

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:45 MS * MetCon Monday <i>Scott Gervais</i>	6:30-7:15 MS * MetCon3 <i>Melissa Chisholm</i>	6:30-7:15 MS * Superset Athlete <i>TomJohn Mershon</i>	6:30-7:15 MS * Stronger <i>Scott Gervais</i>	7:00-7:45 YS * Pilates Mat <i>Lilianne Gering</i>	9:00-9:50 YS * True Barre: Bala Bangle <i>Kyla Lloyd</i>	8:45-9:30 YS * Pilates Mat <i>Bret Yamanaka</i>
7:00-7:45 TR * Precision Run® <b>Jess Bieda</b>	6:45-7:30 CS * Anthem Ride <i>Michael Keeney</i>	7:00-7:45 CS * Beats Ride <i>Meghan Cox</i>	7:00-7:45 YS * Barefoot Sculpt <i>Justin Quinn</i>	7:15-8:00 MS * Rounds: Bags and Mitts <b>Abraham DelValle</b>	9:15-10:00 MS * Stacked <b>Keenen Johns-Harris</b>	9:30-10:15 MS * MetCon3 <i>Or Artzi</i>
7:15-8:00 YS * Pilates Fusion <i>Elgin McCargo</i>	7:00-8:00 YS * Sculpted Yoga™ <i>Nicole Uribaldi</i>	7:15-8:00 YS * True Barre: Bala Bangle <i>Diane LaVon</i>	7:30-8:15 MS * Atletica <i>Marie Jasmin</i>	BR * Best Butt Ever <i>Michael Keeney</i>	9:30-10:20 TR * Precision Run® <b>Jess Bieda</b>	10:00-11:00 YS * Vinyasa Yoga <i>Robert Nguyen</i>
8:15-9:00 MS * Cardio Sculpt <i>Elgin McCargo</i>	7:30-8:20 MS * Stronger <i>Joey Ledonio</i>	7:30-8:20 TR * Precision Run® <i>Lauren Anthony</i>	7:45-8:30 TR * Precision Run® <i>Nora Bisharat</i>	7:30-8:15 MS * Best Butt Ever <i>Michael Keeney</i>	9:45-10:30 BR * Rounds: Pro (L3) <i>Jermaine Bailey</i>	10:15-11:00 BR * Rounds: Bags and Mitts <i>Uriah Hurst</i>
8:30-9:15 BR * Rounds: Bags and Mitts <b>Yohancé Primus</b>	7:45-8:35 TR * Precision Run® <i>Michael Keeney</i>	7:45-8:30 BR * Rounds: Bags and Mitts <i>Khaled Zeidan</i>	8:00-8:50 BR * Rounds: Bags and Mitts <i>Ugo Peter-Obiagwu</i>	7:45-8:35 TR * Precision Run + Strength <i>Kevin Scott</i>	10:00-10:50 CS * Beats Ride <i>Sami Haendler</i>	10:30-11:15 CS * Anthem Ride <i>Or Artzi</i>
9:15-10:05 MS * Stronger <i>TomJohn Mershon</i>	8:15-9:00 YS * True Barre: Bala Bangle <i>Andy Santana</i>	8:00-8:45 MS * MetCon3 <i>Bransen Gates</i>	8:15-9:00 YS * True Barre: Bala Bangle <i>Genieve Gordon</i>	8:00-8:45 YS * True Barre: Cardio <i>Kyla Lloyd</i>	10:15-11:00 MS * Cardio Dance <i>Mitchell Wayne</i>	10:45-11:30 MS * Ultimate Resistance <i>Alexander</i>
9:30-10:20 YS * True Barre: Bala Bangle <i>Christopher Howard</i>	9:15-10:00 MS * Stacked <i>Jeff Robinson</i>	8:30-9:15 YS * True Barre: Cardio <i>Nicole Uribaldi</i>	9:15-10:00 YS * Pilates Fusion <i>Karla Beltchenko</i>	8:30-9:15 MS * Core6 <i>Michael Keeney</i>	10:30-11:30 YS * Vinyasa Yoga <i>Ali Cramer</i>	11:30-12:15 YS * True Barre: Bala Bangle <i>Or Artzi</i>
10:30-11:15 MS * Best Butt Ever <i>Esteban Deleon</i>	9:30-10:30 YS * Slow Flow Yoga <i>Dyan Tsiumis</i>	9:15-10:00 MS * Atletica <i>Michael Keeney</i>	9:30-10:20 MS * Superset Athlete <i>TomJohn Mershon</i>	9:15-10:00 YS * True Barre: Bala Bangle <i>Khaleah London</i>	10:45-11:30 BR * Rounds: Bags and Mitts <i>Jermaine Bailey</i>	12:45-1:45 YS * Power Vinyasa <i>Johan Montijano</i>
12:15-1:00 MS * Stronger <i>Wyatt Stone</i>	10:00-10:15 MS * Best Abs Ever <i>Jeff Robinson</i>	10:00-11:00 YS * Vinyasa Yoga <i>Ali Cramer</i>	11:00-11:45 MS * Cardio Sculpt <i>Calvin Wiley</i>	10:15-11:05 TR * Precision Walk: Elevate <i>Khaleah London</i>	11:15-12:00 MS * Best Butt Ever <i>Abbey Hunt</i>	1:00-2:00 CS * Beats Ride 60 <i>D Gunnz</i>
1:15-2:00 YS * Pilates Mat <i>Taylor Phillips</i>	11:00-11:50 YS * Pilates Mat <i>Itsy Rachatasumrit</i>	10:30-11:15 MS * Body Sculpt <i>Esteban Deleon</i>	12:15-1:00 CS * Beats Ride <i>Esteban Deleon</i>	10:30-11:15 MS * Cardio Dance: Zumba® <i>Diego Chauca</i>	12:00-12:15 MS * Best Abs Ever <i>Abbey Hunt</i>	1:15-2:00 BR * Rounds: Boxing <i>Alexei Kuznietsov</i>
4:30-5:15 YS * True Barre: Bala Bangle <i>Brian Slaman</i>	12:15-1:00 CS * Beats Ride <i>Nadia Zaki</i>	12:15-1:00 YS * True Barre: Bala Bangle <i>Elgin McCargo</i>	1:15-2:00 YS * Pilates Mat <i>Brian Slaman</i>	12:00-12:45 YS * Pilates Fusion <i>Erin Monteleeone</i>	12:00-12:50 YS * Pilates Rise <i>Chad Balen</i>	2:00-2:50 TR * Precision Run® <i>Evan Wood</i>
5:30-6:15 MS * Rhythmic Sculpt <i>Marie Jasmin</i>	1:15-2:15 YS * Inner Power Flow <i>Nadia Zaki</i>	1:15-2:00 BR * Rounds: Bags and Mitts <i>Jermaine Bailey</i>	4:00-4:45 YS * True Barre: Bala Bangle <i>Lucas Blankenhorn</i>	12:15-1:00 CS * Beats Ride <b>Moses Alcid</b>	12:30-1:20 MS * Stronger <i>Justin Goldman</i>	3:00-4:00 YS * Yin Yoga Meditation <i>Kira McCarthy</i>
5:45-6:30 YS * Vinyasa Yoga <i>Robert Nguyen</i>	4:00-4:50 YS * Pilates Rise <i>Christopher Howard</i>	4:30-5:15 MS * Stronger <i>Zach Schanne</i>	5:15-6:00 YS * Pilates Fusion <i>Elgin McCargo</i>	1:15-2:15 YS * Vinyasa Yoga <i>Serena Tom</i>	1:00-1:45 BR * Rounds: Bags and Mitts <i>Yohancé Primus</i>	4:00-4:50 BR * Rounds: Bags and Mitts <b>Abraham DelValle</b>
6:00-6:45 BR * Rounds: Bags and Mitts <i>Ahmad Simmons</i>	5:15-6:00 YS * True Barre: Off the Barre <i>Adam B</i>	5:30-6:15 MS * Core6 <i>Christopher Vo</i>	5:30-6:15 MS * Cardio Sculpt <b>Team Equinox</b>	2:00-2:50 MS * Stronger <i>Esteban Deleon</i>	1:15-2:00 YS * True Barre: Bala Bangle <b>Ana Boiangiu</b>	5:00-6:00 YS * Vinyasa Yoga <i>Serena Tom</i>
6:15-7:00 CS * Beats Ride <i>Jacqueline Kouri</i>	5:30-6:15 MS * Stronger <i>Christopher Howard</i>	5:30-6:30 YS * Vinyasa Yoga <i>Jena Maenius</i>	5:45-6:30 BR * Rounds: Bags and Mitts <i>Jermaine Bailey</i>	4:00-4:45 YS * Pilates Mat <i>Adele Carlson</i>	3:00-4:00 YS * Power Vinyasa <b>Pasquale Guiducci</b>	
6:30-7:15 MS * Atletica <i>Marie Jasmin</i>	5:45-6:35 BR * Rounds: Bags and Mitts <i>Ugo Peter-Obiagwu</i>	5:45-6:30 BR * Rounds: Bags and Mitts <i>Uriah Hurst</i>	6:30-7:15 MS * Superset Athlete <i>Johan Montijano</i>	4:30-5:15 BR * Rounds: Bags and Mitts <i>Ahmad Simmons</i>		
6:30-7:20 TR * Precision Run® <i>JP Prishwalko</i>	6:15-7:00 CS * Beats Ride <i>D Gunnz</i>	6:00-6:50 TR * Precision Run® <i>Evan Wood</i>	6:45-7:45 YS * Vinyasa Yoga <i>Johan Montijano</i>	5:00-5:45 MS * MetCon3 <i>John Cianca</i>		
7:00-7:45 YS * True Barre: Bala Bangle <i>Alyssa Sarnoff</i>	6:30-7:15 MS * Cardio Sculpt <i>Adam B</i>	6:15-7:00 CS * Beats Ride <i>Meghan Cox</i>		5:15-6:15 YS * Vinyasa Yoga <i>Emma Poole</i>		
7:30-8:15 MS * Core6 <i>JP Prishwalko</i>	6:30-7:15 TR * Precision Run® <i>Justin Goldman</i>	6:30-7:15 MS * Stacked <i>Christopher Vo</i>		6:00-6:50 MS * Feel Good Friday: Studio Dance <i>Nicholas Powers</i>		
	6:45-7:45 YS * Power Vinyasa <i>Kumiko Buckman</i>	7:00-7:45 BR * Muay Thai <i>Khaled Zeidan</i>		6:30-7:15 YS * Sonic Meditation <i>Emma Poole</i>		
		7:00-7:45 YS * Pilates Mat <b>Bret Yamanaka</b>				
		7:30-8:15 MS * Best Butt Ever <i>Meghan Cox</i>				

# EQUINOX

## FLATIRON

897 Broadway

NEW YORK NY 10003

EQUINOX.COM

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**MON-THU** 05:30 AM 11:00 PM

**FRI** 05:30 AM 10:00 PM

**SAT-SUN** 08:00 AM 08:00 PM

## GROUP FITNESS MANAGER

brian.slaman@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**TR** Treadmill Area

**BR** Boxing Studio

## CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced



## Cycling

**Anthem Ride** Let the music move you! Vibe, flow, and sweat to the beat in our Signature "all music, no metrics" ride. An Equinox Exclusive.

**Beats Ride** 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.

**Beats Ride 60** An extended rhythmic cycling class so you can ride those extra miles to 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

**Precision Run + Strength** A track and field circuit-based workout. created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

**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. Bring headphones - not needed at PR Lab locations.

**Precision Walk: Elevate** A treadmill climbing workout that challenges your ability across a variety of inclines. Personalize your pace, put a little performance in your walk and improve your cardiovascular endurance. An Equinox exclusive. Bring headphones.



## Yoga

**Inner Power Flow** Created by Nadia Zaki, this challenging class focuses on core flexibility and strength for a full-body workout that brings connection and calm.

**Power Vinyasa** 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.

**Sculpted Yoga™** Take Vinyasa up a notch with a challenging class that combines yoga with light weight sculpting. Incorporating Bala bangles and hand weights, this class merges Vinyasa flow with low-impact toning exercises to enhance strength, mobility, and balance. An Equinox exclusive.

**Slow Flow Yoga** A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.

**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.

**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.



## Hiit

**Core6** Train your center from every angle. Explore six distinct core pathways using SandBells and bodyweight. This structured interval flow with bursts of high intensity will build a stronger, more resilient foundation that supports your every movement inside and outside the club. An Equinox exclusive.

**MetCon Monday** Mondays are for MetCon, so start your week strong! 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.

**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.

**Stacked** Maximize your workout by "stacking" targeted exercises to increase endurance, strength, and power. Each set is an opportunity to uplevel and achieve all-out effort. An Equinox exclusive.

**Superset Athlete** This strength and conditioning class by TomJohn Mershon is built on progressive supersets that drive performance. Work through powerful lifts, explosive movement drills, and isometric holds to build primed strength, speed, and control. Resistance, agility, and power combine to elevate your game.



## Barre

**True Barre: Bala Bangle** This sculpt class features the Bala Bangle and light dumbbells to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

**True Barre: Cardio** Give your barre workout a cardio boost with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. An Equinox exclusive.

**True Barre: Off the Barre** 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.

**Pilates Rise** Evolve your Pilates practice with our contemporary approach that sculpts your core, glutes, and full body. Start with classical Pilates movements, then intensify, build, and burn for a transformative Pilates experience. An Equinox exclusive.



## 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.

**Cardio Dance: Zumba®** A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

**Feel Good Friday: Studio Dance** Fridays are all about the "feels". Start your weekend with a feel-good choreography-driven dance class. Unleash your inner dancer and prepare for the dance floor with playlists and moves that will keep you coming back.



## Boxing

**Muay Thai** Master the basic kickboxing strikes of Muay Thai and capture the essence of MMA fighting style in this martial-arts specialty class. Your heart will pound, your feet will fly, and your body will transform into a true fighter's figure. Boxing gloves required.

**Rounds: Bags and Mitts** Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in authentic boxing drills as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

**Rounds: Boxing** Gloves on, guard up. Step into the ring with Rounds: Boxing, where every punch, every move, is a step towards mastering the art of boxing. Elevate your skill and power through expert-guided sessions and immersive rounds on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

**Rounds: Pro** Gloves on, skills up. Rounds Pro is the pinnacle of our boxing and kickboxing offerings. Led by our elite instructors, this advanced class refines your technique, hones your precision, and pushes your limits. Elevate your training, refine your craft, and step into the professional arena. An Equinox exclusive.



## Regeneration

**Sonic Meditation** Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. An Equinox exclusive.



## Sculpt

**Barefoot Sculpt** A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

**Body Sculpt** An endurance-based, low-impact workout, using high reps and light to medium weights in combination with equipment like bands and gliding discs. Increase body part definition and total body mobility with this workout.

**Cardio Sculpt** A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.

**Rhythmic Sculpt** Move to the beat in this dynamic Sculpt class that keeps you moving in steady, light-impact motion. This mid-intensity workout shapes and tones your body. Increase endurance with movement that seamlessly flows to the rhythm of the music. An Equinox exclusive.



## Strength

**Atletica** A weight training workout using traditional power moves created by global fitness expert, Ilaria Montagnani. Build and sculpt muscle and solidify a strong core.

**Best Abs Ever** A challenging six-pack of exercises that builds and defines abdominal muscles. Strengthen and chisel your core while you ignite your metabolism and enhance total-body performance.

**Best Butt Ever** Fire up your glutes and entire lower body using dumbbells, mini-bands, and other equipment. Get active. Get strong. Get powerful. An Equinox exclusive.

**Stronger** Gain strength, confidence and community in this one-of-a-kind class scientifically made to push you to your edge. Ditch the cardio and use heavy weights to challenge every muscle group. An Equinox exclusive.

**Ultimate Resistance** An intense integrated-strength workout created by fitness expert, Alexander Charles using a single weight and resistance tubing. Ignite metabolic burn through a series of strength and core conditioning.