

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:35 MS * MetCon Monday <i>Diane LaVon</i>	6:15-7:00 CS * <b>Beats Ride</b> <i>Chelsea Amengual</i>	6:15-7:00 CS * <b>Beats Ride</b> <i>Shweky</i>	6:30-7:15 CS * <b>Beats Ride</b> <i>Brandon Green</i>	7:00-7:50 CS * <b>Precision Ride</b> <i>Chelsea Amengual</i>	8:00-8:45 CS * <b>Beats Ride</b> <i>D Gunnz</i>	8:30-9:15 MS * Rounds: Boxing <i>Brandon Green</i>
7:00-7:45 CS * <b>Beats Ride</b> <i>Leah Clark</i>	6:15-7:00 YS * <b>Pilates Mat</b> <i>Maureen Duke</i>	6:45-7:30 MS * Barre Beyond <i>Pavee Kwun</i>	6:30-7:15 MS * Stacked <i>Eddie Carrington</i>	7:15-8:00 YS * True Barre <i>Robert Burke</i>	8:30-9:15 MS * Cardio Sculpt <i>Stephanie Levinson</i>	9:00-10:00 YS * Trilogy Barre <i>Kevin VerEecke</i>
7:15-8:00 YS * Pilates Mat <i>Erin Giordano</i>	6:30-7:15 MS * Stronger <i>Miriam Shestack</i>	7:00-7:45 YS * Pilates Fusion <i>Mia Wenger</i>	7:00-8:00 YS * Vinyasa Yoga <i>Margaret Schwarz</i>	8:00-8:45 MS * <b>Cardio Sculpt</b> <i>Mel Gallo</i>	9:00-9:50 YS * Vinyasa Yoga <i>Jessica Metz</i>	9:45-10:30 MS * Athletic Conditioning <i>Diego Guevara</i>
8:00-8:50 MS * Stronger <i>Shanice Reyes</i>	7:15-8:05 YS * <b>True Barre</b> <i>Maureen Duke</i>	7:30-8:20 TR * Best Butt Ever <i>Carolann Valentino</i>	8:00-8:45 MS * Rounds: Boxing <i>Brandon Green</i>	8:45-9:00 MS * Best Abs Ever <i>Mel Gallo</i>	9:45-10:30 MS * Stacked <i>Kyle White</i>	10:30-11:20 YS * Pilates Rise <i>Marigel Fernandez</i>
8:15-9:00 YS * Barre <i>Erin Giordano</i>	8:00-8:50 MS * Whipped! <i>Dario Torres</i>	8:00-8:45 MS * Best Butt Ever <i>Carolann Valentino</i>	8:30-9:15 YS * Barre <i>Sarah Marchetti Gleim</i>	9:15-10:05 MS * Stronger <i>Diego Guevara</i>	10:00-10:45 CS * <b>Beats Ride</b> <i>Shweky</i>	10:45-11:30 MS * Zumba@ <i>Khalia Frazier</i>
9:15-10:00 MS * Sculpt <i>Nicole Uribarri</i>	8:15-9:05 TR * Precision Run@ <i>Shaun Anthony</i>	9:15-10:00 MS * <b>Zumba@</b> <i>Monique Alhaddad</i>	9:15-10:05 MS * Best Butt Ever <i>Miriam Shestack</i>	10:00-10:45 CS * <b>Beats Ride</b> <i>Brandon Green</i>	10:30-11:15 YS * True Barre <i>Pam Nahal</i>	11:00-11:45 CS * <b>Beats Ride</b> <i>D Gunnz</i>
9:30-10:30 YS * Vinyasa Yoga <i>Mary Horne</i>	9:15-10:05 MS * MetCon3 <i>Kelsey Stalter</i>	9:30-10:30 YS * Vinyasa Yoga <i>Josh Mathew-Meier</i>	9:30-10:15 YS * Pilates Fusion <i>Sarah Marchetti Gleim</i>	10:45-11:30 YS * Pilates Fusion <i>Mia Wenger</i>	10:45-11:30 MS * Ballet by Equinox x ABT <i>Sarah Marchetti Gleim</i>	11:15-12:05 TR * Precision Walk: Elevate <i>Justine Ayala</i>
10:00-10:45 CS * <b>Beats Ride</b> <i>Mario Martinez</i>	9:30-10:15 YS * True Barre <i>Mel Gallo</i>	10:15-11:00 MS * <b>Best Stretch Ever</b> <i>Monique Alhaddad</i>	10:30-11:15 MS * Cardio Dance <i>Lipe</i>	12:15-1:00 MS * <b>Sculpt</b> <i>Mel Gallo</i>	11:30-12:20 TR * <b>Precision Run@</b> <i>Shaun Anthony</i>	12:00-1:00 YS * Vinyasa Yoga <i>Kristina Erikson</i>
11:00-11:45 YS * Pilates Fusion <i>Zach Bergfelt</i>	10:30-11:15 MS * Sculpt <i>Mel Gallo</i>	11:00-11:45 YS * True Barre <i>James Ervin</i>	12:00-12:50 YS * True Barre <i>Pamela Newkirk</i>	12:15-1:00 MS * <b>Trilogy Barre</b> <i>Christopher Howard</i>	12:00-12:45 YS * Pilates Mat <i>Alison Mathis</i>	1:30-2:15 YS * Pilates Mat <i>Alex Ware</i>
12:15-1:05 YS * True Barre <i>Christopher Howard</i>	10:45-11:30 YS * Pilates Mat <i>Mia Wenger</i>	12:15-1:00 YS * Pilates Mat <i>Alison Mathis</i>	4:30-5:15 YS * Barefoot Sculpt <i>Maureen Duke</i>	12:15-1:00 YS * <b>Trilogy Barre</b> <i>Christopher Howard</i>	12:30-1:15 MS * Circuit Training <i>Shaun Anthony</i>	2:45-3:35 MS * Stronger <i>Monique Alhaddad</i>
4:30-5:15 YS * Barre <i>Rachel King</i>	12:00-1:00 YS * Yin Yoga Meditation <i>Mary Aranas</i>	4:30-5:15 YS * Trilogy Barre <i>Kyla Lloyd</i>	5:30-6:15 MS * Rounds: Boxing <b>Circuit</b> <i>Diego Guevara</i>	4:30-5:20 YS * Pilates Rise <i>Rachel King</i>	1:30-2:20 MS * Stronger <i>Shaun Anthony</i>	3:00-3:45 YS * True Barre <i>Maureen Duke</i>
5:30-6:15 MS * Best Butt Ever <i>Monique Alhaddad</i>	4:30-5:15 YS * Pilates Mat <i>Erin Ginn</i>	4:45-5:35 TR * Precision Walk: Elevate <i>Margaret Schwarz</i>	5:30-6:15 YS * Rounds: Boxing <b>Circuit</b> <i>Diego Guevara</i>	5:00-5:50 MS * <b>MetCon3</b> <i>KaRa Dizon</i>	2:30-3:30 YS * Sculpted Yoga™ <i>Lipe</i>	3:45-4:30 MS * Best Stretch Ever <i>Monique Alhaddad</i>
5:45-6:30 YS * Power Vinyasa <i>Kristina Erikson</i>	5:00-5:45 MS * Stronger <i>David Miller</i>	5:30-6:15 MS * Sculpt <i>Kyla Lloyd</i>	6:00-6:45 CS * <b>Precision Ride</b> <i>Zach Williams</i>	5:45-6:45 YS * Vinyasa Yoga <i>Andrew Blotky</i>	3:00-3:45 YS * True Barre <i>Maureen Duke</i>	5:00-6:00 YS * Weekend Wind Down Yoga <i>Jennifer Harvey</i>
6:00-6:50 TR * Precision Run@ <i>Chelsea Amengual</i>	5:30-6:15 YS * Barre <i>Brian Slaman</i>	5:45-6:30 YS * Vinyasa Yoga <i>Margaret Schwarz</i>	6:30-7:30 YS * Sculpted Yoga™ <i>Dorian Shorts</i>			
6:15-7:00 CS * <b>Beats Ride</b> <i>Zach Bergfelt</i>	6:00-6:45 MS * <b>Sculpt</b> <i>Allison Rowland</i>	6:15-7:00 CS * <b>Beats Ride</b> <i>Leah Clark</i>	7:15-8:00 MS * Athletic Conditioning <i>Rob Lavecchia</i>			
6:30-7:15 MS * Stacked <i>Christopher Howard</i>	6:15-7:15 CS * <b>Beats Ride 60</b> <i>Jason Strong</i>	6:30-7:20 MS * Stronger <i>Carolann Valentino</i>				
7:00-7:50 YS * Pilates Rise <i>Marigel Fernandez</i>	6:30-7:30 YS * Restorative Yoga <i>Anubha Elaine Boudouris</i>	7:00-7:45 YS * True Barre <i>Christopher Howard</i>				
7:30-8:15 MS * Cardio Dance <i>Shmulik Stell</i>	7:00-7:15 MS * Best Abs Ever <i>Allison Rowland</i>	7:30-8:15 MS * Best Stretch Ever <i>Carolann Valentino</i>				
	7:15-8:00 MS * Tabata Max <i>Allison Rowland</i>					

# EQUINOX

## EAST 85TH STREET

203 East 85th St  
NEW YORK NY 10028  
EQUINOX.COM  
@EQUINOX

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

**FRI** 05:30 AM 08:00 PM

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

## GROUP FITNESS MANAGER

christopher.howard@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**TR** Treadmill Area

## CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

## Cycling

**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** 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

**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.

**Restorative Yoga** A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

**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.

**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 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.

## 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.

**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.

**Circuit Training** Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

**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.

**Barre Beyond** Level up your barre experience 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.

**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

**Ballet by Equinox x ABT** Created in exclusive partnership with American Ballet Theatre, this class incorporates fundamentals of ballet with an exhilarating series of turns, jumps, combinations, and Thera-band sequences.

**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

**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.

## 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

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

**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.