

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * MetCon Monday <i>Kyle O'Brien</i>	6:15-7:00 CS * <b>Beats Ride</b> <i>Megan Colford</i>	6:15-7:00 MS * <b>Stronger</b> <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>Rachel King</i>	8:00-8:45 TR * <b>Precision Walk:</b> <i>Elevate</i> <b>Candace Peterson</b>
7:15-8:00 BA * Barre <i>Andy Santana</i>	6:30-7:15 MS * Athletic Conditioning <i>Amanda Katz</i>	6:30-7:15 BA * Barre <i>Leah Hulglin</i>	6:15-7:00 CS * <b>Beats Ride</b> <i>Kyle O'Brien</i>	7:30-8:15 YS * Pilates Mat <i>Kat Steers</i>	8:45-9:45 BA * True Barre <i>Kevin VerEecke</i>	8:15-9:00 BR * Rounds: Boxing <i>Thomas Heath</i>
8:00-8:45 MS * Athletic Conditioning <i>Kyle O'Brien</i>	7:00-7:50 TR * Precision Run® <i>Lisa Raphael</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 * Stacked <i>Kyle White</i>	9:00-9:45 MS * Athletic Conditioning <i>Sabrina Cohen</i>	8:45-9:45 YS * Vinyasa Yoga <i>Danicia Ambron</i>
8:30-9:15 BA * Trilogy Barre <i>Andy Santana</i>	7:15-8:00 BA * Barre <i>Sarah Marchetti Gleim</i>	8:00-8:45 MS * Tabata Max <i>Shaun Anthony</i>	7:00-8:00 YS * Vinyasa Yoga <i>Natasha Augoustopoulos</i>	8:30-9:15 BA * Barre <i>Angela Joy</i>	9:15-10:00 CS * <b>Beats Ride</b> <b>Taj Harris Lee</b>	9:00-9:45 MS * Cardio Sculpt <i>Alisha Wickering</i>
9:00-10:00 YS * Vinyasa Yoga (L2) <i>Melinda Abbott</i>	8:00-8:45 MS * Stronger <i>Adena Ershow</i>	8:30-9:15 BA * Trilogy Barre <i>Erin Gamble</i>	7:15-8:00 BA * True Barre <i>Maureen Duke</i>	8:45-9:00 MS * Best Abs Ever <i>Kyle White</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 * Atletica (L2) <i>Erika Hearn</i>	8:15-9:00 YS * Pilates Fusion <i>Kayla Prestel</i>	8:45-9:30 YS * Pilates Mat <i>Maureen Duke</i>	8:00-8:45 MS * Sculpt <i>Lisa Raphael</i>	8:45-9:45 YS * Slow Flow Yoga <i>Jackie Prete</i>	10:15-11:00 BA * Barre <i>Andy Santana</i>	9:30-10:30 BR * Rounds: Pro (L3) <i>Thomas Heath</i>
9:30-10:15 CS * <b>Beats Ride</b> <b>Candace Peterson</b>	8:30-9:20 CS * Precision Ride <i>Amanda Katz</i>	9:15-10:00 MS * Athletic Conditioning <i>Or Artzi</i>	8:30-9:20 CS * Precision Ride <b>Coco Cohen</b>	9:15-10:00 MS * Best Butt Ever <i>LR Davidson</i>	10:30-11:30 YS * Vinyasa Yoga <i>Emma Poole</i>	9:30-10:15 CS * <b>Beats Ride</b> <b>Candace Peterson</b>
10:15-11:00 MS * Cardio Sculpt <i>Kelsey Stalter</i>	8:45-9:45 BA * True Barre <i>Kevin VerEecke</i>	9:30-10:15 CS * Beats + Bands Ride <i>Sarah Cucuzzella</i>	8:45-9:00 MS * Best Abs Ever <i>Lisa Raphael</i>	9:30-10:15 CS * <b>Beats Ride</b> <b>Amanda Katz</b>	11:00-11:45 MS * MetCon3 <i>James Donegan</i>	10:00-10:45 MS * Best Butt Ever <i>Paige Bodnar</i>
10:30-11:30 YS * Sculpted Yoga™ <i>Jenny Mendez</i>	9:15-10:00 MS * Stacked <i>Shanice Reyes</i>	10:00-10:45 BA * Barre <i>Kat Steers</i>	9:00-9:45 BA * Barre <i>Pamela Newkirk</i>	10:00-10:45 YS * Pilates Mat <i>Sammy Tuchman</i>	11:15-12:00 BR * Rounds: Boxing Circuit <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>	9:45-10:45 YS * Vinyasa Yoga <i>Jenny Mendez</i>	10:15-11:00 MS * Best Stretch Ever <i>Or Artzi</i>	9:30-10:15 MS * MetCon3 <i>Esteban Deleon</i>	10:15-11:05 MS * Whipped! <i>Amanda Butler</i>	12:00-1:00 BA * Barre <i>Pamela Newkirk</i>	10:30-11:15 BA * Trilogy Barre <i>Alisha Wickering</i>
12:00-1:00 YS * Gentle Yoga <i>Anubha Elaine Boudouris</i>	12:00-12:45 BR * Rounds: Boxing <i>Sabrina Cohen</i>	10:30-11:30 YS * Power Vinyasa <i>Lindsay Carson</i>	9:45-10:45 YS * Iyengar Yoga <i>Cheryl Malter</i>	10:30-11:30 BA * Barre <i>Kat Steers</i>	12:15-1:00 MS * Cardio Dance <i>Shmulik Stell</i>	11:00-12:00 BR * Rounds: Boxing <i>Thomas Heath</i>
12:30-1:15 MS * Cardio Dance <i>Nick Camarero</i>	12:30-1:20 BA * Trilogy Barre <i>Kevin VerEecke</i>	12:00-12:50 BA * True Barre <i>Pamela Newkirk</i>	10:45-11:30 BA * True Barre <i>James Ervin</i>	11:30-12:15 MS * <b>Best Stretch Ever</b> <b>Kelley Norman-Rambin</b>	12:15-1:00 YS * Pilates Fusion <i>Kayla Prestel</i>	11:15-12:00 MS * MetCon3 <i>Kyle White</i>
4:00-4:45 BA * Barre <i>Claire Wolking</i>	4:00-4:45 MS * Sculpt <i>Lisa Raphael</i>	12:30-1:20 MS * Sculpt <i>Paula Calabrese</i>	12:00-1:00 YS * Sculpted Yoga™ <i>Nicole Unibarrri</i>	12:00-12:50 YS * Pilates Rise <i>Lipe</i>	1:30-2:00 MS * Upper Body Pump <i>Abbey Hunt</i>	11:15-12:15 Yoga Weekend Wind Down <i>Lawrence Cardenas</i>
5:30-6:15 YS * Pilates Mat <i>Gabe Villanueva</i>	5:00-5:50 YS * Pilates Rise <i>Kelley Norman-Rambin</i>	4:00-5:00 YS * Iyengar Yoga <i>Cheryl Malter</i>	12:30-1:15 MS * Zumba® <i>Diego Chauca</i>	5:00-6:00 YS * Iyengar Yoga <i>Kavi Patel</i>	2:00-2:30 MS * Best Abs Ever <i>Abbey Hunt</i>	12:00-1:00 BA * Barre <i>Maureen Duke</i>
6:00-6:50 MS * Whipped! <i>Jeff Robinson</i>	5:30-6:20 BA * Barre <i>Pamela Newkirk</i>	5:30-6:20 BA * True Barre <b>Karen Hyland Monteith</b>	4:00-4:45 YS * Pilates Mat <i>Gabe Villanueva</i>	5:30-6:15 BA * Barre <i>Dillon Spicer</i>	2:45-3:30 MS * Best Stretch Ever <i>Abbey Hunt</i>	12:15-1:00 MS * Zumba® <i>Joanna Romero</i>
6:30-7:15 CS * <b>Beats Ride</b> <b>Taj Harris Lee</b>	6:30-7:15 MS * MetCon3 <i>Maddie Myers</i>	5:45-6:30 MS * Stronger <b>Sarah Cucuzzella</b>	5:00-5:50 BR * Rounds: Boxing <i>Ugo Peter-Obiagwu</i>	5:45-6:30 MS * MetCon3 <i>Kendall Mordetzky</i>	2:15-3:15 YS * Vinyasa Yoga <i>Suzanne Taylor</i>	2:00-3:00 YS * Vinyasa Yoga <i>Alicia Morris</i>
6:45-7:45 YS * Vinyasa Yoga <i>Anke Meserve</i>	7:00-8:00 YS * Vinyasa Yoga <i>Emma Poole</i>	6:00-6:50 TR * Precision Run® <i>Jason Strong</i>	5:30-6:15 MS * Atletica <i>Erika Hearn</i>	6:30-7:15 BR * Rounds: Boxing <i>Champ Parris</i>	2:45-3:30 MS * Best Stretch Ever <i>Abbey Hunt</i>	3:15-4:00 MS * Stronger <i>Bryce Vaewsorn</i>
7:00-8:00 BA * Barre <i>Kelley Norman-Rambin</i>	7:15-8:00 BA * Barre <i>Erin Gamble</i>	6:30-7:30 YS * Vinyasa Yoga <b>Karen Hyland Monteith</b>	6:00-6:50 BA * Barre <i>Manon Hallay</i>	6:15-7:15 YS * Slow Flow Yoga <i>Whitney Chapman</i>	4:30-5:30 YS * <b>Weekend Wind Down</b> <b>Yoga</b> <b>James Donegan</b>	3:30-4:30 BA * Trilogy Barre <i>Kevin VerEecke</i>
7:00-7:50 TR * Precision Run® <i>Emilee Theno</i>	7:30-8:15 MS * Zumba® <b>Jose Ozuna</b>	6:45-7:30 CS * <b>Beats Ride</b> <b>Brian Ahn</b>	6:15-7:15 YS * Powerstrike! <i>Erika Hearn</i>			4:15-5:05 TR * Precision Run® <i>Evan Wood</i>
7:15-8:00 MS * Athletic Conditioning <i>Kendall Mordetzky</i>	7:15-7:45 MS * <b>Best Butt Ever</b> <b>Isabelle Luongo</b>	7:15-7:45 MS * <b>Best Butt Ever</b> <b>Isabelle Luongo</b>	6:30-7:15 MS * Powerstrike! <i>Erika Hearn</i>			5:15-6:15 YS * <b>Yin Yoga</b> <b>Kelly Raspberry</b>
7:30-8:30 BR * Rounds: Boxing <i>Ahmad Simmons</i>	7:45-8:15 MS * <b>Best Abs Ever</b> <b>Isabelle Luongo</b>					

# 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 08:00 PM

SAT-SUN 07:00 AM 08:00 PM

Kids

MON-SUN 09:00 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

**Beats + Bands Ride** Beats + Bands combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving 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.

## Athletic Training

**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.

**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 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.

**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.

**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.

**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.

**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.

**Trilogy Barre** A Pilates reformer and barre-inspired workout at the triple-barre that uses custom-designed resistance bands to strengthen, sculpt, and tone. Increase flexibility while building muscle definition. 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 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.

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

## Boxing and Kickboxing

**Powerstrike!** An authentic martial arts based, rhythmic-cardio workout created by global fitness expert, Ilaria 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: Boxing Circuit** Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in an authentic boxing circuit as you navigate skill-enhancing stations and power-packed intervals 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.

## Stretch and Recovery

**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.

## Sculpt

**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.

**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.

**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.

**Upper Body Pump** Quick and efficient strength training, targeting your arms, chest, and back. Get pumped up and ready to rock in just 30 minutes or less. An Equinox Exclusive.