

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:15-7:00 YS ◆ Vinyasa Yoga <i>Jessica Lopez</i>	6:15-7:00 MS ◆ Cardio Sculpt <i>George Dossas</i>	6:30-7:15 TR ◆ Precision Run@ <i>Charles Steinberg</i>	6:15-7:00 MS ◆ Cardio Sculpt <i>George Dossas</i>	6:45-7:30 MS ◆ Vinyasa Yoga <i>Kayla Galvin</i>	6:45-7:30 MS ◆ MET CON3 <i>Laura Savage</i>	6:15-7:00 MS ◆ Stacked! <i>George Dossas</i>	6:45-7:45 YS ◆ Vinyasa Yoga <i>Marina Traub</i>	6:15-7:00 MS ◆ Firestarter + Best Butt Ever <i>Stephanie Harshman</i>	8:00-8:45 MS ◆ MET CON3 <i>Ann Sheehan</i>	9:00-9:45 YS ◆ Yoga Sculpt <i>Caitlin Rams</i>			
6:45-7:30 MS ◆ Cardio Sculpt <i>Kristy DiScipio</i>	6:45-7:45 YS ◆ Vinyasa Yoga <i>Kayla Galvin</i>	6:45-7:30 MS ◆ MET CON3 <i>Laura Savage</i>	7:15-8:00 MS ◆ Tabata Max <i>George Dossas</i>	7:15-8:00 MS ◆ Off The Barre <i>Alicia Tremblay</i>	7:15-8:00 YS ◆ Precision Run@ <i>Shandell Raposa</i>	7:00-7:45 TR ◆ Cycle Beats <i>Shandell Raposa</i>	7:15-8:00 MS ◆ Whipped! <i>George Dossas</i>	7:15-8:00 YS ◆ Pilates Fusion <i>Laura Savage</i>	8:15-9:00 TR ◆ Precision Run@ <i>Shandell Raposa</i>	9:30-10:15 TR ◆ Precision Run@ <i>Alison Sagon</i>			
7:15-8:00 TR ◆ Precision Run@ <i>Jessica Lopez</i>	7:15-8:00 MS ◆ Tabata Max <i>George Dossas</i>	7:15-8:00 YS ◆ Off The Barre <i>Alicia Tremblay</i>	7:15-8:00 MS ◆ Off The Barre <i>George Dossas</i>	9:30-10:15 MS ◆ Athletic Conditioning <i>Shandell Raposa</i>	9:30-10:15 MS ◆ Precision Run@ <i>Shandell Raposa</i>	7:00-7:45 TR ◆ Cycle Beats <i>Shandell Raposa</i>	7:15-8:00 YS ◆ Pilates Fusion <i>Jessica Guyer</i>	9:00-10:00 YS ◆ Vinyasa Yoga <i>Jene Rossi</i>	8:45-9:45 YS ◆ Vinyasa Yoga <i>Stephanie Lucero</i>	10:00-10:45 MS ◆ MET CON3 <i>Caitlin Rams</i>			
9:30-10:15 MS ◆ Stacked! <i>Kristy DiScipio</i>	10:30-11:15 YS ◆ Vinyasa Yoga <i>Emily Burdett</i>	9:30-10:15 MS ◆ Athletic Conditioning <i>Shandell Raposa</i>	10:30-11:15 YS ◆ Off The Barre <i>Kristy DiScipio</i>	10:30-11:30 YS ◆ Vinyasa Yoga <i>Marina Traub</i>	10:30-11:30 YS ◆ Vinyasa Yoga <i>Jessica Lopez</i>	7:15-8:00 MS ◆ Whipped! <i>George Dossas</i>	9:00-10:00 YS ◆ Vinyasa Yoga <i>Jene Rossi</i>	10:30-11:15 YS ◆ Barre <i>Jacqui Mmno</i>	9:00-9:45 MS ◆ Athletic Conditioning <i>Ann Sheehan</i>	10:30-11:30 YS ◆ Athletic Yoga <i>Kayla Galvin</i>			
10:30-11:15 YS ◆ Off The Barre <i>Kristy DiScipio</i>	12:30-1:15 CS ◆ Cycle Beats <i>Shandell Raposa</i>	10:30-11:30 YS ◆ Vinyasa Yoga <i>Marina Traub</i>	12:00-1:00 YS ◆ Vinyasa Yoga <i>Brenna Oliver</i>	12:00-1:00 YS ◆ Vinyasa Yoga <i>Julianne Lenehan</i>	12:30-1:15 MS ◆ MET CON3 <i>Maryanne Blake</i>	9:30-10:15 MS ◆ Whipped! <i>George Dossas</i>	10:30-11:15 YS ◆ Barre <i>Jacqui Mmno</i>	10:30-11:15 MS ◆ Off The Barre <i>Katie Martinson</i>	9:30-10:15 TR ◆ Precision Run@ <i>Shandell Raposa</i>	11:00-11:45 MS ◆ MET CON3 <i>Ciara McManus</i>			
12:00-1:00 YS ◆ Vinyasa Yoga <i>Brenna Oliver</i>	4:00-4:45 YS ◆ Barre <i>Melissa Jalali</i>	12:00-1:00 YS ◆ Vinyasa Yoga <i>Julianne Lenehan</i>	12:30-1:15 MS ◆ Athletic Conditioning <i>Joseph Raccuglia</i>	12:30-1:15 MS ◆ Tabata Max <i>Jae Pukma</i>	12:30-1:15 MS ◆ MET CON3 <i>Maryanne Blake</i>	10:30-11:15 YS ◆ Barre <i>Jacqui Mmno</i>	12:00-12:45 YS ◆ Off The Barre <i>Katie Martinson</i>	10:30-11:15 MS ◆ MET CON3 <i>Marissa Best</i>	10:30-11:15 MS ◆ MET CON3 <i>Marissa Best</i>	4:00-5:00 RD ◆ Yoga - Outdoors <i>Pat Donaher</i>			
12:30-1:15 MS ◆ Athletic Conditioning <i>Joseph Raccuglia</i>	5:00-5:45 RD ◆ Athletic Conditioning - Outdoors <i>Kristy DiScipio</i>	12:30-1:15 MS ◆ Tabata Max <i>Jae Pukma</i>	4:45-5:30 TR ◆ Precision Run@ <i>Shandell Raposa</i>	5:15-6:00 MS ◆ Athletic Conditioning <i>Paula Fonseca</i>	4:00-4:45 YS ◆ Vinyasa Yoga <i>Natalie Wannamaker</i>	12:00-12:45 YS ◆ Off The Barre <i>Katie Martinson</i>	12:30-1:15 MS ◆ Tabata Max <i>Kelly Maher</i>	5:00-5:45 MS ◆ MET CON3 <i>Jae Pukma</i>	11:15-12:00 YS ◆ Barre <i>Melissa Jalali</i>				
4:45-5:30 TR ◆ Precision Run@ <i>Shandell Raposa</i>	5:00-5:45 YS ◆ Barre <i>Melissa Jalali</i>	5:15-6:00 MS ◆ Athletic Conditioning <i>Paula Fonseca</i>	5:15-6:00 MS ◆ Whipped! <i>Joseph Raccuglia</i>	5:30-6:15 YS ◆ Yoga Sculpt <i>Caitlin Rams</i>	5:00-5:45 MS ◆ Tabata Max <i>Jessica Marcarelli</i>	12:30-1:15 MS ◆ Tabata Max <i>Kelly Maher</i>	5:00-5:45 YS ◆ Pilates Fusion <i>Susan Connelly</i>	5:15-6:00 YS ◆ Vinyasa Yoga <i>Pat Donaher</i>	11:15-12:00 YS ◆ Barre <i>Melissa Jalali</i>				
5:15-6:00 MS ◆ Whipped! <i>Joseph Raccuglia</i>	5:15-6:00 TR ◆ Precision Run@ <i>Michael Schermerhom</i>	5:30-6:15 YS ◆ Yoga Sculpt <i>Caitlin Rams</i>	5:30-6:15 RD ◆ Pilates Fusion <i>Stephanie Harshman</i>	6:30-7:15 MS ◆ Stacked! + Best Abs Ever <i>Stephanie Harshman</i>	5:00-5:45 YS ◆ Pilates Fusion <i>Susan Connelly</i>	5:00-5:45 YS ◆ Pilates Fusion <i>Stephanie Harshman</i>	6:00-6:45 YS ◆ Pilates Fusion <i>Stephanie Harshman</i>	5:15-6:00 YS ◆ Vinyasa Yoga <i>Pat Donaher</i>	11:15-12:00 YS ◆ Barre <i>Melissa Jalali</i>				
5:30-6:15 RD ◆ Pilates Fusion <i>Stephanie Harshman</i>	5:30-6:15 CS ◆ Cycle Beats <i>Jenn Gately</i>	6:30-7:15 MS ◆ Stacked! + Best Abs Ever <i>Stephanie Harshman</i>	5:45-6:30 CS ◆ Cycle Beats <i>Jeff Chapdelaine</i>	6:30-7:15 MS ◆ Off The Barre <i>Kristy DiScipio</i>	6:00-6:45 YS ◆ Pilates Fusion <i>Susan Connelly</i>	6:00-6:45 YS ◆ Pilates Fusion <i>Stephanie Harshman</i>	6:15-7:00 MS ◆ Athletic Conditioning <i>Ann Sheehan</i>		11:15-12:00 YS ◆ Barre <i>Melissa Jalali</i>				
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6:15-7:00 TR ◆ Precision Run@ <i>Joseph Raccuglia</i>	6:30-7:15 CS ◆ Cycle Beats <i>Michael Schermerhom</i>	6:30-7:15 TR ◆ Precision Run@ <i>Caitlin Rams</i>	6:30-7:15 MS ◆ MET CON3 <i>Alicia Tremblay</i>	6:45-7:45 YS ◆ Vinyasa Yoga <i>Todd Skoglund</i>	6:30-7:15 CS ◆ Cycle Beats <i>Alaina Chmielinski</i>	6:15-7:00 MS ◆ Stacked! <i>George Dossas</i>	6:15-7:00 MS ◆ Athletic Conditioning <i>Ann Sheehan</i>		11:15-12:00 YS ◆ Barre <i>Melissa Jalali</i>				
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6:45-7:45 YS ◆ Vinyasa Yoga <i>Todd Skoglund</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Emily Burdett</i>	6:45-7:45 YS ◆ Vinyasa Yoga <i>Todd Skoglund</i>	6:45-7:45 YS ◆ Vinyasa Yoga <i>Todd Skoglund</i>	6:45-7:45 YS ◆ Vinyasa Yoga <i>Todd Skoglund</i>	7:00-8:00 YS ◆ Athletic Yoga <i>Todd Skoglund</i>	6:15-7:00 MS ◆ Stacked! <i>George Dossas</i>	6:15-7:00 MS ◆ Athletic Conditioning <i>Ann Sheehan</i>		11:15-12:00 YS ◆ Barre <i>Melissa Jalali</i>				

EQUINOX

DARTMOUTH STREET
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MON - THU: 5:30AM - 9:00PM

FRI: 5:30AM - 8:00PM

SAT - SUN: 7:00AM - 6:00PM

KID'S CLUB HOURS

MON - FRI: 8:00AM - 12:00PM

SAT: 8:00AM - 1:00PM

GENERAL MANAGER

AL VASQUEZ

al.vasquez@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
MS Main Studio
TR Treadmill Area
RD Roof Deck
CS Cycling Studio

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

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.

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.

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.

YOGA - OUTDOORS This timeless approach to yoga links movement and breath through a creative, flowing sequence of postures. Unlock your body's potential, challenge your limits, and soothe your mind in this transformative practice.

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

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.

ATHLETIC CONDITIONING - OUTDOORS 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.

FIRESTARTER + BEST BUTT EVER A challenging mash-up of Equinox classics. Firestarter is the cardio HIIT challenge to test your endurance and Best Butt Ever fires up your glutes to build strength and definition.

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.

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.

STACKED! + BEST ABS EVER A challenging mash-up of Equinox classics. Stacked! is the ladder-style HIIT workout with targeted movement and recovery, and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

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.

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.

SCULPT

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.

**WHAT'S NEW THIS
MONTH**