

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY																																																																																				
6:15-7:00 CS◆ Studio Cycling <i>Jennifer Smith</i>	6:00-6:45 CS◆ CrossCycle® <i>Chris Gagnon</i>	6:00-6:30 MS Damage Control <i>Samantha Poccia</i>	5:45-6:45 YS Power Yoga <i>Emily Burdett</i>	6:15-6:45 MS Body Conditioning <i>George Dossas</i>	9:00-9:45 MS◆ Ropes and Rowers <i>Samantha Burke</i>	9:15-10:00 MS Tabata Cardio <i>Team Equinox</i>	6:15-7:00 MS Tabata <i>Samantha Burke</i>	6:10-7:00 MS◆ Whipped! <i>Richard Guptill</i>	6:30-7:30 YS Happy Hour Yoga <i>Jacqui Mimno</i>	6:30-7:30 YS Happy Hour Yoga <i>Jacqui Mimno</i>	9:15-10:00 CS◆ Cycle Beats <i>Maddie Pierce</i>	10:00-10:45 MS THE CUT <i>Ali Baldassare</i>	6:30-7:30 YS Vinyasa Yoga <i>Jaime Russell</i>	7:00-7:45 CS◆ CrossCycle® Stripped <i>Chris Gagnon</i>	6:35-7:20 CS◆ Studio Cycling <i>Samantha Poccia</i>	6:15-7:00 MS METCON3 <i>Ali Baldassare</i>	6:45-7:30 MS Iron Tabata <i>George Dossas</i>	10:00-10:45 MS Pilates Fusion <i>Christie Wang</i>	10:00-11:00 YS Alignment Flow Yoga <i>Ali Singer</i>	7:15-8:00 BR◆ T.K.O. Circuit <i>Pierre Etienne</i>	7:00-7:15 MS Hard CORE Cuts <i>Team Equinox</i>	6:45-7:00 MS Hard CORE Cuts <i>Chris Gagnon</i>	7:00-7:45 YS Barre <i>Alicia Tremblay</i>	7:00-7:50 TR◆ Precision Running® <i>Jessica Lopez</i>	10:00-11:00 YS Yoga Core <i>Paloma Cabrera-Lustig</i>	11:00-11:30 YS Athletic Stretch <i>Ali Singer</i>	11:30-12:15 YS Barre <i>Jacqui Mimno</i>	7:15-8:00 MS EQX Barre Burn <i>Team Equinox</i>	7:00-7:45 MS◆ Ropes and Rowers <i>Chris Gagnon</i>	7:15-8:00 MS◆ PURE STRENGTH <i>Ali Baldassare</i>	7:35-8:05 MS◆ THE MUSE™ <i>Jacqui Mimno</i>	10:15-11:00 TR◆ Precision Running® <i>Kristen Avioli</i>	12:00-12:30 MS◆ Firestarter <i>Maryanne Blake</i>	11:30-12:00 YS Pilates Fusion (L2) <i>Kara Duval</i>	7:15-8:00 TR◆ Precision Running® <i>Ian Lemieux</i>	11:30-12:00 YS Pilates Fusion <i>Jacqui Mimno</i>	11:00-11:45 MS METCON3 <i>Alicia Tremblay</i>	12:15-1:00 CS◆ Studio Cycling <i>Joseph Raccuglia</i>	12:00-12:30 MS Stacked! <i>Ali Baldassare</i>	11:30-12:00 MS◆ Performance Cycling <i>Chris Gagnon</i>	12:15-1:00 BR◆ Cardio BOX <i>Cindy Sherwood</i>	12:05-12:35 YS Pilates Fusion (L2) <i>Kara Duval</i>	12:05-12:35 YS Pilates Fusion (L2) <i>Kara Duval</i>	12:00-12:45 MS◆ Whipped! <i>Cindy Sherwood</i>	12:30-12:35 MS◆ Cardio BOX <i>Jacqui Mimno</i>	12:30-1:15 BR◆ Cardio BOX <i>Kelly Brabants</i>	12:15-1:00 CS◆ Cycle Beats <i>Sara Steele-Rogers</i>	12:30-1:15 BR◆ Cardio BOX <i>Kelly Brabants</i>	12:15-1:00 CS◆ Cycle Beats <i>Sara Steele-Rogers</i>	12:30-1:15 BR◆ Cardio BOX <i>Kelly Brabants</i>	12:45-1:45 YS Vinyasa Yoga <i>Paloma Cabrera-Lustig</i>	12:30-1:30 YS Vinyasa Yoga <i>Michael Alba</i>	12:45-1:45 YS Vinyasa Yoga <i>Paloma Cabrera-Lustig</i>	12:50-1:40 TR◆ Precision Running® <i>Ali Baldassare</i>	12:50-1:35 MS Lean Line <i>Kara Duval</i>	12:50-1:35 MS Pilates <i>Ali Baldassare</i>	12:35-1:20 MS Tabata <i>Ali Baldassare</i>	12:30-1:15 BR◆ T.K.O. Circuit <i>Cindy Sherwood</i>	12:50-1:40 TR◆ Precision Running® <i>Ali Baldassare</i>	5:15-5:30 MS Best Abs Ever <i>Ali Baldassare</i>	5:15-5:30 MS Hard CORE Cuts <i>Cindy Sherwood</i>	5:00-5:30 MS◆ THE MUSE™ <i>Ali Baldassare</i>	5:15-5:30 MS Hard CORE Cuts <i>Samantha Burke</i>	12:30-1:30 YS Vinyasa Yoga <i>Paloma Cabrera-Lustig</i>	5:30-6:15 CS◆ Studio Cycling <i>Chris Gagnon</i>	5:30-6:15 CS◆ Meditation <i>Rebecca Pacheco</i>	5:30-6:15 CS◆ Meditation <i>Rebecca Pacheco</i>	5:30-6:15 CS◆ Breathless: The Ride <i>Ali Baldassare</i>	12:45-1:30 MS EQX Barre Burn <i>Ali Baldassare</i>	5:30-6:45 YS Vinyasa Yoga <i>Johnathon Holmes</i>	5:30-6:15 CS◆ Breathless: The Ride <i>Ali Baldassare</i>	5:15-5:45 YS Meditation <i>Rebecca Pacheco</i>	12:45-1:30 MS EQX Barre Burn <i>Ali Baldassare</i>	6:00-6:45 BR◆ T.K.O. Circuit <i>Cindy Sherwood</i>	5:30-6:15 CS◆ Breathless: The Ride <i>Ali Baldassare</i>	5:30-6:20 MS Tabata <i>Katie Sapienza</i>	5:15-5:45 MS Best Abs Ever <i>Cindy Sherwood</i>	6:30-7:30 CS◆ CrossCycle® Stripped <i>Chris Gagnon</i>	5:30-6:15 MS METCON3 <i>Cindy Sherwood</i>	5:30-6:30 YS Vinyasa Yoga <i>Susan Hart</i>	5:30-6:45 YS Happy Hour Yoga <i>Jessica Pate</i>	6:00-6:45 BR◆ T.K.O. Circuit <i>Cindy Sherwood</i>	5:45-7:00 YS METCON3 <i>Cindy Sherwood</i>	6:00-6:45 BR◆ Boxing <i>Pierre Etienne</i>	6:30-7:15 MS EQX Barre Burn <i>Sara Steele-Rogers</i>	5:45-6:30 MS METCON3 <i>Cindy Sherwood</i>	6:30-7:15 MS EQX Barre Burn <i>Sara Steele-Rogers</i>	6:30-7:00 YS Runner's Reset® <i>Rachel Poor</i>	6:30-7:30 CS◆ CrossCycle® Stripped <i>Chris Gagnon</i>	6:30-7:15 MS EQX Barre Burn <i>Sara Steele-Rogers</i>	7:00-7:50 TR◆ Precision Running® <i>Courteney Mitchell</i>	6:30-7:00 YS Yoga Core <i>Rachel Poor</i>	6:35-7:20 MS Pilates Fusion <i>Jennifer Phelan</i>	7:00-8:00 YS Yoga Core <i>Rachel Poor</i>		

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MON - THU: 5:30AM - 10:00PM
FRI: 5:30AM - 8:00PM
SAT - SUN: 8:00AM - 4:00PM

GROUP FITNESS MANAGER

ALI BALDASSARE
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SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

L1	Beginner
L2	Intermediate
L3	Advanced

STUDIO KEY

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

WHAT'S NEW THIS MONTH
 Graceful. Intense.
 Extraordinary. Pack a day's worth of cardio into a burst of fierce, dance-inspired athleticism, with our newest signature class, THE MUSE.

CYCLING

ANTHEM™ Turn your cycling up to 11 with a music-fueled indoor ride. Bike to the beat of our hand-picked tracks in a sequence tailored to take you on a journey that's as challenging as it is thrilling. Get lost in every moment and let the power of the playlist drive your performance.

BREATHLESS: THE RIDE Take your body, mind and heart out of its comfort zone and go breathless in this state of the art interval based ride. This class is thoughtfully designed and expertly coached to increase your performance and transform your body. Go big, go breathless and feel the difference.

CROSSCYCLE® Get ready for a complete endurance, strength and conditioning program! Using the bike and hand weights, this class takes you on and off the bike for an intense total body workout designed for endurance athletes and fitness enthusiasts looking for the complete package all in one class.

CROSSCYCLE® STRIPPED Similar to CrossCycle®, this class utilizes the bike and body weight for an intense on and off the bike total body workout designed for fitness enthusiasts looking to get out of their comfort zone. Take yourself to the next level with challenging drills that will leave you feeling the burn.

CYCLE BEATS Cycle to the Beat of the music. This challenging and high intensity class is a great cardiovascular workout and experience.

PERFORMANCE CYCLING Whether you are preparing for longer rides outdoors, a specific competitive event, or just want to up your fitness level, this class is for you. Sample rides include: hill work, speed and sprint intervals, breathing/meditation techniques and form exercises.

STUDIO CYCLING A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focus on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging.

RUNNING

PRECISION RUNNING® You don't have to go outside to blaze new trails. Innovated by David Siik, Precision Running is redefining our indoor treadmill training with the only method-driven program in the industry.

YOGA

ALIGNMENT FLOW YOGA This flowing structure includes sun salutations, standing poses, forward bends, twists, hip openers, backbends, and inversions balanced between the power of breath and the freedom of health that evolves from anatomical precision and alignment from Iyengar and Anusara Yoga.

HAPPY HOUR YOGA A Mixed level class that will work your entire body in one hour. Fluid, heat building and full of joy. This class will be the happiest, healthiest hour of your day.

POWER YOGA Our most athletic Vinyasa practice. A vigorous, dynamic, physically and spiritually energizing form of Yoga that sculpts, hones and tones every muscle in the body. Includes various elements of many different Yoga styles.

VINYASA YOGA A vigorous, more athletic approach to yoga characterized by flowing poses and sequences that are linked to the breath. Sequencing will vary with instructor philosophy.

YOGA CORE Full practice session of fiery and fierce core heating,

strengthening exercises and asanas to move you towards a strong yoga core.

ATHLETIC TRAINING

BEST ABS EVER Chisel your core and ignite your metabolism with a challenging, 30-minute six-pack of exercises that builds abdominal muscles and enhances total-body performance.

BODY CONDITIONING Informed by the latest findings in exercise science and functional exercises, instructors focus on strengthening and fine-tuning major muscle groups. This cutting-edge workout makes use of various equipment.

BOOT CAMP You know the drill...anything goes in Boot Camp! Reap the benefits of this ultimate calorie-burning workout through challenging combination of cardiovascular drills and resistance training and much more!

DAMAGE CONTROL This high intensity strength training class combines short cardiovascular segments with intervals that focus on strength, balance, and core conditioning

FIRESTARTER Prepare for the next generation of cardio HIIT training. Every second is supercharged in a blitz of lightning-fast intervals. Using body weight and a bench, blaze your way up and down with sequences that will crush your personal best.

IRON TABATA A dynamic conditioning kettlebells experience: 20 second bouts of high intensity training followed by 10 seconds of rest x 8 = 4 minute intervals to increase athletic performance, boost VO2Max, & decrease body fat. The Tabata Protocol is proven to physiologically transform your body.

METCON3 This high-intensity metabolic conditioning workout taxes all three energy systems and acts like a fat-incinerator to ensure results that leave you fit and motivated for the demands of your life.

PURE STRENGTH Build strength not bulk in team training that puts more weight in the studio than ever, creating a challenging circuit of weight lifting and body resistance.

ROPES AND ROWERS A full body circuit built on battling ropes and the WaterRower, driving balanced strength and greater cardio fitness to propel your performance. Exhilarating solo and team competitions will push you to bring it, beat it and brag about it!

SHOCKWAVE Extreme cross training at its best! This total body circuit challenge combines the WaterRower machines for high-intensity calorie burn with dynamic, functional exercises using ViPR, Body Bars, BOSUs and Kettlebells to sculpt and transform the body! Max effort, and EXTREME results!

STACKED! Hit the body with a healthy dose of high-density training incorporating short intervals with strategic recovery periods done ladder-style. Transform your body with targeted movement complexes that are stacked together for an intense, challenging workout.

TABATA A high intensity interval workout protocol where your rest is always shorter than your work. Designed to increase athletic performance and torch calories both during class and after!

TABATA CARDIO Apply the Tabata Formula to Cardio Drills and Flowing Cardio for a sweaty results- guaranteed workout. 4 minute Tabata intervals (8 rounds: 20 second high intensity training & 10 seconds active rest) between cardio sets. The Tabata Protocol is proven to physiologically transform your body.

WHIPPED! Whip,

Snap and get into serious shape! High intensity cardio drills using strength ropes and a fast moving conditioning circuit bring the latest in modern fitness training to help you reach for results.

BARRE

BARRE Realize the dream of the dancer's body. Raise ballet to the next level as you combine precise techniques with athletic intensity for a total body workout.

EQX BARRE BURN Push yourself with a powerful, off-the-wall Barre class perfect for lengthening, stretching, and serious total-body sculpting.

LEAN LINE Raise ballet to the next level with cardio, light weights and body-weight resistance for a full-body, high-energy workout.

LONG + LEAN

HARD CORE CUTS Need to add the finishing touches to your strength and cardiovascular workouts? This class will strengthen your core (abs, low back and more) and incorporate stretches for the whole body.

THE MUSE™ Get swept off your feet in a burst of dance-inspired cardio. Train like a dancer with a fierce athletic edge as you use light round-weights to boost your burn. Twist and turn to simple choreography in a music-driven flow that'll have your heart racing and your spirits energized.

PILATES

PILATES An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, & mobility.

PILATES FUSION Series of exercises performed on a mat to complement different elements of Pilates work focusing on core strengthening exercises and increasing flexibility.

BOXING + MARTIAL ARTS

BOXING A technique-based class using heavy bags, speed bags, focus pads and jump ropes. Handwraps are required.

CARDIO BOX Tae-Bo style with upper body punches, push ups, squats and lunges set to insanelly motivating music. An intense and challenging fat burner.

T.K.O. CIRCUIT A dynamic and high intensity boxing circuit comprised of cardio, punching and kicking drills with a focus on form and technique.

THE CUT A cardio-forward boxing workout with no bags, no wraps and no ring. It's just you, light hand-weights and your own killer instinct, set to an explosive playlist that powers you through five rhythmic, relentless rounds. This one-of-a-kind class will train you to move, look and feel like a champion.

THE CUT: JUMP ROPE Practice like a prizefighter in THE CUT's newest evolution: a supercharged jump-rope class that keeps you on your toes for a double blast of cardio and conditioning. Fly through bouts of fierce footwork & put a new spin on your rope skills with the weighted FURY rope.