Pilates Fusion <i>Lillian Walton-Masters</i>
7:00-7:45 CS * Beats Ride <i>Stephanie Ochabillo</i>	6:30-7:00 MS * Best Abs Ever <i>Anna Caccavaro</i>	7:00-7:45 CS * Beats Ride <i>Mike Peterson</i>	7:00-7:45 CS * Beats Ride <i>Carly Rubenstein</i>	7:00-7:45 CS * Beats Ride <i>Alanna Palombo</i>	8:30-9:15 MS * Stronger <i>Nat Mitchell</i>	9:00-9:45 PD * Swim: Pro (L2) <i>Joseph Sigismondo</i>
7:00-7:45 YS * Vinyasa Yoga (Heated) <i>Elana Stern</i>	7:00-7:45 CS * Beats Ride <i>Meg Mauro</i>	7:00-7:45 YS * True Barre <i>Adina Goldstein</i>	7:15-8:00 MS * MetCon3 <i>Jacques Mitchell</i>	7:00-8:00 YS * Vinyasa Yoga (Heated) <i>Stefanie Eris</i>	9:00-9:45 YS * True Barre <i>Daniella Zolotnitsky</i>	9:45-10:30 CS * Beats Ride <i>Kenny Caterina</i>
7:30-8:15 TR * Precision Run@ <i>Jake White</i>	7:15-8:00 MS * Stacked <i>Sandy Wasserbach</i>	7:30-8:15 TR * Precision Run@ <i>Jake White</i>	7:15-8:15 YS * Power Vinyasa (Heated) <i>Ella Cuda</i>	7:15-8:00 MS * Pilates Mat <i>Hannah Harper</i>	9:30-10:15 MS * Cardio Sculpt <i>Sandy Wasserbach</i>	9:45-10:30 YS * True Barre <i>Hannah Harper</i>
8:15-9:00 MS * Stronger <i>Sandy Wasserbach</i>	7:15-8:00 YS * Pilates Mat (Heated) <i>Ella Cuda</i>	8:00-8:45 PD * Swim: Basics <i>Sophie Clarkowski</i>	9:15-10:00 MS * Cardio Sculpt <i>Anna Caccavaro</i>	9:15-9:45 MS * Best Butt Ever <i>Jake White</i>	9:30-10:15 TR * Precision Run@ <i>Nat Mitchell</i>	10:00-10:45 TR * Precision Run@ <i>Lillian Walton-Masters</i>
9:30-10:15 YS * <b>Pilates at the Barre</b> <b>BB Arrington</b>	9:15-10:00 MS * Cardio Sculpt <i>Morgan Kirner</i>	8:15-9:00 YS * True Barre: Bala Bangle <i>Hannah Harper</i>	9:30-10:15 YS * True Barre: Bala Bangle <i>Annalisa DeFeo</i>	9:30-10:15 YS * Pilates Fusion <b>BB Arrington</b>	10:00-10:45 CS * Beats Ride <i>Mike Peterson</i>	10:15-11:00 MS * Stacked <i>Kim Harari</i>
10:45-11:30 YS * Barefoot Sculpt <b>BB Arrington</b>	9:30-10:15 YS * True Barre: Bala Bangle <i>Stefanie Eris</i>	9:15-10:00 MS * Stacked <i>Carly Rubenstein</i>	10:45-11:45 YS * Vinyasa Yoga <i>Lindsay Dombrowski</i>	10:45-11:30 YS * True Barre <i>Annalisa DeFeo</i>	10:15-11:15 YS * Vinyasa Yoga <i>Peter Reyes</i>	11:00-12:00 YS * Vinyasa Yoga <i>Chali Cooke</i>
12:15-12:45 MS * Upper Body Pump <i>Sandy Wasserbach</i>	10:45-11:45 YS * Vinyasa Yoga <i>Stefanie Eris</i>	9:30-10:15 YS * Pilates Mat <i>Lismari Rosario</i>	12:15-1:00 YS * Pilates Fusion <i>Hannah Bornstein</i>	12:15-1:00 MS * <b>Stronger</b> <b>Carly Rubenstein</b>	10:30-11:15 MS * MetCon3 <i>Nat Mitchell</i>	11:30-12:00 MS * Upper Body Pump <i>Jacques Mitchell</i>
12:30-1:15 YS * Pilates Fusion <i>Chandler Liberio</i>	12:15-1:00 YS * Barefoot Sculpt <i>Hannah Bornstein</i>	10:45-11:30 YS * Pilates Fusion <i>Hannah Bornstein</i>	12:30-1:00 MS * Upper Body Pump <i>Nat Mitchell</i>	12:30-1:30 YS * Power Vinyasa (Heated) <i>Brian Love</i>	11:30-12:15 YS * Pilates Fusion <i>BB Arrington</i>	12:00-12:30 MS * Best Abs Ever <i>Jacques Mitchell</i>
12:45-1:15 MS * Best Abs Ever <i>Sandy Wasserbach</i>	12:30-1:00 MS * Best Butt Ever <i>Jake White</i>	12:15-1:00 MS * True Barre: Bala Bangle <i>Hannah Bornstein</i>	1:00-1:30 MS * Best Abs Ever <i>Nat Mitchell</i>	4:30-5:15 MS * Barefoot Sculpt (Heated) <i>Daniella Zolotnitsky</i>	12:00-12:45 MS * Stronger <i>Anna Caccavaro</i>	12:30-1:15 YS * Pilates Mat <i>Lismari Rosario</i>
4:30-5:00 MS * Upper Body Pump <i>Nat Mitchell</i>	1:00-1:30 MS * Best Abs Ever <i>Jake White</i>	12:30-1:15 YS * True Barre <i>Annalisa DeFeo</i>	4:30-5:15 MS * Stronger <i>Anna Caccavaro</i>	4:30-5:15 YS * True Barre: Bala Bangle <i>Stefanie Eris</i>	1:00-1:45 MS * Cardio Dance <i>Marcel Vilonel</i>	4:00-4:45 YS * Sonic Meditation <i>Lindsay Dombrowski</i>
4:45-5:30 YS * Pilates Rise (Heated) <i>Hannah Harper</i>	4:30-5:15 MS * Pilates Mat <i>Isabelle Tan</i>	4:30-5:15 MS * Best Butt Ever <i>Sandy Wasserbach</i>	4:30-5:15 YS * True Barre: Bala Bangle <i>Stefanie Eris</i>	5:30-6:15 MS * Core6 <i>Sandy Wasserbach</i>	2:00-2:30 YS * Athletic Stretch (Heated) <i>Jen Kranjec</i>	5:00-6:00 YS * Slow Flow Yoga (Heated) <i>Lindsay Dombrowski</i>
5:00-5:30 MS * Best Abs Ever <i>Nat Mitchell</i>	4:30-5:15 YS * True Barre <i>Morgan Kirner</i>	4:45-5:30 YS * Pilates Mat <i>Chandler Liberio</i>	5:30-6:15 PD * Swim: Skills + Drills <i>Heather Urban</i>	6:00-7:00 YS * Yin Yoga (Heated) <i>Jamie Merwin</i>	2:30-3:00 YS * Meditation (Heated) <i>Jen Kranjec</i>	
5:45-6:30 MS * MetCon Monday <i>Kim Harari</i>	5:30-6:15 TR * Precision Run@ <i>Carly Rubenstein</i>	5:45-6:30 MS * Ropes and Rowers <i>Jake White</i>	5:30-6:30 YS * Vinyasa Yoga (Heated) <i>Stefanie Eris</i>			
5:45-6:30 YS * True Barre (Heated) <i>Adina Goldstein</i>	5:30-6:30 YS * Power Vinyasa (Heated) <i>Brian Love</i>	5:45-6:30 YS * Barefoot Sculpt <b>Alanna Palombo</b>	5:45-6:35 MS * 360 Strength <i>Jacques Mitchell</i>			
6:00-6:45 TR * Precision Run@ <i>Jake White</i>	5:45-6:30 MS * Stronger <i>Kim Harari</i>	6:00-6:45 TR * Precision Run@ <i>Sandy Wasserbach</i>	6:15-7:00 CS * Beats Ride <i>Jordyn Jenkins</i>			
6:30-7:15 CS * Beats Ride <i>Kayla Ferst</i>	6:15-7:00 CS * Beats Ride <i>Katie Schlesinger</i>	6:30-7:15 CS * Beats Ride <i>Susannah Greenwood</i>	6:45-7:30 YS * Pilates Rise <i>Isabelle Tan</i>			
7:00-7:50 MS * 360 Strength <i>Kim Harari</i>	6:45-7:30 PD * Swim: Basics <i>Heather Urban</i>	7:00-7:45 MS * Stronger <i>Anna Caccavaro</i>	7:00-7:45 MS * Cardio Boxing <i>Jacques Mitchell</i>			
7:00-8:00 YS * Power Vinyasa (Heated) <i>Chali Cooke</i>	6:45-7:30 YS * Pilates Rise <i>Morgan Kirner</i>	7:00-8:00 YS * Restorative Yoga (Heated) <i>Jamie Merwin</i>				
	7:00-7:45 MS * Cardio Dance <i>Marcel Vilonel</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

**PD** Pool Deck

## 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.

## **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**

**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.

**Restorative Yoga** A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

**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.

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

## **Hiit**

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

**Core6** Train your center from every angle. Explore six distinct core pathways using SandBells and bodyweight. This structured interval flow with bursts of high intensity will build a stronger, more resilient foundation that supports your every movement inside and outside the club. 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.

## **Barre**

**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.

**True Barre: Bala Bangle** This sculpt 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.

## **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.

**Pilates at the Barre** Pilates amplified with resistance. Sculpt and strengthen using our signature anchored bands to unlock stability and connection. Target muscles with intention, build functional strength, and challenge your core. 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**

**Cardio Boxing** Get your heart rate up with this intense, no-contact boxing workout. Punch, push up, squat, and lunge your way through a high-energy cardio experience set to heart-thumping music.

## **Swim**

**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: Pro** Test your limits in an intermediate/advanced team-based swim class. Train all 4 strokes like a pro, focusing on technique, form, and stamina. Must be able to swim 100 yards continuously. Swim cap and goggles required.

**Swim: Skills + Drills** Build upon your freestyle as you learn new skills, drills and strokes. Must be able to swim 25 yds continuous. An Equinox exclusive. Swim cap and goggles are required.

## **Regeneration**

**Athletic Stretch** Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

**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**

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

**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.

## **Strength**

**360 Strength** Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, ViPR, and dynamic full-body exercises. An Equinox exclusive.

**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.

**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.

**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.

**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.