

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * Atletica <i>Kyle O'Brien</i>	6:15-7:00 CS * Beats Ride <i>Lisa Raphael</i>	6:15-7:00 MS * Stronger <i>Lisa Raphael</i>	6:15-7:00 BR * Rounds: Boxing <i>Thomas Heath</i>	6:15-7:00 MS * MetCon3 <i>Amanda Katz</i>	8:30-9:15 YS * Pilates Mat <i>Samantha Paulik</i>	8:00-8:45 TR * Precision Walk: Elevate <i>Candace Peterson</i>
7:15-8:00 BA * True Barre <i>Manon Hallay</i>	6:30-7:15 MS * Athletic Conditioning <i>Amanda Katz</i>	6:30-7:15 BA * True Barre <i>Kat Steers</i>	6:15-7:00 CS * Beats Ride <i>Kyle O'Brien</i>	7:15-8:05 TR * Precision Run® <i>Amanda Katz</i>	8:45-9:45 BA * True Barre <i>Kevin VerEecke</i>	8:15-9:15 BR * Rounds: Boxing <i>Thomas Heath</i>
8:00-8:45 MS * MetCon Monday <i>Kyle O'Brien</i>	7:15-8:00 BA * True Barre <i>Sarah Marchetti Gleim</i>	7:15-8:15 YS * Vinyasa Yoga <i>Kevin Bigger</i>	6:45-7:30 YS * Pilates Mat <i>Adele Carlson</i>	7:30-8:15 YS * Pilates Mat <i>Kat Steers</i>	9:00-9:45 MS * Athletic Conditioning <i>Sabrina Cohen</i>	8:45-9:45 YS * Vinyasa Yoga <i>Danicia Ambron</i>
8:15-9:15 YS * Vinyasa Yoga <i>Lauren Harris</i>	8:00-8:45 MS * Stronger <i>Bryce Vaewsorn</i>	7:30-8:30 BR * Rounds: Boxing <i>Ahmad Simmons</i>	7:00-7:50 TR * Precision Run® <i>Evan Wood</i>	8:00-8:45 MS * Athletic Conditioning <i>Taylor Cooley</i>	9:30-10:15 CS * Beats Ride <i>Alex Puette</i>	9:00-9:50 MS * MetCon3 <i>Joey Ledonio</i>
8:30-9:15 BA * Pilates at the Barre <i>Manon Hallay</i>	8:15-9:00 YS * Pilates Fusion <i>Sarah Marchetti Gleim</i>	8:00-8:45 CS * Beats Ride <i>Nowani Rattray</i>	7:15-8:00 BA * True Barre <i>Erin Gamble</i>	8:30-9:15 BA * True Barre <i>Kat Steers</i>	10:00-10:45 MS * Powerstrike! <i>Sabrina Cohen</i>	9:15-10:00 BA * True Barre <i>Sarah Marchetti Gleim</i>
9:15-10:00 MS * Core6 <i>Bryce Vaewsorn</i>	8:30-9:20 CS * Precision Ride <i>Amanda Katz</i>	8:15-9:00 MS * MetCon3 <i>Joey Ledonio</i>	8:00-8:45 MS * Body Sculpt <i>Lisa Raphael</i>	8:45-9:00 MS * Best Abs Ever <i>Taylor Cooley</i>	10:15-11:00 BA * True Barre <i>Andy Santana</i>	9:30-10:15 CS * Beats Ride <i>Candace Peterson</i>
9:30-10:15 CS * Beats Ride <i>Candace Peterson</i>	8:45-9:45 BA * True Barre <i>Kevin VerEecke</i>	8:45-9:30 YS * Pilates Mat <i>Maureen Duke</i>	8:30-9:20 CS * Precision Ride <i>Coco Cohen</i>	8:45-9:45 YS * Slow Flow Yoga <i>Jackie Prete</i>	10:30-11:30 YS * Vinyasa Yoga <i>Emma Poole</i>	10:00-11:00 BR * Rounds: Pro (L3) <i>Thomas Heath</i>
10:15-11:00 MS * Rhythmic Sculpt <i>Bryce Vaewsorn</i>	9:30-10:15 MS * Best Butt Ever <i>Andrew Slane</i>	9:15-10:00 MS * Athletic Conditioning <i>Or Artzi</i>	8:45-9:00 MS * Best Abs Ever <i>Lisa Raphael</i>	9:15-10:00 MS * Core6 <i>Andrew Slane</i>	11:00-11:45 MS * MetCon3 <i>James Donegan</i>	10:00-10:45 MS * Body Sculpt <i>Paige Bodnar</i>
10:30-11:30 YS * Sculpted Yoga™ <i>Jenny Mendez</i>	9:45-10:45 YS * Vinyasa Yoga <i>Jenny Mendez</i>	9:45-10:45 YS * Power Vinyasa <i>Lindsay Carson</i>	9:00-9:45 BA * True Barre <i>Pamela Newkirk</i>	9:30-10:15 CS * Beats Ride <i>Amanda Katz</i>	11:15-12:00 BR * Rounds: Boxing <i>Sabrina Cohen</i>	10:15-11:00 YS * Pilates Mat <i>Sarah Marchetti Gleim</i>
10:45-11:45 BA * True Barre <i>Pamela Newkirk</i>	10:45-11:30 MS * Powerstrike! <i>Sabrina Cohen</i>	10:00-10:50 BA * Pilates at the Barre <i>Kat Steers</i>	9:30-10:15 MS * MetCon3 <i>Esteban Deleon</i>	10:00-10:45 YS * Pilates Mat <i>Sammy Tuchman</i>	11:45-12:30 YS * Pilates Fusion <i>Claire Crause</i>	10:30-11:15 BA * True Barre <i>Maureen Duke</i>
12:00-1:00 YS * Gentle Yoga <i>Anubha Elaine Boudouris</i>	12:00-12:45 BR * Rounds: Boxing <i>Sabrina Cohen</i>	11:15-12:00 MS * Cardio Dance: Zumba® <i>Monique Alhaddad</i>	10:45-11:30 BA * True Barre <i>James Ervin</i>	10:15-11:05 MS * Whipped! <i>Amanda Butler</i>	12:00-1:00 BA * True Barre <i>Pamela Newkirk</i>	11:15-12:00 MS * Stacked <i>Kyle White</i>
12:30-1:15 MS * Cardio Dance <i>Mitchell Wayne</i>	12:30-1:20 BA * Pilates at the Barre <i>Kevin VerEecke</i>	12:00-12:50 BA * True Barre <i>Pamela Newkirk</i>	12:30-1:15 MS * Cardio Dance: Zumba® <i>Diego Chauca</i>	10:30-11:30 BA * True Barre <i>Rosie Fiedelman</i>	12:15-1:00 MS * Cardio Dance: Latin Beats <i>Joshua Beaver</i>	11:15-12:15 YS * Weekend Wind Down <i>Lawrence Cardenas</i>
4:00-4:45 BA * True Barre <i>Pamela Newkirk</i>	4:00-4:45 MS * Body Sculpt <i>Lisa Raphael</i>	12:30-1:15 MS * Atletica <i>Marie Jasmin</i>	4:00-4:45 YS * Pilates Mat <i>Gabe Villanueva</i>	12:30-1:15 MS * Stronger <i>Kyle White</i>	1:30-2:15 MS * Rhythmic Sculpt <i>Abbey Hunt</i>	12:00-12:50 BA * Pilates at the Barre <i>Maureen Duke</i>
5:30-6:15 YS * Pilates Mat <i>Gabe Villanueva</i>	5:00-5:50 YS * Pilates Fusion <i>Lipe</i>	4:00-5:00 YS * Iyengar Yoga <i>Cheryl Malter</i>	5:00-5:50 BR * Rounds: Boxing <i>Ugo Peter-Obiagwu</i>	4:00-4:45 MS * Studio Dance: Contemporary <i>Rosie Fiedelman</i>	2:15-3:15 YS * Vinyasa Yoga <i>Suzanne Taylor</i>	12:15-1:00 MS * Cardio Dance: Zumba® <i>Joanna Romero</i>
5:45-6:30 TR * Precision Run® <i>James Donegan</i>	5:30-6:20 BA * True Barre <i>Pamela Newkirk</i>	5:30-6:15 BA * True Barre <i>Claire Crause</i>	5:30-6:15 MS * Stacked <i>James Donegan</i>	5:00-6:00 YS * Iyengar Yoga <i>Kavi Patel</i>	2:30-3:15 MS * Best Stretch Ever <i>Abbey Hunt</i>	2:00-3:00 YS * Vinyasa Yoga <i>Kristina Erikson</i>
6:00-6:50 MS * Whipped! <i>Jeff Robinson</i>	6:00-6:45 CS * Anthem Ride <i>Kidd Solomon</i>	5:45-6:30 MS * Limited Series: Stronger Women <i>Sarah Cucuzzella</i>	6:00-6:50 BA * True Barre <i>Manon Hallay</i>	5:30-6:15 BA * True Barre <i>Rachel Bonet</i>	3:30-4:15 MS * Stronger <i>Brian Ahn</i>	3:15-4:00 MS * Stronger <i>Wyatt Slone</i>
6:30-7:15 CS * Beats Ride <i>Nowani Rattray</i>	6:30-7:15 MS * MetCon3 <i>Taylor Cooley</i>	6:00-6:50 TR * Precision Run® <i>Jason Strong</i>	6:15-7:15 YS * Slow Flow Yoga <i>Whitney Chapman</i>	6:30-7:15 BR * Rounds: Boxing <i>Champ Parris</i>	4:00-4:50 BA * True Barre <i>Kimberly Dawn Neumann</i>	3:30-4:20 BA * Pilates at the Barre <i>Kevin VerEecke</i>
6:45-7:45 YS * Vinyasa Yoga <i>James Donegan</i>	7:00-8:00 YS * Vinyasa Yoga <i>Emma Poole</i>	6:30-7:30 YS * Vinyasa Yoga <i>Alicia Morris</i>			4:30-5:15 TR * Precision Walk: Elevate <i>Brian Ahn</i>	4:15-5:05 TR * Precision Run® <i>Evan Wood</i>
7:00-8:00 BA * True Barre <i>Andrea Salazar Martinez</i>	7:15-8:00 BA * True Barre <i>Erin Gamble</i>	6:45-7:45 CS * Anthem Ride <i>Sarah Cucuzzella</i>				5:00-6:00 YS * Yin Yoga <i>Kelly Raspberry</i>
7:15-8:00 MS * Athletic Conditioning <i>Jeff Robinson</i>	7:30-8:15 MS * Stacked <i>Wyatt Slone</i>	7:00-7:45 BA * True Barre <i>Rachel Bonet</i>				6:15-7:00 YS * Sonic Meditation <i>Kelly Raspberry</i>
7:30-8:30 BR * Rounds: Boxing <i>Ahmad Simmons</i>		7:30-8:30 BR * Rounds: Boxing <i>Thomas Heath</i>				

# EQUINOX

## WEST 92ND STREET

2465 Broadway

NEW YORK NY 10025

EQUINOX.COM

@EQUINOX

**MON-THU** 05:30 AM 10:00 PM

**FRI** 05:30 AM 09:00 PM

**SAT-SUN** 07:00 AM 08:00 PM

### Kids

**MON-FRI** 09:00 AM 02:00 PM

**SAT-SUN** 08:00 AM 02:00 PM

### GROUP FITNESS MANAGER

pamela.newkirkarkin@equinox.com

### SIGNATURE CLASSES.

### ACCLAIMED INSTRUCTORS.

### TRANSFORMED BODIES.

### STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**BA** Barre 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.

**Precision Ride** A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.

## Running

**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

**Gentle Yoga** 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.

**Iyengar Yoga** An open class focusing on precision and physical alignment of the body. Named after B.K.S. Iyengar and therapeutic in approach, props are used to increase awareness and understand the nuance of each pose.

**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.

**Weekend Wind Down Yoga** A soothing yoga journey that uses extended postures and supportive props to fully reset body and mind. Move slowly, breathe deeply, and restore completely in this special weekend only class.

**Yin Yoga** Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

## Hiit

**Athletic Conditioning** This high energy full body workout is designed by your instructor to increase your strength, endurance, and agility. Select exercises and drills are sequenced to push your performance to the next level. Leave it all on the floor.

**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.

**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

**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 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.

**Pilates at the Barre** Pilates amplified with resistance. Sculpt and strengthen using our signature anchored bands to unlock stability and connection. Target muscles with intention, build functional strength, and challenge your core. 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: Latin Beats** A cardio dance experience that exclusively explores a musical artist, genre, or dance style -- with a playlist carefully curated by your Equinox instructor. 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.

**Studio Dance: Contemporary** A choreography-driven dance class incorporating styles from jazz to lyrical. Learn a complete combination, improve technique, and unleash your inner dancer.

## Boxing

**Powerstrike!** An authentic martial arts based, rhythmic-cardio workout created by global fitness expert, Iliaria Montagnani. Punch and kick to improve speed, balance and coordination.

**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

**Best Stretch Ever** Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. An Equinox Exclusive.

**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

**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.

**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, Iliaria 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.

**Limited Series: Stronger Women** Introducing Stronger Women. Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women's performance program. Optimized for women, but open to all.

**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.