

- Bold** New Class, Instructor, or Time
- ◆ Advance sign-up required

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00-6:45 CS ◆	Cycle Power <i>Jess Polcer</i>	5:30-6:15 CS ◆	Cycle Power <i>Jess Polcer</i>	6:00-6:45 CS ◆	Cycle Beats <i>Faith Aronson</i>	5:30-6:15 CS ◆	Cycle Power <i>Jess Polcer</i>	6:15-7:00 MS ◆	STRONG <i>Gabriel Hidalgo</i>	7:30-8:15 CS ◆	Cycle Beats <i>Jacob Eventoff</i>	7:45-8:30 CS ◆	Cycle Power <i>Jess Polcer</i>
6:15-7:00 MS ◆	Athletic Conditioning <i>Jill Lahmar</i>	6:30-7:15 MS ◆	Ropes and Rowers <i>Kelly Rasmussen</i>	6:15-7:00 MS ◆	MET CON3 <i>Jaren Mondry</i>	6:30-7:15 MS ◆	Stacked! <i>David Reyes</i>	6:30-7:15 YS ◆	Yoga Sculpt <i>Meghan Eckel</i>	7:45-8:30 YS ◆	Barre <i>Lisa Palmeri</i>	8:00-8:45 MS ◆	Best Butt Ever <i>Brianne Clancy</i>
7:00-8:00 YS ◆	Barre <i>Lisa Palmeri</i>	7:00-7:45 CS ◆	Cycle Beats <i>Allie Taylor Mannle</i>	7:00-8:00 YS ◆	Barre <i>Allie Taylor Mannle</i>	7:00-7:45 CS ◆	Cycle Beats <i>Jess Gray</i>	7:00-7:45 TR ◆	Tread and Shred <i>Jill Lahmar</i>	8:00-8:45 MS ◆	Athletic Conditioning <i>Jill Lahmar</i>	8:15-9:15 YS ◆	Barre <i>Lisa Palmeri</i>
7:45-8:30 MS ◆	STRONG <i>Jill Lahmar</i>	7:15-8:15 YS ◆	Vinyasa Yoga <i>Mike Cawley</i>	7:45-8:30 MS ◆	Master of One <i>Jaren Mondry</i>	7:15-8:15 YS ◆	Vinyasa Yoga <i>Mike Cawley</i>	7:30-8:15 MS ◆	Cardio Sculpt <i>Tracy Trubovich</i>	8:00-8:45 TR ◆	Precision Run® <i>Gabriel Hidalgo</i>	8:30-9:15 TR ◆	Precision Run® <i>Nicola Bam</i>
8:00-8:45 CS ◆	Cycle Beats <i>David Reyes</i>	8:00-8:45 MS ◆	Ropes and Rowers <i>Kelly Rasmussen</i>	8:00-8:45 CS ◆	Cycle Beats <i>Peter G</i>	8:00-8:45 MS ◆	STRONG <i>David Reyes</i>	8:00-8:45 CS ◆	Cycle Beats <i>Jacob Eventoff</i>	8:30-9:15 CS ◆	Cycle Beats <i>Jacob Eventoff</i>	8:45-9:30 CS ◆	Cycle Beats <i>Keri Harden</i>
8:15-9:00 TR ◆	Precision Run® <i>Jacob Eventoff</i>	8:30-9:15 CS ◆	Cycle Beats <i>Allie Taylor Mannle</i>	8:30-9:30 YS ◆	Barefoot Body Sculpt <i>Jill Lahmar</i>	8:15-9:00 TR ◆	Elevate <i>Jess Gray</i>	8:30-9:30 YS ◆	Barefoot Body Sculpt <i>Tracy Trubovich</i>	8:45-9:30 YS ◆	Barre <i>Lisa Palmeri</i>	9:15-10:00 MS ◆	Body Sculpt <i>Brianne Clancy</i>
8:30-9:30 YS ◆	Barre <i>Noel Rosenstein</i>	8:45-9:45 YS ◆	Pilates Fusion <i>Vicki Lopez</i>	8:45-9:30 TR ◆	Precision Run® <i>Vicki Lopez</i>	8:30-9:15 CS ◆	Cycle Beats <i>Sara Kalafa</i>	8:30-9:30 MS ◆	Elevate <i>Jaren Mondry</i>	9:00-9:45 MS ◆	MET CON3 <i>Gabriel Hidalgo</i>	9:45-10:30 CS ◆	Cycle Beats <i>Amanda Tighe</i>
9:00-9:45 MS ◆	Tabata Max <i>Jaren Mondry</i>	9:00-9:45 TR ◆	Elevate <i>Stephanie Shockley</i>	9:00-9:45 MS ◆	Whipped! <i>Kelly Rasmussen</i>	8:45-9:45 YS ◆	Regeneration Yoga <i>Vicki Lopez</i>	8:45-9:45 MS ◆	Cardio Kickboxing <i>Jill Lahmar</i>	9:00-9:45 MS ◆	Cycle Beats <i>Jill Lahmar</i>	9:45-10:30 TR ◆	Elevate <i>Keri Harden</i>
9:15-10:00 CS ◆	Cycle Beats <i>Jacob Eventoff</i>	9:15-10:00 MS ◆	STRONG <i>David Reyes</i>	9:15-10:00 CS ◆	Cycle Power <i>Story VonHolzhausen</i>	9:15-10:00 MS ◆	Tabata Max <i>Janine Trembicki</i>	9:30-10:15 CS ◆	Cycle Power <i>Amanda Borst</i>	9:30-10:15 TR ◆	Cycle Beats <i>Jacob Eventoff</i>	10:00-11:00 YS ◆	Pilates Fusion <i>Vicki Lopez</i>
10:00-11:00 YS ◆	Pilates Mat <i>Sara Kalafa</i>	9:45-10:30 CS ◆	Cycle Power <i>Amanda Borst</i>	9:45-10:30 TR ◆	Elevate <i>Gabriel Hidalgo</i>	9:45-10:30 CS ◆	Cycle Beats <i>David Reyes</i>	10:00-11:00 TR ◆	Barre <i>Diana Fonicello</i>	10:00-10:45 MS ◆	STRONG <i>Wilber Escobar</i>	10:45-11:15 MS ◆	Best Abs Ever <i>Amanda Tighe</i>
10:15-11:00 MS ◆	Athletic Conditioning <i>David Reyes</i>	10:30-11:15 MS ◆	Best Butt Ever <i>Stephanie Shockley</i>	10:00-11:00 YS ◆	Pilates Fusion <i>Vicki Lopez</i>	10:15-11:15 MS ◆	Precision Run® <i>Vicki Lopez</i>	10:15-11:00 MS ◆	STRONG <i>Jaren Mondry</i>	10:45-11:45 YS ◆	Vinyasa Yoga <i>Lisa Giordano</i>	11:30-12:30 YS ◆	Athletic Yoga <i>Annie Leeks</i>
11:30-12:15 MS ◆	Athletic Stretch <i>Stephanie Shockley</i>	10:45-11:45 YS ◆	Off The Barre <i>Brianne Clancy</i>	10:15-11:00 MS ◆	Cardio Sculpt <i>Jill Lahmar</i>	12:00-1:00 YS ◆	Regeneration Yoga <i>Vicki Lopez</i>	12:00-1:00 YS ◆	Studio Dance <i>Paul Herman</i>	11:00-11:45 MS ◆	Stacked! <i>David Reyes</i>	3:30-4:30 YS ◆	Hatha Yoga <i>Joshua Diaz</i>
12:00-1:00 YS ◆	Barre <i>Darice Balamoti</i>	11:30-12:15 MS ◆	Cardio Dance <i>Taylor Frelot</i>	12:00-1:00 YS ◆	Regeneration Yoga <i>Vicki Lopez</i>	12:15-1:15 YS ◆	Yin Yoga <i>Kat Rose</i>	12:00-1:00 YS ◆	Pilates Mat <i>Jess Gray</i>	12:30-1:20 YS ◆	Barre <i>Darice Balamoti</i>		
5:15-6:00 TR ◆	Precision Run® <i>Gabriel Hidalgo</i>	12:15-1:15 YS ◆	Vinyasa Yoga <i>Holly Arcadi</i>	5:00-5:45 MS ◆	Athletic Conditioning <i>PJ Johns</i>	5:15-6:00 YS ◆	Barre <i>Diana Fonicello</i>	5:00-6:00 YS ◆	Athletic Yoga <i>Annie Leeks</i>	4:30-5:30 YS ◆	Vinyasa Yoga <i>Janak Desai</i>		
5:45-6:45 YS ◆	Vinyasa Yoga <i>Janak Desai</i>	5:00-5:45 MS ◆	Athletic Conditioning <i>PJ Johns</i>	5:45-6:45 YS ◆	Vinyasa Yoga <i>Lisa Giordano</i>	5:30-6:15 CS ◆	Cycle Power <i>Amanda Borst</i>						
6:15-7:00 MS ◆	MET CON3 <i>Gabriel Hidalgo</i>	5:00-5:45 TR ◆	Tread and Shred <i>Jill Lahmar</i>	6:15-7:00 MS ◆	Master of One <i>Jaren Mondry</i>	6:00-6:45 MS ◆	Tabata Max <i>Janine Trembicki</i>						
6:30-7:15 CS ◆	Cycle Power <i>Amanda Borst</i>	5:15-6:15 YS ◆	Pilates Fusion <i>Sheri Norige</i>			6:30-7:30 YS ◆	Regeneration Yoga <i>Diana Fonicello</i>						
		5:30-6:15 CS ◆	Cycle Beats <i>Peter G</i>										
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		6:30-7:15 YS ◆	Barre <i>Darice Balamoti</i>										

SOUTHPORT

233 OLD POST ROAD
SOUTHPORT CT 06890
EQUINOX.COM
@EQUINOX

MON - THU: 5:00AM - 8:00PM

FRI: 5:00AM - 7:00PM

SAT: 7:00AM - 6:00PM

SUN: 7:00AM - 5:00PM

KID'S CLUB HOURS

MON - SUN: 8:00AM - 1:00PM

GROUP FITNESS MANAGER

jill.lahmar@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

L1	Beginner
L2	Intermediate
L3	Advanced

STUDIO KEY

YS	Yoga Studio
TR	Treadmill Area
CS	Cycling Studio
MS	Main Studio

WHAT'S NEW THIS MONTH

CYCLING

CYCLE BEATS 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.

RUNNING

ELEVATE An incline-based treadmill climbing workout that challenges your ability across a variety of terrains. Personalize your pace and improve your cardiovascular endurance. An Equinox exclusive.

PRECISION RUNS 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.

TREAD AND SHRED Rev up your run in a thrilling treadmill class with real ups and downs. Challenge your cardio endurance with varied speed and incline levels customized to your level. Effective coaching helps you maximize calorie burning and strength with every stride.

YOGA

ATHLETIC YOGA 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.

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.

REGENERATION YOGA A healing class with slow-paced, relaxing stretches. Unwind, de-stress, and focus on releasing tension and increasing body awareness.

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.

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

YOGA SCULPT A challenging class of high-intensity interval training and cardiovascular exercise combining bodyweight toning exercises with traditional yoga poses.

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.

OFF THE BARRE This off-the-barre class incorporates a continuous series of contemporary exercises. 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 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.

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.

STUDIO DANCE A choreography-driven dance class. Learn a complete combination, improve technique, and unleash your inner dancer.

BOXING AND KICKBOXING

CARDIO KICKBOXING An intense, no-contact class inspired by boxing and kickboxing training methods. A combination of kicks, punches, and blocks with cardio and strength drills for a high-energy workout.

STRETCH AND RECOVERY

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.

SCULPT

BAREFOOT BODY SCULPT A barefoot workout that blends Pilates, barre, and lightweight sculpting. Strengthen your body from the ground up.

BODY SCULPT An endurance-based workout using high reps and light-to-medium weights. Build strength as you sculpt your entire body.

CARDIO SCULPT A continuous rhythmic workout using high reps and light weights in combination with cardio drills. Build strength and endurance as you sculpt your entire body.

ATHLETIC TRAINING

ATHLETIC CONDITIONING A full-body workout using bodyweight and a variety of equipment. Improve your strength and cardiovascular endurance with this class for athletes and those pursuing a high-performance lifestyle.

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 Engineered to fire up your glutes, this class builds strength, definition, and power. Build muscle and increase balance with additional focus on your core and waist. An Equinox exclusive.

MASTER OF ONE One weight is all it takes to ignite your muscles in this total-body workout. Increase strength, cardio, and endurance with intervals, breathwork, and active recovery. An Equinox exclusive.

METCONS 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. Burn calories and build muscle in this class that never lets you get complacent. An Equinox exclusive.

STACKED! This ladder-style training incorporates short intervals with strategic recovery periods. Challenge yourself with targeted movements stacked together for increased intensity. An Equinox exclusive.

STRONG A strictly strength-based workout designed to build muscle and increase power. Improve body composition and build lean muscle using a variety of equipment and bodyweight exercises.

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.