

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
6:30-7:15 MS ◆ MET CON3 <i>Julie Howell</i>	6:15-7:00 TR ◆ Elevate <i>Jessica Lopez</i>	6:30-7:15 MS ◆ MET CON3 <i>Dimitra Moretto</i>	6:15-7:00 TR ◆ Elevate <i>Jessica Lopez</i>	6:30-7:15 MS ◆ ANTHEM™ <i>Julie Howell</i>	6:30-7:15 TR ◆ Elevate <i>Jessica Lopez</i>	6:30-7:15 MS ◆ Firestarter + Best Abs Ever <i>Alicia Tremblay</i>	8:45-9:30 TR ◆ Elevate <i>Jackson Williams</i>	9:00-10:00 YS ◆ Pilates Mat <i>Jessica</i> <i>Battipaglia</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Adam Caplan</i>	6:30-7:15 CS ◆ Cycle Beats <i>John Bartkow</i>	7:00-7:45 CS ◆ ANTHEM™ <i>Julie Howell</i>	6:30-7:15 CS ◆ Cycle Beats <i>John Bartkow</i>	9:30-10:15 MS ◆ STRONG <i>Jackson Williams</i>	9:30-10:15 MS ◆ MET CON3 <i>Liza Elmstrom</i>
7:15-8:00 BA ◆ Barre <i>Alicia Tremblay</i>	6:45-7:30 MS ◆ Ropes and Rowers <i>Kristy DiScipio</i>	7:15-8:00 BA ◆ Barre <i>Alanna Pery</i>	7:15-8:00 BA ◆ Barre <i>Alanna Pery</i>	7:15-8:00 BA ◆ Barre <i>Alanna Pery</i>	6:45-7:30 MS ◆ Whipped! <i>Maryanne Blake</i>	9:00-9:45 YS ◆ Pilates Mat <i>Maureen Kseniak</i>	10:00-10:45 BA ◆ Barre <i>Jacqui Mimno</i>	10:15-11:45 MS ◆ Zumba® <i>David Quiroga</i> <i>Gomez</i>	7:30-8:15 BR ◆ Boxing <i>Julie Howell</i>	8:00-8:45 MS ◆ Athletic Conditioning <i>Julie Howell</i>	7:15-8:15 YS ◆ Vinyasa Yoga <i>Jessica Lopez</i>	10:15-11:00 RD ◆ Best Stretch Ever <i>Adam Caplan</i>	11:00-11:45 MS ◆ Zumba® <i>David Quiroga</i> <i>Gomez</i>	
9:00-9:45 MS ◆ MET CON3 <i>Julie Howell</i>	7:15-8:15 YS ◆ Vinyasa Yoga <i>Jessica Lopez</i>	8:45-9:30 TR ◆ Elevate <i>Jessica Lopez</i>	8:45-9:30 TR ◆ Elevate <i>Jessica Lopez</i>	9:30-10:15 MS ◆ STRONG <i>Jackson Williams</i>	10:15-11:00 YS ◆ Best Stretch Ever <i>Adam Caplan</i>	12:00-1:00 YS ◆ Vinyasa Yoga <i>Adam Caplan</i>	12:00-1:00 YS ◆ Vinyasa Yoga <i>Adam Caplan</i>	12:15-1:00 BA ◆ Barre <i>Jacqui Mimno</i>	12:15-1:00 MS ◆ STRONG <i>Emily Comerford</i>	9:30-10:15 MS ◆ Cardio Sculpt <i>Kristy DiScipio</i>	12:15-1:00 BA ◆ Barre <i>Jacqui Mimno</i>	12:15-1:00 BA ◆ Barre <i>Jacqui Mimno</i>	10:15-11:15 PG ◆ Playground Experience - PGX (L3) <i>Jackson</i> <i>Williams, Emily</i> <i>Comerford</i>	12:00-1:00 YS ◆ Vinyasa Yoga <i>Dan Steel</i>
12:15-1:00 BA ◆ Barre <i>Paula Fonseca</i>	9:30-10:15 MS ◆ Cardio Sculpt <i>Kristy DiScipio</i>	12:00-1:00 YS ◆ Vinyasa Yoga <i>Adam Caplan</i>	9:30-10:15 MS ◆ STRONG <i>Jackson Williams</i>	10:30-11:30 YS ◆ Regeneration Yoga <i>Adam Caplan</i>	10:30-11:30 YS ◆ Regeneration Yoga <i>Adam Caplan</i>	12:15-1:00 BA ◆ Barre <i>Jacqui Mimno</i>	5:30-6:15 BA ◆ Barre <i>Cheryl Geiser</i>	5:45-6:30 CS ◆ Cycle Beats <i>Team Equinox</i>	10:30-11:30 YS ◆ Restorative Yoga <i>Adam Caplan</i>	10:30-11:30 YS ◆ Best Stretch Ever <i>Adam Caplan</i>	12:15-1:00 BA ◆ Barre <i>Jacqui Mimno</i>	6:00-7:00 YS ◆ Vinyasa Yoga <i>Lily Lynch</i>	11:00-11:45 BA ◆ Barre <i>Jacqui Mimno</i>	
12:30-1:15 MS ◆ STRONG <i>Emily Comerford</i>	10:30-11:30 YS ◆ Regeneration Yoga <i>Adam Caplan</i>	3:30-4:30 YS ◆ Vinyasa Yoga <i>Michael Alba</i>	12:30-1:15 MS ◆ STRONG <i>Emily Comerford</i>	12:30-1:15 MS ◆ STRONG <i>Emily Comerford</i>	12:30-1:15 MS ◆ STRONG <i>Emily Comerford</i>	5:30-6:15 BA ◆ Barre <i>Cheryl Geiser</i>	5:45-6:30 CS ◆ Cycle Beats <i>Team Equinox</i>	6:00-7:00 YS ◆ Vinyasa Yoga <i>Lily Lynch</i>	11:00-11:45 BA ◆ Barre <i>Jacqui Mimno</i>	12:00-12:45 YS ◆ Best Stretch Ever <i>Adam Caplan</i>	4:15-5:00 TR ◆ Elevate <i>Jessica Lopez</i>	4:45-5:30 BA ◆ Barre <i>Jacqui Mimno</i>	12:00-1:00 YS ◆ Vinyasa Yoga <i>Adam Caplan</i>	
4:00-4:45 BA ◆ Barre <i>Ali Greene</i>	12:00-12:45 YS ◆ Best Stretch Ever <i>Adam Caplan</i>	4:15-5:00 TR ◆ Elevate <i>Jessica Lopez</i>	4:00-4:45 YS ◆ Pilates Mat <i>Ivy Patterson</i>	4:15-5:00 TR ◆ Elevate <i>Jessica Lopez</i>	4:45-5:30 BA ◆ Barre <i>Jacqui Mimno</i>	5:30-6:15 MS ◆ Tabata Max <i>Emily Comerford</i>	5:45-6:30 RD ◆ Pilates Mat - Outdoors <i>Jacqui Mimno</i>			12:15-1:00 BA ◆ Barre <i>Jessica Guyer</i>	4:30-5:15 BA ◆ Barre <i>Melissa Jalali</i>	5:30-6:15 BA ◆ Barre <i>Melissa Jalali</i>		
4:30-5:15 TR ◆ Elevate <i>Jackson Williams</i>	12:15-1:00 BA ◆ Barre <i>Jessica Guyer</i>	4:30-5:15 BA ◆ Barre <i>Melissa Jalali</i>	4:30-5:15 BA ◆ Barre <i>Jacqui Mimno</i>	4:30-5:15 BA ◆ Barre <i>Melissa Jalali</i>	5:15-6:15 YS ◆ Vinyasa Yoga <i>Jessica Lopez</i>	5:45-6:30 CS ◆ Cycle Beats <i>Victoria Knight</i>	6:00-6:45 TR ◆ Precision Run® <i>Charles Steinberg</i>			2:00-3:00 YS ◆ Vinyasa Yoga <i>Dan Steel</i>	5:15-6:00 MS ◆ STRONG <i>Paula Fonseca</i>	5:45-6:30 CS ◆ Cycle Beats <i>Victoria Knight</i>	6:00-6:45 TR ◆ Precision Run® <i>Charles Steinberg</i>	
4:45-5:30 YS ◆ Best Stretch Ever <i>Adam Caplan</i>	2:00-3:00 YS ◆ Vinyasa Yoga <i>Dan Steel</i>	5:15-6:15 YS ◆ Vinyasa Yoga <i>Jessica Lopez</i>	4:00-4:45 YS ◆ Pilates Mat <i>Ivy Patterson</i>	5:15-6:15 YS ◆ Vinyasa Yoga <i>Jessica Lopez</i>	5:30-6:15 BA ◆ Barre <i>Melissa Jalali</i>	6:00-6:45 TR ◆ Precision Run® <i>Charles Steinberg</i>				4:00-4:45 YS ◆ Pilates Mat <i>Ivy Patterson</i>	5:15-6:00 MS ◆ STRONG <i>Paula Fonseca</i>	6:00-6:45 TR ◆ Precision Run® <i>Charles Steinberg</i>		
5:00-5:45 MS ◆ Athletic Conditioning <i>Ali Greene</i>	4:00-4:45 YS ◆ Pilates Mat <i>Ivy Patterson</i>	5:30-6:15 BA ◆ Barre <i>Melissa Jalali</i>	4:30-5:15 BA ◆ Barre <i>Jacqui Mimno</i>	5:30-6:15 BA ◆ Barre <i>Melissa Jalali</i>	5:45-6:30 CS ◆ Cycle Beats <i>Victoria Knight</i>	6:30-7:15 MS ◆ Firestarter + Best Abs Ever <i>Alicia Tremblay</i>				4:30-5:15 BA ◆ Barre <i>Jacqui Mimno</i>	5:15-6:00 MS ◆ STRONG <i>Paula Fonseca</i>	6:30-7:15 BR ◆ Boxing <i>Emily Comerford</i>		
5:15-6:00 BA ◆ Barre <i>Jessica Marcarelli</i>	4:30-5:15 BA ◆ Barre <i>Jacqui Mimno</i>	5:45-6:30 CS ◆ Cycle Beats <i>Victoria Knight</i>	4:30-5:15 BA ◆ Barre <i>Jacqui Mimno</i>	5:45-6:30 CS ◆ Cycle Beats <i>Victoria Knight</i>	6:00-6:45 TR ◆ Precision Run® <i>Michael</i> <i>Schemerhom</i>					5:45-6:30 BA ◆ Barre <i>Jacqui Mimno</i>	5:30-6:15 TR ◆ Precision Run® <i>Julie Howell</i>	6:00-7:00 YS ◆ Athletic Yoga <i>Kayla Galvin</i>		
5:30-6:15 CS ◆ Cycle Beats <i>Victoria Knight</i>	5:15-6:00 MS ◆ STRONG <i>Paula Fonseca</i>	6:00-6:45 TR ◆ Precision Run® <i>Michael</i> <i>Schemerhom</i>	5:15-6:00 MS ◆ STRONG <i>Paula Fonseca</i>	6:00-6:45 TR ◆ Precision Run® <i>Michael</i> <i>Schemerhom</i>	6:30-7:15 MS ◆ Firestarter + Best Abs Ever <i>Alicia Tremblay</i>					6:00-7:00 YS ◆ Athletic Yoga <i>Kayla Galvin</i>	6:15-7:00 MS ◆ Stacked! <i>Laura Savage</i>	6:30-7:15 BR ◆ Boxing <i>Emily Comerford</i>		
5:45-6:45 RD ◆ Yoga - Outdoors <i>Adam Caplan</i>	5:30-6:15 TR ◆ Precision Run® <i>Julie Howell</i>	6:30-7:15 MS ◆ Firestarter + Best Abs Ever <i>Alicia Tremblay</i>	5:45-6:30 BA ◆ Barre <i>Jacqui Mimno</i>	6:30-7:15 MS ◆ Firestarter + Best Abs Ever <i>Alicia Tremblay</i>						6:15-7:00 MS ◆ Stacked! <i>Laura Savage</i>	6:30-7:15 BR ◆ Boxing <i>Emily Comerford</i>	6:30-7:15 RD ◆ Cycle - Outdoors <i>Julie Howell</i>		
5:45-6:45 PG ◆ Playground Experience - PGX <i>Jackson Williams,</i> <i>Emily Comerford</i>	6:00-7:00 YS ◆ Athletic Yoga <i>Kayla Galvin</i>		6:00-7:00 YS ◆ Athletic Yoga <i>Kayla Galvin</i>							6:30-7:15 MS ◆ Stacked! <i>Laura Savage</i>	6:30-7:15 RD ◆ Cycle - Outdoors <i>Julie Howell</i>			
6:00-6:45 TR ◆ Precision Run® <i>Michael</i> <i>Schemerhom</i>	6:15-7:00 MS ◆ Stacked! <i>Laura Savage</i>		6:15-7:00 MS ◆ Stacked! <i>Laura Savage</i>							6:30-7:15 RD ◆ Cycle - Outdoors <i>Julie Howell</i>				
6:30-7:15 MS ◆ Cardio Dance <i>Liza Levy</i>	6:30-7:15 BR ◆ Boxing <i>Emily Comerford</i>		6:30-7:15 RD ◆ Cycle - Outdoors <i>Julie Howell</i>											
7:00-7:30 YS ◆ Meditation <i>Adam Caplan</i>	6:30-7:15 RD ◆ Cycle - Outdoors <i>Julie Howell</i>													

SPORTS CLUB BOSTON

4 AVERY ST
BOSTON MA 02111
EQUINOX.COM
@EQUINOX

MON - THU: 5:30AM - 10:00PM
FRI: 5:30AM - 9:00PM
SAT - SUN: 7:00AM - 6:00PM

KID'S CLUB HOURS

MON - SUN: 8:00AM - 1:00PM

GROUP FITNESS MANAGER

jackson.williams@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

MS	Main Studio
BR	Boxing Studio
RD	Roof Deck
BA	Barre Studio
YS	Yoga Studio
TR	Treadmill Area
CS	Cycling Studio
PG	The Playground

WHAT'S NEW THIS MONTH

CYCLING

ANTHEM™ Bike to the beat of our curated tracks in this music-fueled indoor ride. Ditch the metrics, ride the rhythm, and let the power of the playlist drive you. An Equinox exclusive.

CYCLE - OUTDOORS Cardio training meets inspired playlists, with a variety of drills, intervals, and team challenges. Climb, sprint, and let the energy move you.

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

ELEVATE An incline-based treadmill climbing workout that challenges your ability across a variety of terrains. Personalize your pace and improve your cardiovascular endurance. 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 - 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.

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.

FIRESTARTER + BEST ABS EVER A challenging mash-up of Equinox classics. Firestarter is the cardio HIIT challenge to test your endurance and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

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.

PLAYGROUND EXPERIENCE - PGX Team up for this challenging circuit-training program. Catapult through cycles of timed rounds and intervals. Increase power, strength, agility, core, and more. An Equinox exclusive.

ROPES AND ROWERS Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Bum calories and build muscle in this class that never lets you get complacent. 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.

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 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.

ZUMBA® A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

BOXING AND KICKBOXING

BOXING Glove up for this impact class utilizing boxing bags. Build strength, endurance, and cardio fitness through boxing drills and core exercises. Hand wraps and boxing gloves needed.

STRETCH AND RECOVERY

BEST STRETCH EVER A regeneration class using the Mobility Stick that turns stretching into training. Twist, push, and pull to find your best stretch ever. An Equinox exclusive.

MEDITATION Turn your senses inward to transform your state in real time. Own the stillness of the moment as you cycle through focused breath work and guided observation of body and mind.

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.