

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00-6:45 BA ◆ Pilates Mat <i>Emy Bezbachchenko</i>	6:00-6:45 MS ◆ METCON3 <i>Lauren Page</i>	6:00-6:45 BA ◆ Barre <i>Becca Gden</i>	6:00-6:45 MS ◆ Body Sculpt <i>Erica Jones</i>	6:15-7:00 MS ◆ Ropes and Rowers <i>Lisa Butler</i>	6:15-7:00 CS ◆ Cycle Beats <i>Erica Jones</i>	6:15-7:00 MS ◆ Tabata Max + Best Abs Ever <i>Erica Jones</i>	6:15-7:00 CS ◆ Cycle Power <i>Lisa Butler</i>	6:15-7:00 MS ◆ STRONG <i>Erica Jones</i>	6:15-7:00 MS ◆ Cycle Beats <i>Alie Lukosavich</i>	6:15-7:00 BA ◆ Trilogy Barre <i>Jenny Lingenfelter</i>	8:00-8:45 CS ◆ Cycle Beats <i>Alie Lukosavich</i>	8:00-8:45 CS ◆ Cycle Power <i>Kara Laramie</i>	8:15-9:00 MS ◆ Body Sculpt <i>Lisa Butler</i>
6:30-7:15 CS ◆ Cycle Beats <i>Kara Laramie</i>	6:30-7:30 YS ◆ Power Yoga + Meditation <i>Eric Ostrowski</i>	6:30-7:15 CS ◆ Cycle Beats <i>Kara Laramie</i>	6:30-7:15 CS ◆ Cycle Beats <i>Kara Laramie</i>	6:45-7:45 YS ◆ InnerHeat Yoga <i>Kelly Frank</i>	7:15-8:00 MS ◆ Stacked! <i>Erica Jones</i>	6:45-7:45 YS ◆ Vinyasa Yoga (HEATED) <i>Erica Dutton</i>	6:30-7:30 YS ◆ Power Yoga + Meditation <i>Kelly Frank</i>	6:30-7:30 CS ◆ Cycle Beats <i>Alie Lukosavich</i>	7:15-8:15 YS ◆ Vinyasa Yoga <i>Eric Ostrowski</i>	8:30-9:30 YS ◆ InnerHeat Yoga <i>Natasha Baccari</i>	9:00-9:45 MS ◆ Best Butt Ever <i>Bonnie Kassab</i>	8:45-9:45 YS ◆ Vinyasa Yoga <i>Catherine Leverett</i>	9:00-9:45 BA ◆ Barre <i>Kara Laramie</i>
8:45-9:30 CS ◆ Cycle Power <i>Lisa Butler</i>	8:30-9:15 BA ◆ Trilogy Barre <i>Jenny Lingenfelter</i>	8:30-9:15 CS ◆ Cycle Beats <i>Alie Lukosavich</i>	8:30-9:15 BA ◆ Barre <i>Kelsey Lewinski</i>	9:00-10:00 BA ◆ True Barre <i>Alie Lukosavich</i>	9:00-9:45 TR ◆ Precision Run@ <i>Alie Lukosavich</i>	9:00-10:00 BA ◆ Barre <i>Kelsey Lewinski</i>	9:00-9:45 TR ◆ Precision Run@ <i>Jenny Lingenfelter</i>	8:45-9:30 CS ◆ Cycle Power <i>RKG</i>	7:30-8:15 TR ◆ Precision Run@ <i>Alie Lukosavich</i>	9:45-10:45 BA ◆ Barre <i>Alie Lukosavich</i>	9:30-10:15 CS ◆ Cycle Beats <i>Lisa Butler</i>	9:15-10:00 MS ◆ Athletic Conditioning <i>Lauren Page</i>	9:30-10:15 CS ◆ Cycle Beats <i>Lisa Butler</i>
9:15-10:15 YS ◆ Hatha Yoga <i>Caryn Clagne</i>	9:15-10:00 MS ◆ Body Sculpt <i>Katy Saltsman</i>	9:15-10:15 YS ◆ Hatha Yoga <i>Erica Dutton</i>	9:15-10:15 YS ◆ Hatha Yoga <i>Erica Dutton</i>	9:30-10:15 MS ◆ Tabata Max + Best Abs Ever <i>Bonnie Kassab</i>	9:30-10:15 CS ◆ Cycle Beats <i>Traci Raitt</i>	9:30-10:15 MS ◆ METCON3 <i>Alie Lukosavich</i>	9:30-10:15 TR ◆ Upper Body Conditioning + Best Abs Ever <i>Katy Saltsman</i>	9:00-10:00 BA ◆ True Barre <i>Kara Laramie</i>	9:15-10:15 YS ◆ Gentle Yoga + Meditation <i>Catherine Leverett</i>	10:00-10:45 TR ◆ Precision Run@ <i>Bonnie Kassab</i>	10:15-11:00 YS ◆ Hatha Yoga <i>Erica Holm</i>	10:15-11:00 YS ◆ Hatha Yoga <i>Eric Ostrowski</i>	10:30-11:30 BA ◆ Pilates Mat <i>Kelsey Lewinski</i>
9:30-10:15 MS ◆ Tabata Max + Best Abs Ever <i>Bonnie Kassab</i>	9:45-10:45 YS ◆ Hatha Yoga <i>Nicole Yoder</i>	10:30-11:15 BA ◆ Pilates Mat <i>Kara Laramie</i>	10:30-11:15 BA ◆ Pilates Mat <i>Kara Laramie</i>	10:30-11:15 BA ◆ Barre <i>Alie Lukosavich</i>	10:15-11:00 BA ◆ Pilates Mat <i>Erica Dutton</i>	12:15-1:15 YS ◆ Vinyasa Yoga + Meditation <i>Catherine Leverett</i>	9:45-10:45 YS ◆ Vinyasa Yoga <i>Nicole Yoder</i>	9:30-10:15 MS ◆ Cardio Sculpt + Best Abs Ever <i>Lisa Butler</i>	10:30-11:15 YS ◆ Gentle Yoga + Meditation <i>Catherine Leverett</i>	10:30-11:15 MS ◆ Boxing <i>Lisa Butler</i>	11:00-11:45 BA ◆ Pilates Mat <i>Jenny Lingenfelter</i>	10:30-11:15 MS ◆ Ropes and Rowers <i>Lisa Butler</i>	10:30-11:30 BA ◆ Pilates Mat <i>Kelsey Lewinski</i>
12:15-1:15 YS ◆ Yin Yoga Meditation <i>Linda Talakic</i>	12:15-1:00 TR ◆ Precision Run@ <i>Bonnie Kassab</i>	12:15-1:15 YS ◆ Vinyasa Yoga + Meditation <i>Catherine Leverett</i>	12:15-1:15 YS ◆ Vinyasa Yoga + Meditation <i>Catherine Leverett</i>	12:30-1:15 MS ◆ Athletic Conditioning <i>Alie Lukosavich</i>	12:15-1:00 TR ◆ Precision Run@ <i>Bonnie Kassab</i>	12:30-1:15 MS ◆ Athletic Conditioning <i>Alie Lukosavich</i>	10:15-11:00 BA ◆ Pilates Mat <i>Kelsey Lewinski</i>	10:30-11:15 BA ◆ Barre <i>Jenny Lingenfelter</i>	11:30-12:30 YS ◆ Vinyasa Yoga <i>Catherine Leverett</i>	11:30-12:30 YS ◆ Vinyasa Yoga <i>Catherine Leverett</i>	3:45-4:30 YS ◆ Gentle Yoga + Meditation <i>Linda Talakic</i>	12:30-1:15 MS ◆ Athletic Conditioning <i>Lisa Butler</i>	12:30-1:15 MS ◆ Athletic Conditioning <i>Lisa Butler</i>
5:15-6:00 MS ◆ Ropes and Rowers <i>Bonnie Kassab</i>	5:00-5:45 MS ◆ Stacked! <i>Katy Saltsman</i>	12:30-1:15 MS ◆ Athletic Conditioning <i>Alie Lukosavich</i>	12:30-1:15 MS ◆ Athletic Conditioning <i>Alie Lukosavich</i>	5:30-6:15 CS ◆ Cycle Beats <i>Kara Laramie</i>	5:00-5:45 MS ◆ True Barre <i>Kara Laramie</i>	5:30-6:15 CS ◆ Cycle Beats <i>Kara Laramie</i>	12:15-1:00 TR ◆ Elevate <i>David Cary</i>	12:15-1:00 YS ◆ Vinyasa Yoga + Meditation <i>Caryn Clagne</i>	12:30-1:15 MS ◆ Athletic Conditioning <i>Alie Lukosavich</i>	5:30-6:30 BA ◆ True Barre <i>Kara Laramie</i>	5:30-6:30 BA ◆ True Barre <i>Kara Laramie</i>	5:15-6:00 TR ◆ Precision Run@ <i>Kurt Zaske</i>	4:00-5:00 YS ◆ Yin Yoga Meditation <i>Linda Talakic</i>
5:30-6:15 CS ◆ Cycle Beats <i>RKG</i>	5:30-6:30 BA ◆ True Barre <i>Kara Laramie</i>	5:45-6:30 BA ◆ Pilates Mat <i>Kelsey Lewinski</i>	5:45-6:30 BA ◆ Pilates Mat <i>Kelsey Lewinski</i>	6:00-6:45 CS ◆ Cycle Beats <i>Katy Saltsman</i>	6:00-6:45 CS ◆ Cycle Beats <i>Katy Saltsman</i>	6:00-6:45 MS ◆ THE CUT <i>Kurt Zaske</i>	5:15-6:00 TR ◆ Precision Run@ <i>Kurt Zaske</i>	12:30-1:15 MS ◆ Athletic Conditioning <i>Alie Lukosavich</i>	5:30-6:30 BA ◆ True Barre <i>Jenny Lingenfelter</i>	6:00-6:45 MS ◆ Athletic Yoga (HEATED) <i>Catherine Leverett</i>	6:00-7:00 YS ◆ Athletic Yoga (HEATED) <i>Catherine Leverett</i>	5:30-6:30 BA ◆ True Barre <i>Jenny Lingenfelter</i>	6:00-6:45 CS ◆ Cycle Beats <i>Traci Raitt</i>
5:45-6:30 BA ◆ Pilates Mat <i>Emy Bezbachchenko</i>	6:00-6:45 CS ◆ Cycle Beats <i>Katy Saltsman</i>	6:15-7:00 PD ◆ Aqua Sculpt <i>Linda Talakic</i>	6:15-7:00 PD ◆ Aqua Sculpt <i>Linda Talakic</i>	6:00-6:45 YS ◆ Athletic Yoga (HEATED) <i>Catherine Leverett</i>	6:00-7:00 YS ◆ Athletic Yoga (HEATED) <i>Catherine Leverett</i>	6:15-7:00 MS ◆ Ropes and Rowers <i>Amanda Schupra</i>	5:30-6:30 BA ◆ True Barre <i>Jenny Lingenfelter</i>	6:00-6:45 CS ◆ Cycle Beats <i>Traci Raitt</i>	6:00-6:45 CS ◆ Cycle Beats <i>Traci Raitt</i>	6:15-7:00 MS ◆ TRX Max <i>Amanda Schupra</i>	6:15-7:00 MS ◆ TRX Max <i>Amanda Schupra</i>	6:00-7:00 YS ◆ Hatha Yoga (HEATED) <i>Selah Walker</i>	6:15-7:00 MS ◆ Boxing <i>Kurt Zaske</i>
6:00-6:45 TR ◆ Precision Run@ <i>Kurt Zaske</i>	6:15-7:00 MS ◆ TRX Max <i>Amanda Schupra</i>	6:30-7:15 MS ◆ Ropes and Rowers <i>Amanda Schupra</i>	6:30-7:15 MS ◆ Ropes and Rowers <i>Amanda Schupra</i>	6:30-7:15 MS ◆ Boxing <i>Lisa Butler</i>	6:15-7:00 MS ◆ TRX Max <i>Amanda Schupra</i>	6:30-7:15 MS ◆ Ropes and Rowers <i>Amanda Schupra</i>	6:00-7:00 YS ◆ Hatha Yoga (HEATED) <i>Selah Walker</i>	6:00-6:45 CS ◆ Cycle Beats <i>Traci Raitt</i>	6:00-6:45 CS ◆ Cycle Beats <i>Traci Raitt</i>	6:45-7:45 YS ◆ Vinyasa Yoga + Meditation <i>Natasha Baccari</i>	6:45-7:45 YS ◆ Vinyasa Yoga + Meditation <i>Natasha Baccari</i>	6:00-7:00 YS ◆ Hatha Yoga (HEATED) <i>Selah Walker</i>	6:15-7:00 MS ◆ Boxing <i>Kurt Zaske</i>
6:30-7:15 MS ◆ Boxing <i>RKG</i>	6:15-7:00 MS ◆ TRX Max <i>Amanda Schupra</i>	6:45-7:45 YS ◆ Vinyasa Yoga <i>Erica Dutton</i>	6:45-7:45 YS ◆ Vinyasa Yoga <i>Erica Dutton</i>	6:45-7:45 YS ◆ Vinyasa Yoga <i>Erica Dutton</i>	6:15-7:00 MS ◆ TRX Max <i>Amanda Schupra</i>	6:30-7:15 MS ◆ Ropes and Rowers <i>Amanda Schupra</i>	6:00-7:00 YS ◆ Hatha Yoga (HEATED) <i>Selah Walker</i>	6:00-6:45 CS ◆ Cycle Beats <i>Traci Raitt</i>	6:00-6:45 CS ◆ Cycle Beats <i>Traci Raitt</i>				
6:45-7:45 YS ◆ Vinyasa Yoga + Meditation <i>Natasha Baccari</i>													

EQUINOX

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

GROUP FITNESS MANAGER

alie.lukosavich@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

PD Pool Deck
CS Cycling Studio
TR Treadmill Area
YS Yoga Studio
MS Main Studio
BA Barre 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

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 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 (HEATED) 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.

GENTLE YOGA + MEDITATION A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches. Feel centered with a meditation practice at the end of class.

HATHA YOGA A classic take on a physical yoga practice—without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.

HATHA YOGA (HEATED) A classic take on a physical yoga practice—without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.

INNERHEAT YOGA A heated vinyasa class focused on building outer and inner strength. Ignite your full potential through a progressive structure of challenging poses. An Equinox exclusive.

POWER YOGA + MEDITATION A balanced class for the body and mind. A vigorous and flowing full-body workout, this challenging class focuses on strengthening and conditioning. Feel centered with a meditation practice at the end of class.

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.

VINYASA YOGA (HEATED) 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.

VINYASA YOGA + MEDITATION A balanced class for the body and mind. Coordinate movement with breath to flow through a sequence of poses in an open class that builds muscle strength and soothes the mind. Feel centered with a meditation practice at the end of class.

YIN YOGA MEDITATION A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.

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.

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.

TRX MAX A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility and unconventionally challenging your core.

UPPER BODY CONDITIONING + BEST ABS EVER A challenging mash-up of Equinox classics. Start by shaping and defining your upper body with effective, time-efficient methods, then build abdominal muscles and enhance total-body performance.

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.

TRILOGY BARRE A ballet-inspired workout at the triple-barre that uses custom-designed resistance bands to sculpt and tone. Increase flexibility while building and defining muscle. An Equinox exclusive.

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 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.

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.

THE CUT A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

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

BODY SCULPT An endurance-based workout using high reps and light-to-medium weights. Build strength as you sculpt your entire body.

CARDIO SCULPT + BEST ABS EVER A combination of rhythmic sculpting and core conditioning. Build abdominal strength and endurance as you shape and define your entire body.

 **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 Engineered to fire up your glutes, this class builds strength, definition, and power. Build muscle and increase balance with additional focus on your core and waist. An Equinox exclusive.

MASTER OF ONE One weight is all it takes to ignite your muscles in this total-body workout. Increase strength, cardio, and endurance with intervals, breathwork, and active recovery. An Equinox exclusive.

METCON3 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.