

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:15-8:05 MS* <i>Switch Up: Run + Strength</i> <i>Charlie Peters</i> <i>Stephane Anelli</i>	7:15-8:00 MS* MetCon3 <i>Hannah Wilkie</i>	7:00-7:50 PZ* Precision Run@ <i>Lucy Usher</i>	7:15-8:05 MS* Pilates Rise <i>Charlotte Alloway</i>	7:15-8:05 MS* <b>Stacked</b> <b>Vitor Metzker Fernandes</b>	10:30-11:15 MS* Pilates Mat <i>Leila Daaboul</i>
12:15-1:05 MS* MetCon Monday <i>Alex Rennie</i>	12:15-1:05 MS* Stronger <i>Hendrick Famutimi</i>	7:15-8:00 MS* Kettlebell Power <i>Hendrick Famutimi</i>	12:15-1:05 MS* <b>MetCon3</b> <b>Stephane Anelli</b>	12:15-12:45 MS* Upper Body Pump <b>Danni Berg</b>	11:30-12:20 MS* Athletic Conditioning <i>Shannon Belcastro</i>
1:15-2:00 MS* Pilates Mat <i>Rosalia Panepinto</i>	12:15-1:05 PZ* Precision Run@ <i>Nicky Lopez</i>	12:15-1:05 MS* Whipped! <i>Charlie Peters</i>	12:15-1:05 PZ* Precision Run@ <i>Deena Pierce</i>	12:45-1:05 MS* <b>Best Abs Ever</b> <b>Danni Berg</b>	12:30-1:15 MS* EQX Barre Burn <i>Eian Crockatt</i>
5:45-6:35 PZ* Precision Run@ <b>Deena Pierce</b>	1:15-2:15 MS* Vinyasa Yoga <i>Mira Khreino</i>	1:15-2:05 MS* Pilates Mat <i>Michelle Morrey</i>	1:15-2:15 MS* Sculpted Yoga™ <i>Nicola Coates</i>	5:30-6:30 MS* Yin Yoga <i>Ferdi Skoberla</i>	1:15-1:45 MS* Best Butt Ever <i>Eian Crockatt</i>
6:00-6:50 MS* Stronger <b>Charlie Peters</b>	5:40-6:30 MS* <b>Stacked</b> <b>Chelsea Labadini</b>	5:30-6:20 MS* MetCon3 <i>Charlie Peters</i>	5:40-6:30 MS* Stronger <b>Jesse Douglas Smith</b>	6:35-7:05 MS* Sound Meditation <i>Ferdi Skoberla</i>	2:00-3:15 MS* Vinyasa Yoga <b>Fredrik Underhaug</b>
7:00-8:00 MS* Yin Yoga <b>Diego Melo</b>	6:40-7:30 MS* Pilates Rise <i>Jordan Stanford</i>	6:35-7:35 MS* Vinyasa Yoga <i>Antonia Reed-Felstead</i>	6:40-7:40 MS* Vinyasa Yoga <i>Rose Firouzbakht</i>		

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# E by EQUINOX

## E ST. JAMES'S

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EQUINOX.COM  
@EQUINOX

**MON-THU** 06:00 AM 09:00 PM

**FRI** 06:00 AM 08:00 PM

**SAT** 08:00 AM 04:00 PM

## GROUP FITNESS MANAGER

charles.peters@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

**MS** Main Studio

**PZ** PR Zone

## CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

## 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.

**Switch Up: Run + Strength** Flip the switch between cardio and strength with this full body workout that takes you from treadmill to studio. Alternate between Precision Run treadmill intervals and Main Studio strength work for the ultimate time efficient workout. An Equinox exclusive.

## Yoga

**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.

**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.

## 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.

**Kettlebell Power** This total-body workout combines strength-focused compound movements, explosive power, and core conditioning. Learn how to safely navigate this classic modality with expert instruction.

**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

**EQX Barre Burn** This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

## Pilates

**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.

## Stretch and Recovery

**Sound Meditation** A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.

## Sculpt

**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.

**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.