

THE PRECISION RUNNING LAB AT CHESTNUT HILL – FAQ's

What is the Precision Running Lab?

Together with Precision Running mastermind David Siik, Equinox has surpassed conventional treadmill training to create a breakthrough running environment, with every inch innovated to build a better runner. The Precision Running Lab offers a unique sensory running experience complete with immersive light and sound, air enriched by an O2 vaporizer, treadmills with the latest personalization technology, a customized cool-down zone for your post-run stretches, and more. Our expertly-trained coaches will use this space to guide you through your Precision Running workout – a science-based, track-inspired run consisting of intervals at different speeds and inclines.

How is the PR Lab different than Precision Running Classes at Equinox?

The Precision Running Lab is a dedicated space where all we do is one thing: redefine your run with the most innovative indoor running experience ever created.

How is the PR Lab different than other “running boutiques”?

Only our Precision Running Lab is driven by our signature Precision Running programming, the only method-driven program in the industry.

Is it open to non-Equinox members?

Yes! Membership to Equinox Fitness Clubs is NOT required to take classes at the Precision Running Lab. We will have member-only and non-member classes. As a non-member, you can attend the nonmember classes only. Equinox members have two ways to experience the Lab: by attending a members-only class at no additional cost, or attending a non-member class for an additional fee.

As an Equinox member, do I have to pay an additional fee to attend classes at the Lab?

No, not for members-only classes. Members will have the option to take all member-only classes by signing up online or through the Equinox app. If a member would like to take a non-member class, they will have to pay for class (see below for rate info).

If I want to take a non-member class, do I get a discount?

Yes. All current Equinox members will receive a discount of 20% off non-member classes. Member-only classes in the Lab come complimentary with Equinox membership.

How do I sign up as a member/non-member?

Non-member classes can be purchased through Mind Body Online. Members-only classes can be booked through the Equinox app or when logged into your account on the Equinox website.

As a member, can I enter the Lab directly from the club?

Yes, members can access the Lab directly from Equinox or through the storefront. Non-members must access the Lab through the storefront only.

How much will a class cost?

One non-member class will cost \$30.

Will you be offering any other classes?

Yes. Outside of the Precision Running classes, we will offer the following:

- "Core Cross", a new cross-strength training format with equipment designed around run programming. This connected strength training for runners has a design and execution entirely new to market.
- "Core Circuit", a new strength training format that amplifies abdominal core conditioning with run programming, featuring two member favorites, cardio and core.

What is the cancellation policy?

For non-member classes (booked through Mind Body), you can cancel up to 12 hours in advance of your class without penalty. Classes cancelled after this point will be deducted from your account. For member-only classes (booked in the Equinox app or at Equinox.com), you can cancel up to 35 minutes prior to the start of class.

What is the deal with the oxygen enhancements?

The better your air, the better your run. The O2 Vaporizer creates a more balanced oxygen environment that lets us replicate an outdoor environment in a studio space, so you maximize more potential with less physical stress.

What is the deal with the lighting concept?

Our immersive lighting keeps you in the running zone: the changing colors provide emotional cues as you warm-up, peak, pause, sprint, and cool down.

What makes the music special?

We're taking a scientific approach to your running soundtrack. We play exclusively vocal-free tracks, so our music playlist enhances an amazing run without ever distracting your focus.

Is Precision Running just for experienced runners?

No! Precision Running is open to runners from all levels, and the classes are always completely based around your individual pace. You discover your speed range, and we help you build your confidence and push your performance.