

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>Sharmenie Esin</i>	8:30-9:15 YS * Pilates Fusion <i>Lillian Walton-Masters</i>
6:30-7:15 CS * Beats Ride <i>Stephanie Ochabillo</i>	6:00-6:45 YS * Barefoot Sculpt <i>Danielle Forrestal</i>	6:00-6:45 YS * Vinyasa Yoga <i>Bre Broderick</i>	6:00-6:45 YS * Barre <i>Daniella Zolotnitsky</i>	6:00-6:45 YS * Barre (HEATED) <i>Stefanie Eris</i>	8:15-9:00 CS * Beats Ride <i>Sandy Wasserbach</i>	9:00-9:45 CS * Beats Ride <i>Meg Mauro</i>
7:00-8:15 YS * Power Vinyasa <i>Kara Pell</i>	7:00-7:45 CS * Beats Ride <i>Meg Mauro</i>	6:30-7:15 CS * Beats Ride <i>Mike Peterson</i>	7:00-7:45 CS * Beats Ride <i>Carly Rubenstein</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>
7:30-8:15 TR * Precision Run@ <i>Jake White</i>	7:00-7:45 MS * Stacked <i>Sandy Wasserbach</i>	7:00-7:45 YS * Barre <i>Adina Goldstein</i>	7:00-7:45 MS * MetCon3 <i>Maya Abrahamian</i>	7:00-7:45 MS * Pilates Mat <i>Hannah Blank</i>	9:00-9:45 YS * Barre <i>Daniella Zolotnitsky</i>	9:45-10:30 YS * Barre <i>Hannah Blank</i>
9:15-10:00 MS * Lower Body Blast <i>Kristine Zabala</i>	7:15-8:00 YS * Pilates Mat <i>Ella Cuda</i>	7:30-8:15 TR * Precision Run@ <i>Kristine Zabala</i>	7:15-8:00 YS * Pilates Fusion <i>Sharmenie Esin</i>	7:00-8:00 YS * Vinyasa Yoga (HEATED) <i>Stefanie Eris</i>	9:30-10:15 MS * Cardio Sculpt <i>Sandy Wasserbach</i>	10:00-10:45 TR * Precision Run@ <i>Jake White</i>
9:30-10:15 YS * Pilates Mat <i>Zha Dadson</i>	9:15-10:05 MS * Rhythmic Sculpt <i>Morgan Kirner</i>	9:15-10:00 MS * Stacked <i>Carly Rubenstein</i>	9:15-10:00 MS * Cardio Sculpt <i>Sandy Wasserbach</i>	7:30-8:15 TR * Precision Run@ <i>Kristine Zabala</i>	9:45-10:30 TR * Precision Run@ <i>Nat Mitchell</i>	10:15-11:05 MS * Rounds: Boxing <i>Kat Sterling</i>
10:45-11:30 YS * Barre <i>Daniella Zolotnitsky</i>	9:30-10:15 YS * Barre <i>Stefanie Eris</i>	9:30-10:30 YS * Vinyasa Yoga <i>Elana Stern</i>	9:30-10:15 YS * Barre <i>Annalisa DeFeo</i>	9:15-10:00 MS * Lower Body Blast <i>Kristine Zabala</i>	10:00-10:45 CS * Beats Ride <i>Kelsie Daniels</i>	10:30-11:15 CS * Beats Ride <i>Meg Mauro</i>
12:15-1:00 MS * MetCon Monday <i>Sandy Wasserbach</i>	10:45-11:45 YS * Vinyasa Yoga <i>Stefanie Eris</i>	10:45-11:30 YS * Pilates Fusion <i>Hannah Bornstein</i>	10:45-11:45 YS * Vinyasa Yoga <i>Lindsay Dombrowski</i>	9:30-10:15 YS * Pilates Fusion <i>Zha Dadson</i>	10:15-11:15 YS * Vinyasa Yoga <i>Danielle Forrestal</i>	10:45-11:45 YS * Vinyasa Yoga <i>Kara Pell</i>
12:30-1:15 YS * Pilates Fusion <i>Chandler Liberio</i>	12:00-12:45 TR * Precision Run@ <i>Jake White</i>	12:15-1:00 MS * Circuit Training <i>Jordyn Hnasko</i>	12:00-12:45 TR * Precision Run@ <i>Sandy Wasserbach</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>
4:30-5:15 MS * Tabata Max <i>Sandy Wasserbach</i>	12:15-1:00 YS * Barefoot Sculpt <i>Hannah Bornstein</i>	12:30-1:15 YS * Barre <i>Annalisa DeFeo</i>	12:15-1:00 YS * Pilates Fusion <i>Ella Cuda</i>	12:15-1:00 MS * Athletic Conditioning <i>Carly Rubenstein</i>	11:30-12:15 YS * Barre <i>Kelsie Daniels</i>	12:30-1:15 YS * Pilates Mat <i>Lillian Walton-Masters</i>
4:45-5:30 YS * Pilates Mat (HEATED) <i>Chandler Liberio</i>	12:30-1:15 MS * Tabata Max <i>Carly Rubenstein</i>	4:30-5:15 MS * Best Butt Ever <i>Sandy Wasserbach</i>	12:30-1:15 MS * Stacked <i>Nat Mitchell</i>	12:30-1:30 YS * Yin Yoga (HEATED) <i>Jule Lane</i>	12:00-12:45 MS * Cardio Dance <i>Anna Caccavaro</i>	5:00-6:00 YS * Slow Flow Yoga (HEATED) <i>Lindsay Dombrowski</i>
5:45-6:30 MS * Athletic Conditioning <i>Christopher De Jesus</i>	4:30-5:15 MS * Pilates Mat <i>Ella Cuda</i>	4:45-5:30 YS * Pilates Mat <i>Chandler Liberio</i>	4:30-5:15 YS * Barre <i>Stephanie Yonkovich</i>	4:30-5:15 YS * Pilates Mat (HEATED) <i>Sharmenie Esin</i>	1:00-1:45 YS * Pilates Fusion (HEATED) <i>Lillian Walton-Masters</i>	
5:45-6:30 YS * Barefoot Sculpt (HEATED) <i>Adina Goldstein</i>	4:30-5:15 YS * Barre <i>Morgan Kirner</i>	5:45-6:30 MS * Circuit Training <i>Jake White</i>	5:30-6:30 YS * Vinyasa Yoga <i>Bre Broderick</i>	6:00-7:00 YS * Yin Yoga Meditation (HEATED) <i>Jamie Merwin</i>		
6:00-6:45 TR * Precision Run@ <i>Jake White</i>	5:30-6:30 YS * Power Vinyasa <i>Brian Love</i>	5:45-6:30 YS * Barre <i>Kelsie Daniels</i>	5:45-6:30 MS * MetCon3 <i>Kat Sterling</i>		4:00-5:15 YS * Weekend Wind Down Yoga (HEATED) <i>Lisa Alfieri</i>	
6:30-7:15 CS * Beats Ride <i>Jordyn Jenkins</i>	5:45-6:30 MS * Athletic Conditioning <i>Kim Harari</i>	6:00-6:45 TR * Precision Run@ <i>Sandy Wasserbach</i>	6:15-7:00 CS * Beats Ride <i>Kayla Ferst</i>			
7:00-7:50 MS * Rounds: Boxing <i>Kim Harari</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 Mat <i>Lillian Walton-Masters</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>	7:00-7:45 MS * Cardio Boxing <i>Kat Sterling</i>			
	7:00-7:50 MS * Rounds: Boxing <i>Brett Rosoff-Verbit</i>	7:00-8:00 YS * Power Vinyasa (HEATED) <i>Bre Broderick</i>				

EQUINOX

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EQUINOX.COM

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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 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.

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 (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.

Yin Yoga Meditation (HEATED) A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.

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.

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.

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.

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.

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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. **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.

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.