

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 BA * Barre <i>Kara Laramie</i>	6:00-6:45 YS * Pilates Fusion (HEATED) <i>Kara Laramie</i>	6:00-6:45 BA * Trilogy Barre <i>Jenny Lingenfelter</i>	6:00-6:45 YS * Pilates Fusion (HEATED) <i>Erica Dutton</i>	6:00-6:45 YS * Off the Barre (HEATED) <i>Jenny Lingenfelter</i>	8:00-8:45 MS * MetCon3 <i>Brittanie Chin-Merkerson</i>	8:30-9:15 CS * Beats Ride <i>Kara Laramie</i>
6:15-7:05 MS * Whipped! <i>Erica Jones</i>	6:15-7:00 CS * Beats Ride <i>Erica Jones</i>	6:15-7:00 MS * MetCon3 <i>Erica Jones</i>	6:15-7:00 CS * Beats Ride <i>Allyson Rosman</i>	6:15-7:00 MS * Stronger <i>Brittanie Chin-Merkerson</i>	8:15-9:00 CS * Beats Ride <i>Chrissy McGarry</i>	9:00-9:45 MS * Stronger <i>Lisa Butler</i>
8:15-9:00 MS * Best Butt Ever <i>Chrissy McGarry</i>	6:15-7:00 MS * Stacked <i>Lauren Page</i>	8:15-9:00 MS * Body Sculpt <i>Lisa Butler</i>	6:15-7:00 MS * Athletic Conditioning <i>Lisa Butler</i>	8:30-9:15 CS * Beats Ride <i>Lisa Butler</i>	8:30-9:30 YS * Slow Flow Yoga <i>Catherine Leverett</i>	9:30-10:15 BA * Barre <i>Kara Laramie</i>
8:30-9:15 CS * Beats Ride <i>Lisa Butler</i>	8:45-9:30 YS * Off the Barre (HEATED) <i>Kara Laramie</i>	8:30-9:15 CS * Beats Ride <i>Chrissy McGarry</i>	8:45-9:30 BA * Barre <i>Kara Laramie</i>	8:30-9:20 TR * Precision Run® <i>Chrissy McGarry</i>	8:45-9:30 BA * Barre <i>Sam Cook</i>	9:45-10:30 TR * Precision Walk: Elevate <i>Jenny Lingenfelter</i>
9:15-10:05 YS * Sculpted Yoga™ <i>Erica Dutton</i>	9:15-10:00 MS * Body Sculpt <i>Erica Jones</i>	9:15-10:00 YS * Hatha Yoga <i>Rachel Vurpillat</i>	9:15-10:00 MS * Body Sculpt <i>Erica Dutton</i>	9:15-10:15 YS * Gentle Yoga <i>Erica Holm</i>	9:00-9:50 TR * Precision Run® <i>Brittanie Chin-Merkerson</i>	9:45-10:30 YS * Slow Flow Yoga (HEATED) <i>Nicole Yoder</i>
9:30-10:15 BA * Barre <i>Sitara Bird</i>	10:00-10:45 YS * Best Stretch Ever <i>Nicole Yoder</i>	9:30-10:15 BA * Barefoot Sculpt <i>Tyra Garcia-Garrison</i>	10:00-10:45 YS * Best Stretch Ever <i>Nicole Yoder</i>	9:30-10:15 BA * True Barre <i>Erica Dutton</i>	9:15-10:00 MS * Best Butt Ever <i>Chrissy McGarry</i>	10:00-10:45 MS * Body Sculpt <i>Lisa Butler</i>
9:30-10:15 MS * Cardio Sculpt <i>Lisa Butler</i>	10:15-11:00 BA * Pilates Mat <i>Erica Dutton</i>	9:30-10:00 MS * Upper Body Pump <i>Erica Jones</i>	10:15-11:00 BA * Pilates Mat <i>Kelsey Lewinski</i>	9:30-10:15 MS * Cardio Sculpt <i>Lisa Butler</i>	9:30-10:15 CS * Beats + Bands Ride <i>Lisa Butler</i>	10:30-11:30 BA * Pilates Mat <i>Emy Bezbatchesko</i>
10:30-11:15 YS * Barefoot Sculpt (HEATED) <i>Chrissy McGarry</i>	12:00-12:45 BA * Pilates Fusion <i>Kara Laramie</i>	10:00-10:30 MS * Best Abs Ever <i>Erica Jones</i>	12:00-12:50 YS * Sculpted Yoga™ <i>Erica Dutton</i>	10:15-10:30 MS * Best Abs Ever <i>Lisa Butler</i>	10:00-10:45 BA * Trilogy Barre <i>Jenny Lingenfelter</i>	10:45-11:30 YS * Best Stretch Ever <i>Nicole Yoder</i>
12:30-1:15 MS * Stronger <i>Erica Dutton</i>	4:45-5:30 YS * Sculpted Yoga™ <i>Rachel Shirey</i>	10:30-11:15 YS * Pilates Mat (HEATED) <i>Kelsey Lewinski</i>	4:45-5:30 YS * Pilates Fusion (HEATED) <i>Kara Laramie</i>	10:45-11:30 YS * Power Vinyasa (HEATED) <i>Rachel Vurpillat</i>	10:00-11:00 YS * Vinyasa Yoga (HEATED) <i>Natasha Baccari</i>	11:45-12:30 BA * Pilates Rise <i>Erica Dutton</i>
5:30-6:15 MS * MetCon Monday <i>Lauren Page</i>	5:30-6:15 BA * Barre Beyond <i>Sam Cook</i>	12:30-1:15 MS * MetCon3 <i>Abbie Jankelovitz</i>	5:30-6:15 MS * Pilates Fusion (HEATED) <i>Kara Laramie</i>	12:00-12:45 YS * Pilates Rise (HEATED) <i>Kara Laramie</i>	10:30-11:15 MS * Rounds: Boxing Circuit <i>Kurt Zaske</i>	3:00-4:00 YS * Weekend Wind Down Yoga <i>Linda Talakic</i>
5:30-6:30 YS * Vinyasa Yoga (HEATED) <i>Natasha Baccari</i>	5:30-6:15 MS * Stronger <i>Brittanie Chin-Merkerson</i>	5:30-6:15 MS * Rounds: Boxing <i>RKG</i>	5:30-6:15 MS * Cardio Sculpt <i>Abbie Jankelovitz</i>	12:30-1:15 MS * Stacked <i>Abbie Jankelovitz</i>	11:15-12:00 BA * Pilates Fusion <i>Jenny Lingenfelter</i>	
5:45-6:30 BA * Pilates Rise <i>Erica Dutton</i>	5:45-6:30 CS * Beats Ride <i>Maddy Weinert</i>	5:30-6:30 YS * Slow Flow Yoga <i>Selah Walker</i>	5:45-6:30 BA * Trilogy Barre <i>Jenny Lingenfelter</i>	5:15-6:00 BA * Pilates Fusion <i>Jenny Lingenfelter</i>	11:15-11:30 MS * Best Abs Ever <i>Kurt Zaske</i>	
6:00-6:45 CS * Beats Ride <i>Kara Laramie</i>	6:30-7:15 MS * Athletic Conditioning <i>Lisa Butler</i>	5:45-6:30 BA * Pilates Fusion <i>Erica Dutton</i>	6:30-7:30 YS * Hatha Yoga (HEATED) <i>Catherine Leverett</i>			
6:15-7:00 TR * Precision Run® <i>Ruthie Saxon</i>	6:30-7:30 YS * Vinyasa Yoga (HEATED) <i>Catherine Leverett</i>	6:00-6:50 CS * Precision Ride <i>Ruthie Saxon</i>				
7:00-7:45 YS * Pilates Mat (HEATED) <i>Emy Bezbatchesko</i>		6:30-7:15 MS * Best Butt Ever <i>Sam Cook</i>				
		7:00-8:00 YS * Vinyasa Yoga (HEATED) <i>Natasha Baccari</i>				

EQUINOX

BLOOMFIELD HILLS

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MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 08:00 PM

SAT-SUN 07:00 AM 07:00 PM

Kids

MON-SUN 08:00 AM 01:00 PM

GROUP FITNESS MANAGER

alie.lukosavich@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

BA Barre 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.

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 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.

Precision Walk: Elevate A treadmill climbing workout that challenges your ability across a variety of inclines. Personalize your pace, put a little performance in your walk and improve your cardiovascular endurance. An Equinox exclusive. Bring headphones.

Yoga

Gentle Yoga A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.

Hatha Yoga 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.

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 (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.

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.

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 (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.

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.

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

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 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.

Off the Barre (HEATED) This heated 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 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.

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.

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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.

Rounds: Boxing Circuit Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in an authentic boxing circuit as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

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.

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.

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.

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.

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.