

MONDAY 11/20	TUESDAY 11/21	WEDNESDAY 11/22	THURSDAY 11/23	FRIDAY 11/24	SATURDAY 11/25	SUNDAY 11/26
6:15-7:00 MS Damage Control <i>Michael Palmer</i>	6:00-6:45 CS◆ CrossCycle® <i>Chris Gagnon</i>	6:35-7:20 CS◆ <b>Beast n Feast Ride</b> <b>Samantha Poccia</b>				
6:30-7:15 CS◆ Studio Cycling <i>Jennifer Smith</i>	6:15-7:00 MS Tabata <i>Richard Guptill</i>	6:45-7:00 MS Hard CORE Cuts <i>Chris Gagnon</i>				
6:30-7:30 YS Vinyasa Yoga <i>Jessica Pate</i>	7:00-7:45 CS◆ CrossCycle® Stripped <i>Chris Gagnon</i>	7:00-7:45 MS◆ Ropes and Rowers <i>Chris Gagnon</i>				
7:15-8:00 BR◆ T.K.O. Circuit <i>Pierre Etienne</i>	7:00-7:15 MS Hard CORE Cuts <i>Ali Baldassare</i>	7:15-8:00 TR◆ Precision Running® <i>Ian Lemieux</i>				
11:30-12:15 YS Barre <i>Jacqui Mimno</i>	7:15-8:00 MS EQX Barre Burn <i>Ali Baldassare</i>					
12:00-12:30 MS◆ Firestarter <i>Maryanne Blake</i>	11:30-12:00 YS Pilates Fusion (L2) <i>Kara Duval</i>	12:00-12:45 MS◆ Whipped! <i>Cindy Sherwood</i>				
12:15-1:00 CS◆ Studio Cycling <i>Joseph Raccuglia</i>	12:00-12:45 MS◆ Shockwave <i>Chris Gagnon</i>	12:15-1:00 CS◆ Studio Cycling <i>Joseph Raccuglia</i>				
12:30-1:15 BR◆ Cardio BOX <i>David Heard (SUB)</i>	12:05-12:35 YS Pilates Fusion (L2) <i>Kara Duval</i>	12:30-1:30 YS <b>Gratitude Yoga</b> <b>Michael Alba</b>				
12:30-1:30 YS Vinyasa Yoga <i>Gale Giacobbe</i>	12:15-1:00 CS◆ Cycle Beats <i>Sara Steele-Rogers</i>	5:30-6:15 MS <b>Thanks and Planks</b> <b>Paula Fonseca</b>				
12:45-1:30 MS◆ PURE STRENGTH <i>Maryanne Blake</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>					
5:00-5:30 MS Best Abs Ever <i>Sara Steele-Rogers</i>	5:15-5:30 MS Hard CORE Cuts <i>Cindy Sherwood</i>					
5:30-6:15 CS◆ Studio Cycling <i>Chris Gagnon</i>	5:15-5:45 YS Meditation <i>Rebecca Pacheco</i>					
5:30-6:20 MS◆ Whipped! <i>Sara Steele-Rogers</i>	5:30-6:15 CS◆ Breathless: The Ride <i>Ali Baldassare</i>					
5:30-6:45 YS Vinyasa Yoga <i>Johnathon Holmes</i>	5:30-6:15 MS METCON3 <i>Cindy Sherwood</i>					
6:00-6:45 BR◆ T.K.O. Circuit <i>Pierre Etienne (SUB)</i>	5:45-7:00 YS Vinyasa Yoga <i>Rebecca Pacheco</i>					
6:30-7:30 CS◆ CrossCycle® Stripped <i>Chris Gagnon</i>	6:30-7:20 MS Tabata Cardio <i>Cindy Sherwood</i>					
6:35-7:20 MS Pilates Fusion <i>Jennifer Phelan</i>	7:00-7:50 TR◆ Precision Running® <i>Courteney Mitchell</i>					

# EQUINOX

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**THANKSGIVING MODIFIED HOURS**  
**NOVEMBER 23 - CLOSED**

**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

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

#### WHAT'S NEW THIS MONTH

Fall back into fitness and create good habits for the holiday season and upcoming winter months.

### STUDIO CYCLING

**BEAST N FEAST RIDE** Get into high gear with this challenging ride that will take you through climbs & sprints for a complete cycling workout.

**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.

**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

**GRATITUDE YOGA** The perfect class for giving thanks. Join us for some energizing Yoga characterized by poses and sequences linked to breath and appreciation.

**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.

### 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.

**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!

**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.

**THANKS AND PLANKS** Get thankful and get tough. Using different cardio and strength intervals, you'll push your cardio to new limits through the use of external weights and your own body weight.

**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.

### CONDITIONING

**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.

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

**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 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

**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** Higher awareness. Higher performance. Create a powerful space for real change to happen in a dedicated Meditation setting. You'll cycle through focused breath work and disciplined observation of body and mind, owning the stillness of the moment to restore and rise higher.