

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 BA * <i>Kara Laramie</i>	6:00-6:45 YS * Pilates Fusion (HEATED) <i>Kara Laramie</i>	6:00-6:45 BA * Pilates Rise <i>Jenny Lingenfelter</i>	6:00-6:45 YS * Pilates Fusion (HEATED) <i>Erica Dutton</i>	6:00-6:50 BA * True Barre <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 * <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>Ruthie Saxon</i>	6:15-7:00 MS * Stronger <i>Alie Lukosavich</i>	8:15-9:00 CS * Beats Ride <i>Alie Lukosavich</i>	9:00-9:45 MS * Stronger <i>Lisa Butler</i>
8:15-9:00 MS * Best Butt Ever <i>Alie Lukosavich</i>	6:15-7:00 MS * Tabata Max <i>Lauren Page</i>	8:15-9:00 MS * Sculpt <i>Lisa Butler</i>	6:15-7:00 MS * Ropes and Rowers <i>Lisa Butler</i>	8:30-9:15 CS * Cycle Power <i>Lisa Butler</i>	8:30-9:30 YS * Vinyasa Yoga (HEATED) <i>Natasha Baccari</i>	9:30-10:15 BA * Barre <i>Kara Laramie</i>
8:30-9:20 CS * Precision Ride <i>Lisa Butler</i>	7:15-8:00 MS * Stronger <i>Erica Jones</i>	8:30-9:15 CS * Beats Ride <i>Alie Lukosavich</i>	7:15-8:00 MS * Stronger <i>Lisa Butler</i>	8:30-9:20 TR * Precision Run@ <i>Alie Lukosavich</i>	8:45-9:30 BA * Barre <i>Sam Cook</i>	9:45-10:30 YS * Slow Flow Yoga (HEATED) <i>Nicole Yoder</i>
9:15-10:05 YS * Sculpted Yoga™ <i>Erica Dutton</i>	8:45-9:30 BA * Barre <i>Kara Laramie</i>	9:15-10:00 YS * Hatha Yoga <i>Rachel Vurpillat</i>	8:45-9:30 BA * Barre <i>Kara Laramie</i>	9:15-10:15 YS * Gentle Yoga <i>Erica Holm</i>	9:00-9:50 TR * Outdoor Run Club <i>Ruthie Saxon Rachel Crane</i>	10:00-10:45 MS * Sculpt <i>Lisa Butler</i>
9:30-10:15 BA * <i>Sitara Bird</i>	9:15-10:00 MS * Sculpt <i>Erica Jones</i>	9:30-10:15 BA * Barre Beyond <i>Alie Lukosavich</i>	9:15-10:00 MS * Best Butt Ever <i>Erica Dutton</i>	9:30-10:15 BA * True Barre <i>Erica Dutton</i>	9:15-10:00 MS * Best Butt Ever <i>Alie Lukosavich</i>	10:30-11:30 BA * Pilates Mat <i>Emy Bezbatchenko</i>
9:30-10:15 MS * Cardio Sculpt <i>Lisa Butler</i>	10:00-10:45 YS * Best Stretch Ever <i>Nicole Yoder</i>	9:30-10:00 MS * Upper Body Pump <i>Erica Jones</i>	10:00-10:45 YS * Best Stretch Ever <i>Nicole Yoder</i>	9:30-10:15 MS * Cardio Sculpt <i>Lisa Butler</i>	9:30-10:15 CS * Beats + Bands Ride <i>Lisa Butler</i>	10:45-11:30 YS * Best Stretch Ever <i>Nicole Yoder</i>
10:30-11:15 YS * Barefoot Sculpt (HEATED) <i>Alie Lukosavich</i>	10:15-11:00 BA * Pilates Mat <i>Erica Dutton</i>	10:00-10:30 MS * Best Abs Ever <i>Erica Jones</i>	10:15-11:00 BA * Pilates Mat <i>Kelsey Lewinski</i>	10:15-10:30 MS * Best Abs Ever <i>Lisa Butler</i>	10:00-10:45 BA * Trilogy Barre <i>Jenny Lingenfelter</i>	11:45-12:30 BA * Pilates Rise <i>Erica Dutton</i>
12:30-1:15 MS * Stacked <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>	12:00-12:50 YS * Sculpted Yoga™ <i>Erica Dutton</i>	10:45-11:30 YS * Power Vinyasa (HEATED) <i>Rachel Vurpillat</i>	10:00-11:00 YS * Slow Flow Yoga <i>Amina Daniels</i>	3:00-4:00 YS * Weekend Wind Down Yoga <i>Linda Talakic</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 BA * Barefoot Sculpt <i>Amina Daniels</i>	4:45-5:30 YS * 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>	
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 BA * True Barre <i>Jenny Lingenfelter</i>	12:30-1:15 MS * MetCon3 <i>Abbie Jankelovitz</i>	11:15-12:00 BA * Pilates Fusion <i>Jenny Lingenfelter</i>	
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7:00-7:45 YS * Pilates Mat (HEATED) <i>Emy Bezbatchenko</i>	6:30-7:30 YS * Vinyasa Yoga (HEATED) <i>Catherine Leverett</i>	6:00-6:50 CS * Precision Ride <i>Ruthie Saxon</i>	6:30-7:15 BA * Barefoot Sculpt <i>Rachel Shirey</i>			
		6:30-7:15 MS * Best Butt Ever <i>Sam Cook</i>	6:30-7:30 YS * Hatha Yoga (HEATED) <i>Catherine Leverett</i>			
		7:00-8:00 YS * Vinyasa Yoga (HEATED) <i>Natasha Baccari</i>				

EQUINOX

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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.

Cycle Power A metrics-driven cycling workout that uses the best-in-class Stages Console to measure your performance, motivate, and challenge you. Build cardio, strength, and endurance to music you love.

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

Outdoor Run Club Improve your pace, form, and endurance alongside your Equinox running community during this outdoor group running class. While we welcome runners of different levels, we suggest participants can complete a three-mile run. An Equinox Exclusive.

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

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

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.

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.

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.

TRX Max A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging your core.

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.

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.

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.

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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.

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.

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.

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.