

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00-6:45 CS ◆	Cycle Power <i>Lisa Lewis</i>	6:00-6:45 MS ◆	Athletic Conditioning <i>Laura Rudberg</i>	6:30-7:15 MS ◆	METCON3 <i>Richard Guptill</i>	6:00-6:45 YS ◆	Yoga Sculpt <i>Justin Quinn</i>	6:15-7:00 MS ◆	STRONG <i>Richard Guptill</i>	7:45-8:30 MS ◆	Tabata Max <i>Liza Elmstrom</i>	8:00-8:50 PR ◆	Precision Run: Circuit <i>Josh Fink</i>
6:30-7:15 MS ◆	Tabata Max + Best Abs Ever <i>Josh Fink</i>	6:30-7:20 PR ◆	Precision Run® <i>Ali Greene</i>	7:00-7:45 CS ◆	Cycle Power <i>Josh Fink</i>	6:15-7:00 MS ◆	Tabata Max <i>Liza Elmstrom</i>	6:30-7:15 PR ◆	Fully Vested <i>Laura Rudberg</i>	8:00-8:50 PR ◆	Precision Run® <i>Tara Porter</i>	8:15-9:00 MS ◆	METCON3 <i>Ann Sheehan</i>
7:00-7:50 PR ◆	Precision Run® <i>Kim Smith</i>	6:45-7:30 YS ◆	Pilates Fusion <i>Stephanie Harshman</i>	7:15-8:15 YS ◆	Vinyasa Yoga <i>Renu Shukla</i>	6:30-7:20 PR ◆	Precision Run® <i>Josh Fink</i>	7:15-8:15 YS ◆	Vinyasa Yoga <i>Eva Christopherson</i>	8:15-9:00 BA ◆	True Barre <i>Kristy DiScipio</i>	8:45-9:30 CL ◆	Pilates Mat - Outdoors <i>Stephanie Harshman</i>
7:15-8:00 BA ◆	True Barre <i>Alyssa Merkle</i>	7:30-8:15 MS ◆	Tabata Max <i>Ali Greene</i>	8:00-8:45 MS ◆	Stacked! <i>Dimitra Moretto</i>	7:00-7:55 BA ◆	True Barre <i>Melissa Jalali</i>	8:00-8:45 MS ◆	METCON3 <i>Liza Elmstrom</i>	8:30-9:30 YS ◆	Vinyasa Yoga <i>Rebecca Peyev</i>	9:30-10:15 MS ◆	Stacked! <i>Josh Fink</i>
8:00-8:45 MS ◆	Stacked! <i>Josh Fink</i>	8:00-8:45 PR ◆	Precision Run® <i>Karen Link</i>	9:00-10:00 YS ◆	Vinyasa Yoga <i>Anne Patrick</i>	7:45-8:30 MS ◆	Tabata Max + Best Abs Ever <i>Josh Fink</i>	8:30-9:15 BA ◆	True Barre <i>Paula Fonseca</i>	8:45-9:30 MS ◆	Aqua Sculpt <i>Jill Karagezian</i>	10:00-10:45 BA ◆	True Barre <i>Stephanie Harshman</i>
9:00-10:00 YS ◆	Vinyasa Yoga <i>Jene Rossi</i>	9:00-9:45 BA ◆	True Barre <i>Melissa Jalali</i>	9:30-10:15 MS ◆	Tabata Max <i>Jessica Marcarelli</i>	8:45-9:45 YS ◆	Vinyasa Yoga <i>Tiffany Ely</i>	8:45-9:30 CS ◆	Cycle Power <i>Renu Shukla</i>	9:15-10:00 MS ◆	STRONG <i>Liza Elmstrom</i>	10:45-11:30 MS ◆	Cardio Dance <i>Liza Levy</i>
9:30-10:15 MS ◆	Tabata Max + Best Abs Ever <i>Dimitra Moretto</i>	9:15-10:00 MS ◆	METCON3 <i>Dimitra Moretto</i>	9:45-10:30 PR ◆	Fully Vested	9:15-10:00 MS ◆	Whipped! <i>Karen Link</i>	9:15-10:00 MS ◆	STRONG <i>Liza Elmstrom</i>	9:30-10:15 YS ◆	Barefoot Body Sculpt <i>Paula Fonseca</i>	10:45-11:35 PR ◆	Precision Run® <i>Josh Fink</i>
9:45-10:35 PR ◆	Precision Run® <i>Josh Fink</i>	9:30-10:15 PD ◆	Aqua Sculpt <i>Josh Fink</i>	10:45-11:30 YS ◆	Barefoot Body Sculpt <i>Alexandra Wheelock</i>	9:30-10:15 CS ◆	Cycle Beats <i>Kristy DiScipio</i>	9:30-10:15 YS ◆	Barefoot Body Sculpt <i>Paula Fonseca</i>	10:00-10:45 YS ◆	Barefoot Body Sculpt <i>Paula Fonseca</i>	10:45-11:35 PR ◆	Precision Run® <i>Josh Fink</i>
10:30-11:20 YS ◆	Pilates Mat <i>Laura Cohen</i>	10:30-11:15 YS ◆	Pilates Fusion <i>Melissa Jalali</i>	12:00-12:45 BA ◆	Barre <i>Alexandra Wheelock</i>	10:15-11:00 YS ◆	Barefoot Body Sculpt <i>Tiffany Ely</i>	9:45-10:35 PR ◆	Precision Run® <i>Jessica Lopez</i>	10:15-11:05 PR ◆	Precision Run® <i>Karen Link</i>	3:45-4:45 YS ◆	Vinyasa Yoga <i>Tiffany Ely</i>
12:15-1:00 YS ◆	Restorative Yoga <i>Adam Caplan</i>	12:00-12:45 YS ◆	Vinyasa Yoga <i>Alexandra Wheelock</i>	5:00-5:45 YS ◆	Regeneration Yoga <i>Adam Caplan</i>	10:30-11:15 MS ◆	Cardio Dance <i>Kristy DiScipio</i>	10:45-11:45 YS ◆	Vinyasa Yoga <i>Jessica Lopez</i>	11:00-11:45 MS ◆	Cardio Kickboxing <i>Paula Fonseca</i>		
5:00-5:45 MS ◆	Whipped! <i>Karen Link</i>	12:15-1:05 PR ◆	Precision Run® <i>Jessica Lopez</i>	5:15-6:00 MS ◆	Stacked! <i>Dimitra Moretto</i>	12:15-1:05 PR ◆	Precision Run® <i>Karen Link</i>	12:00-12:50 PR ◆	Precision Run® <i>Shai Douty</i>	3:45-4:45 YS ◆	Regeneration Yoga <i>Adam Caplan</i>		
5:15-6:15 YS ◆	Regeneration Yoga <i>Cap Aguilar</i>	4:45-5:30 YS ◆	Pilates Mat <i>Laura Ziegler</i>	5:30-6:20 PR ◆	Precision Run® <i>Shai Douty</i>	4:15-5:00 YS ◆	Pilates Fusion <i>Melissa Jalali</i>	12:15-1:00 BA ◆	True Barre <i>Jessica Guyer</i>				
6:00-6:50 PR ◆	Precision Run: Circuit <i>Karen Link</i>	5:00-5:45 MS ◆	STRONG <i>Kelly Maher</i>	6:15-7:00 YS ◆	Pilates Mat <i>Laura Cohen</i>	5:30-6:15 PR ◆	Precision Run: Circuit <i>Diana Katsikaris</i>	5:45-6:45 YS ◆	Vinyasa Yoga <i>Eva Christopherson</i>				
6:15-7:00 MS ◆	Tabata Max <i>Richard Guptill</i>	5:30-6:15 CS ◆	Cycle Beats <i>Alaina Chmielinski</i>	6:30-7:15 MS ◆	Tabata Max <i>Shai Douty</i>	5:30-6:30 YS ◆	Athletic Yoga <i>Rebecca Peyev</i>						
6:30-7:30 YS ◆	Vinyasa Yoga <i>Toby Kumin</i>	5:45-6:45 YS ◆	Vinyasa Yoga <i>Eva Christopherson</i>	6:45-7:35 PR ◆	Precision Run® <i>JJ Rosenfelt</i>	6:30-7:15 CS ◆	Cycle Beats <i>Julie Howell</i>						
6:45-7:30 BA ◆	True Barre <i>Jessica Guyer</i>	6:00-6:50 PR ◆	Precision Run® <i>Diana Katsikaris</i>			6:30-7:15 MS ◆	METCON3 <i>Diana Katsikaris</i>						
		6:15-7:00 MS ◆	Cardio Dance <i>Kelly Maher</i>										

CHESTNUT HILL

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MON - THU: 5:00AM - 9:00PM
FRI: 5:00AM - 8:00PM
SAT - SUN: 7:00AM - 6:00PM

KID'S CLUB HOURS

MON - THU: 8:00AM - 1:00PM
MON - THU: 4:00PM - 7:00PM
FRI - SAT: 8:00AM - 1:00PM

GROUP FITNESS MANAGER

karen.link@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

CL Club Lobby
PR PR Lab
CS Cycling Studio
PD Pool Deck
BA Barre Studio
YS Yoga Studio
MS Main Studio

WHAT'S NEW THIS MONTH

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

FULLY VESTED Walk with an attitude in this rucking inspired treadmill class. Load up with a weighted vest, strengthen your body, climb inclines, and fly free as you decompress for a dash to the finish. Weighted vest provided. An Equinox exclusive

PRECISION RUN: CIRCUIT A track and field-based treadmill workout, created by running expert, David Siik. Combine intervals and drills using customized bands to increase your strength and speed. An Equinox exclusive.

PRECISION RUN® 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.

REGENERATION YOGA A healing class with slow-paced, relaxing stretches. Unwind, de-stress, and focus on releasing tension and increasing body awareness.

RESTORATIVE YOGA A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

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.

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.

TABATA MAX + BEST ABS EVER A challenging mash-up of Equinox classics. Tabata is the HIIT workout protocol where your rest is always shorter than your work and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

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

TRUE BARRE This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle while increasing flexibility. An Equinox exclusive.

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.

PILATES MAT This authentic class incorporates a continuous series of mat exercises rooted in the teachings of Joseph Pilates. Strengthen your core, improve flexibility and dramatically transform your body.

PILATES MAT - OUTDOORS This authentic class incorporates a continuous series of mat exercises rooted in the teachings of Joseph Pilates. Strengthen your core, improve flexibility, and dramatically transform your body.

DANCE

CARDIO DANCE A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

BOXING AND KICKBOXING

CARDIO KICKBOXING An intense, no-contact class inspired by boxing and kickboxing training methods. A combination of kicks, punches, and blocks with cardio and strength drills for a high-energy workout.

POOL

AQUA SCULPT A non-stop, full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with a program that is gentle on the joints.

SCULPT

BAREFOOT BODY SCULPT A barefoot workout that blends Pilates, barre, and lightweight sculpting. Strengthen your body from the ground up.