

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
6:30–7:15 CS ◆	Cycle Beats <i>Alaina Chmielinski</i>	6:30–7:15 MS ◆	Tabata Max <i>Caitlin Rams</i>	6:30–7:15 CS ◆	Cycle Beats <i>John Bartkow</i>	6:30–7:15 MS ◆	<b>METCON3</b> <i>Laura Savage</i>	6:30–7:15 MS ◆	Tabata Max <i>Ali Greene</i>
6:30–7:15 MS ◆	Stacked! <i>Jae Pukma</i>	6:45–7:30 CS ◆	Cycle Beats <i>Jackie Kelleher</i>	6:45–7:30 TR ◆	<b>Precision Run®</b> <i>Kayla Galvin</i>	6:45–7:30 CS ◆	Cycle Beats <i>Kristy DiScipio</i>	7:00–8:00 YS ◆	Vinyasa Yoga <i>Jessica Lopez</i>
7:30–8:15 MS ◆	<b>METCON3</b> <i>Dimitra Moretto</i>	7:00–7:45 TR ◆	Precision Run® <i>Charles Steinberg</i>	7:15–8:00 YS ◆	Off The Barre <i>Kristy DiScipio</i>	7:00–7:45 TR ◆	Precision Run® <i>Charles Steinberg</i>	7:30–8:15 MS ◆	Athletic Conditioning <i>Ali Greene</i>
12:00–12:45 YS ◆	Barre <i>Jacqui Mimno</i>	7:15–8:00 YS ◆	Yoga Sculpt <i>Cordy Elkins</i>	7:30–8:15 MS ◆	Stacked! + Best Abs Ever <i>Jae Pukma</i>	7:15–8:00 YS ◆	Yoga Sculpt <i>Cordy Elkins</i>	12:00–1:00 YS ◆	Vinyasa Yoga <i>Emily Burdett</i>
12:15–1:00 MS ◆	<b>METCON3</b> <i>Kelly Maher</i>	12:00–12:45 CS ◆	Cycle Beats <i>Ali Greene</i>	12:00–12:45 YS ◆	Off The Barre <i>Kristy DiScipio</i>	12:00–12:45 MS ◆	Tabata Max <i>Kelly Maher</i>	12:15–1:00 MS ◆	Stacked! <i>Paula Fonseca</i>
5:15–6:00 MS ◆	Tabata Max <i>Ciara McManus</i>	12:15–1:00 YS ◆	Off The Barre <i>Paula Fonseca</i>	12:15–1:00 MS ◆	Athletic Conditioning	12:15–1:00 YS ◆	Barre <i>Jacqui Mimno</i>		
5:30–6:15 YS ◆	Pilates Fusion <i>Jacqui Mimno</i>	5:15–6:00 MS ◆	<b>METCON3</b> <i>Katie Sapienza</i>	5:15–6:00 MS ◆	Tabata Max <i>Marissa Best</i>	5:30–6:30 YS ◆	Vinyasa Yoga <i>Emily Burdett</i>		
6:15–7:00 MS ◆	Yoga Sculpt <i>Majesta Thomdike</i>	5:30–6:30 YS ◆	Vinyasa Yoga <i>Emily Burdett</i>	5:30–6:15 YS ◆	Barre <i>Bailey Swiggett</i>	6:15–7:00 MS ◆	Athletic Conditioning <i>Mike Flynn</i>		
		6:15–7:00 CS ◆	Cycle Beats <i>Katie Sapienza</i>	6:15–7:00 MS ◆	<b>METCON3</b> <i>Marissa Best</i>				

# EQUINOX

## FRANKLIN STREET

225 FRANKLIN STREET  
BOSTON MA 02110  
EQUINOX.COM  
@EQUINOX

**MON - FRI:** 5:30AM - 8:00PM

### GROUP FITNESS MANAGER

paula.fonseca@equinox.com

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### SIGNATURE CLASSES.

#### ACCLAIMED INSTRUCTORS.

#### TRANSFORMED BODIES.

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### CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

L1	Beginner
L2	Intermediate
L3	Advanced

### STUDIO KEY

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

### WHAT'S NEW THIS MONTH

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#### 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.

#### 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

**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 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.

**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.

**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.

#### 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.