

THURSDAY 5/25		FRIDAY 5/26		SATURDAY 5/27		SUNDAY 5/28		MONDAY 5/29		TUESDAY 5/30		WEDNESDAY 5/31	
5:45-6:45 YS	Power Yoga <i>Adena Muncey</i>	6:15-6:45 MS	Body Conditioning <i>George Dossas</i>	9:00-9:45 CS ◆	Performance Cycling <i>Diana Zalaquett</i>			10:00-11:00 MS	<b>Summer Slam</b> <b>Chad Flahive,</b> <b>Sara Steele-</b> <b>Rogers</b>	6:00-6:45 CS ◆	CrossCycle® <i>Chris Gagnon</i>	6:00-6:30 MS ◆	Firestarter <i>Samantha Poccia</i>
6:00-7:00 CS ◆	CrossCycle® <i>Chris Gagnon</i>	6:30-7:30 YS	Happy Hour Yoga <i>Jacqui Mimno</i>	10:00-10:45 MS	Pilates Fusion <i>Jennifer Phelan</i>					7:00-7:45 CS ◆	CrossCycle® Stripped <i>Chris Gagnon</i>	6:30-7:30 YS	Happy Hour Yoga <i>Jacqui Mimno</i>
6:15-7:00 MS	METCON3 <i>Ali Baldassare</i>	6:45-7:30 MS	Iron Tabata <i>George Dossas</i>							7:00-7:15 MS	Hard CORE Cuts <i>Ali Baldassare</i>	6:35-7:20 CS ◆	Studio Cycling <i>Samantha Poccia</i>
7:00-7:45 YS	Barre <i>Alicia Tremblay</i>	7:00-7:50 TR ◆	Precision Running® <i>Jessica Lopez</i>							7:15-8:00 MS	EQX Barre Burn <i>Ali Baldassare</i>	6:45-7:00 MS	Hard CORE Cuts <i>Chris Gagnon</i>
7:15-8:00 MS ◆	PURE STRENGTH <i>Ali Baldassare</i>	12:00-12:30 MS ◆	Firestarter <i>Ali Baldassare</i>							11:30-12:00 YS	Pilates Fusion (L2) <i>Nicole Burzduk</i>	7:00-7:45 MS ◆	Ropes and Rowers <i>Chris Gagnon</i>
11:30-12:00 YS	Pilates Fusion <i>Jacqui Mimno</i>	12:15-1:00 CS ◆	CrossCycle® Stripped <i>Samantha Poccia</i> (SUB)							12:00-12:45 MS ◆	Shockwave <i>Chris Gagnon</i> (SUB)	7:15-8:00 TR ◆	Precision Running® <i>Ian Lemieux</i>
12:00-12:30 MS	Stacked! <i>Ali Baldassare</i>	12:30-1:15 BR ◆	T.K.O. Circuit <i>Cindy Sherwood</i>							12:05-12:35 YS	Pilates Fusion (L2) <i>Nicole Burzduk</i>	12:00-12:45 MS ◆	Whipped! <i>Cindy Sherwood</i>
12:05-12:35 YS	Pilates Fusion <i>Jacqui Mimno</i>	12:30-1:30 YS	<b>Memorial Day</b> <b>Warrior Yoga</b> <b>Adam Caplan</b>							12:15-1:00 CS ◆	Cycle Beats <i>Shandell Raposa</i>	12:15-1:00 CS ◆	Studio Cycling <i>Richard Guptill</i>
12:15-1:00 CS ◆	Cycle Beats <i>Sara Steele-Rogers</i>	12:45-1:30 MS	EQX Barre Burn <i>Ali Baldassare</i>							12:45-1:45 YS	Vinyasa Yoga <i>Kat Colla</i>	12:30-1:15 BR ◆	Cardio BOX <i>Kelly Brabants</i>
12:35-1:20 MS	Tabata <i>Ali Baldassare</i>									12:50-1:35 MS	Lean Line <i>Lauren Hefez</i>	12:30-1:30 YS	Vinyasa Yoga <i>Michael Alba</i>
12:45-1:45 YS	Vinyasa Yoga <i>Niav Connor</i>									5:15-5:30 MS	Hard CORE Cuts <i>Cindy Sherwood</i>	12:50-1:35 MS	Pilates <i>Ali Baldassare</i>
5:15-5:30 MS	Hard CORE Cuts <i>Samantha Burke</i>									5:15-5:45 YS	Meditation <i>Pat Donaher</i> (SUB)	5:30-6:15 CS ◆	Cycle Beats <i>Sara Steele-Rogers</i> (SUB)
5:30-6:15 CS ◆	Cycle Beats <i>Ali Baldassare</i>									5:30-6:15 CS ◆	Breathless: The Ride <i>Ali Baldassare</i>	5:30-6:20 MS	Tabata <i>Paula Fonseca</i>
5:30-6:20 MS ◆	Ropes and Rowers <i>Samantha Burke</i>									5:30-6:15 MS	METCON3 <i>Cindy Sherwood</i>	5:30-6:30 YS	Vinyasa Yoga <i>Susan Hart</i>
5:45-7:00 YS	Vinyasa Yoga <i>Dan Steel</i>									5:45-7:00 YS	Vinyasa Yoga <i>Pat Donaher</i> (SUB)	6:00-6:45 BR ◆	Boxing <i>Pierre Etienne</i>
6:30-7:15 MS	Stacked! <i>Sara Steele-Rogers</i>									6:30-7:20 MS	Tabata Cardio <i>Cindy Sherwood</i>	6:30-7:15 MS	EQX Barre Burn <i>Meagan Fitzgerald</i>
										7:00-7:50 TR ◆	Precision Running® <i>Courteney Mitchell</i>	6:30-7:00 YS	Runner's Reset® <i>Rachel Poor</i>
												7:00-8:00 YS	Yoga Core <i>Rachel Poor</i>

## FRANKLIN STREET

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## MEMORIAL DAY HOLIDAY HOURS

**MAY 27:** 08:00 AM - 02:00 PM

**MAY 28:** CLOSED

**MAY 29:** 07:00 AM - 04:00 PM

## GROUP FITNESS MANAGER

ALI BALDASSARE

ali.baldassare@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
BR	Boxing Studio
TR	Treadmill Area
CS	Cycling Studio
MS	Main Studio

### WHAT'S NEW THIS MONTH

Spring is in the air. Welcome the new season with rejuvenating classes your body has been craving.

## STUDIO CYCLING

**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

**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.

**MEMORIAL DAY WARRIOR YOGA** Honor your inner Yoga warrior in a vigorous, more athletic approach to Yoga featuring flowing poses and sequences that support the breath.

**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

**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.

**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 pyramid-style. Transform your body with targeted movement complexes that are stacked together for an intense, challenging workout.

**SUMMER SLAM** Kick off summer as you dynamically mix cardio and strength intervals. Push yourself with external weights and your own weight to take your performance higher.

**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!** Get whipped into shape using Strength Ropes, Kettlebells, Body Bars and much more, set to the test with a clock, good music and all that you've got to give.

## 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.

## CONDITIONING

**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.

**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.

**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.

## 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 insanely 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.

## ACTIVE REGENERATION

**MEDITATION** Create stillness for self-transformation. Various methods of breathwork combined with disciplined self-observation of the mind and body. Conscious exploration of thoughts, feelings, and expectations bring clarity of purpose. Themes may explore happiness, peace, health, abundance and prosperity.

**RUNNER'S RESET®** Reset, Restore and Recover pre or post run. Myofascial routines, athletic stretching, breath and mindset combine for the ultimate pre/post or day off routine. Stretch your run with the tools and techniques used by elite athletes and lifelong runners.