

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 MS ◆	Tabata Max + Best Butt Ever <i>Laura Savage</i>	6:15-7:00 MS ◆	METCON3 <i>Alicia Tremblay</i>	6:30-7:15 MS ◆	Ropes and Rowers <i>Ali Greene</i>	6:15-7:00 MS ◆	METCON3 <i>Shai Douty</i>	6:30-7:15 TR ◆	Precision Run® <i>Kayla Galvin</i>	8:00-8:45 CS ◆	ANTHEM™ <i>Michael Schermerhom</i>	9:00-9:45 CS ◆	Cycle Beats <i>Alaina Chmielinski</i>
7:00-7:45 CS ◆	Cycle Beats <i>Victoria Knight</i>	7:00-8:00 YS ◆	Vinyasa Yoga <i>Marc McDonald</i>	7:00-7:45 CS ◆	Cycle Beats <i>Katie Sapienza</i>	6:30-7:15 CS ◆	Cycle Power <i>Erica Quirk</i>	7:00-7:45 CS ◆	Cycle Beats <i>Anni Lierhaus</i>	8:30-9:15 YS ◆	Pilates Fusion <i>Jolene Woznicki</i>	9:15-10:00 YS ◆	Barre <i>Cordy Elkins</i>
7:15-8:00 YS ◆	Barre <i>Bailey Swiggett</i>	7:15-8:00 CS ◆	ANTHEM™ <i>Michael Schermerhom</i>	7:30-8:15 YS ◆	Pilates Fusion <i>Ali Greene</i>	7:00-8:00 YS ◆	Vinyasa Yoga <i>Marc McDonald</i>	7:15-8:00 YS ◆	Barre <i>Justin Quinn</i>	9:00-9:45 MS ◆	Tabata Max <i>Chad Flahive</i>	9:30-10:15 MS ◆	METCON3 <i>Ciara McManus</i>
7:30-8:15 MS ◆	Stacked! <i>Laura Savage</i>	7:15-8:00 MS ◆	Firestarter + Best Abs Ever <i>Alicia Tremblay</i>	7:45-8:30 TR ◆	Precision Run® <i>Charles Steinberg</i>	7:15-8:00 TR ◆	Precision Run® <i>Shai Douty</i>	7:30-8:15 MS ◆	Best Butt Ever + Best Abs Ever <i>Jae Pukma</i>	9:15-10:00 TR ◆	Precision Run® <i>Michael Schermerhom</i>	10:30-11:15 YS ◆	Yoga Sculpt <i>Cordy Elkins</i>
8:30-9:30 YS ◆	Vinyasa Yoga <i>Jessica Lopez</i>	10:30-11:15 YS ◆	Barefoot Body Sculpt <i>Paula Fonseca</i>	8:30-9:15 MS ◆	Stacked! <i>Ali Greene</i>	10:15-11:00 YS ◆	Pilates Fusion <i>Jacqui Mimno</i>	8:30-9:30 YS ◆	Vinyasa Yoga <i>Kayla Galvin</i>	10:00-10:45 YS ◆	EQX Barre Bum <i>Ali Greene</i>	11:30-12:30 YS ◆	Vinyasa Yoga <i>Pat Donaher</i>
12:15-1:00 MS ◆	STRONG <i>Chad Flahive</i>	12:00-12:45 TR ◆	Elevate <i>Marc McDonald</i>	8:30-9:30 YS ◆	Vinyasa Yoga <i>Emily Burdett</i>	12:15-1:00 TR ◆	Precision Run® <i>Michael Schermerhom</i>	12:15-1:00 YS ◆	Barre <i>Jolene Woznicki</i>	10:15-11:00 MS ◆	Tabata Max <i>Chad Flahive</i>		
12:30-1:15 TR ◆	Elevate <i>Jessica Lopez</i>	12:15-1:00 CS ◆	Cycle Beats <i>Chad Flahive</i>	10:00-10:45 YS ◆	Barre <i>Ali Greene</i>	12:30-1:15 YS ◆	Pilates Mat <i>Luis Viana</i>	12:30-1:15 MS ◆	METCON3 <i>Jae Pukma</i>	11:30-12:30 YS ◆	Vinyasa Yoga <i>Andrew Rigoglioso</i>		
4:30-5:15 YS ◆	Pilates Fusion <i>Jolene Woznicki</i>	4:15-5:00 YS ◆	Barre <i>Jessica Marcarelli</i>	12:15-1:00 MS ◆	METCON3 <i>Chad Flahive</i>	4:30-5:30 YS ◆	Vinyasa Yoga <i>Todd Skoglund</i>	1:30-2:15 YS ◆	Pilates Fusion <i>Jolene Woznicki</i>				
5:15-6:00 MS ◆	Whipped! <i>Chad Flahive</i>	5:15-6:00 CS ◆	Cycle Beats <i>Chad Flahive</i>	12:30-1:30 YS ◆	Vinyasa Yoga <i>Marina Traub</i>	5:15-6:00 CS ◆	ANTHEM™ <i>Emily Southworth</i>	3:15-4:15 YS ◆	Restorative Yoga <i>Adam Caplan</i>				
5:20-6:20 YS ◆	Vinyasa Yoga <i>Marc McDonald</i>	5:20-6:05 YS ◆	EQX Barre Bum <i>Katie Martinson</i>	5:15-6:00 TR ◆	Precision Run® <i>Joseph Raccuglia</i>	5:30-6:15 MS ◆	Whipped! <i>Caitlin Rams</i>	4:30-5:15 YS ◆	Barre <i>Paula Fonseca</i>				
5:30-6:15 CS ◆	Cycle Beats <i>Anni Lierhaus</i>	5:30-6:15 MS ◆	Tabata Max <i>Jessica Marcarelli</i>	5:15-6:05 YS ◆	Athletic Yoga <i>Todd Skoglund</i>	5:45-6:30 YS ◆	Barre <i>Alicia Tremblay</i>	5:30-6:15 MS ◆	Tabata Max <i>Paula Fonseca</i>				
5:45-6:30 TR ◆	Precision Run® <i>JJ Rosenfelt</i>	6:00-6:45 TR ◆	Precision Run® <i>Charles Steinberg</i>	5:30-6:15 CS ◆	Cycle Beats <i>Alaina Chmielinski</i>	6:30-7:15 MS ◆	Tabata Max <i>Caitlin Rams</i>						
6:15-7:00 MS ◆	Whipped! <i>Chad Flahive</i>	6:20-7:20 YS ◆	Athletic Yoga <i>Todd Skoglund</i>	6:15-7:00 MS ◆	Athletic Conditioning <i>Joseph Raccuglia</i>								
6:30-7:15 YS ◆	Barre <i>Jenn Azarian</i>	6:30-7:15 MS ◆	Ropes and Rowers <i>Samantha Burke</i>	6:30-7:15 YS ◆	Yoga Sculpt <i>Cordy Elkins</i>								

SEAPORT

27 NORTHERN AVENUE
BOSTON MA 02110
EQUINOX.COM
@EQUINOX

MON - THU: 5:30AM - 9:00PM
FRI: 5:30AM - 8:00PM
SAT - SUN: 7:00AM - 6:00PM

GROUP FITNESS MANAGER

chad.flahive@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

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

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 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

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.

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.

BEST BUTT EVER + BEST ABS EVER A challenging mash-up of Equinox classics. Best Butt is strategically engineered to lift and shape your hottest asset and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

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.

ROPES AND ROWERS Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Burn 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.

TABATA MAX + BEST BUTT 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 Butt Ever fires up your glutes to build strength and definition.

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.

EQX BARRE BURN This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body 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.

SCULPT

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