

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:30 MS* Stronger <i>Robert Burke</i>	6:45-7:35 CS* Precision Ride <i>Avery Washington</i>	7:00-7:45 MS* <b>Tabata Max</b> <b>Katie Thrasher</b>	6:45-7:30 CS* Beats Ride <i>Aaron Albert</i>	6:15-7:00 YS* True Barre <i>Lucas Blankenhorn</i>	8:30-9:30 YS* Slow Flow Yoga <i>Caitlyn Casson</i>	8:30-9:15 YS* Pilates Mat <i>Caroline Strong</i>
7:15-8:15 YS* Slow Flow Yoga <i>Josh Mathew-Meier</i>	7:00-7:45 YS* Barre <i>Diane LaVon</i>	7:15-8:15 YS* Sculpted Yoga™ <i>Jessica Chin</i>	7:00-7:45 YS* Pilates Mat <i>Caroline Strong</i>	7:15-8:15 YS* Ashtanga Yoga <i>Dylan Evans</i>	9:00-9:45 MS* Athletic Conditioning <i>Garry Baddal</i>	8:45-9:35 TR* Precision Walk: Elevate <i>Lisa Raphael</i>
7:30-8:15 BR* <b>Rounds: Boxing</b> <b>Khaled Zeidan</b>	7:30-8:15 MS* MetCon3 <i>Esteban Deleon</i>	7:30-8:15 BR* <b>Rounds: Boxing</b> <b>Alexei Kuznietsov</b>	7:30-8:15 MS* <b>Stacked</b> <b>Waz Ashayer</b>	8:15-9:00 MS* MetCon3 <i>Stephanie Levinson</i>	9:00-9:50 TR* <b>Precision Run®</b> <b>Waz Ashayer</b>	9:15-10:00 MS* MetCon3 <i>Jenna Matroni</i>
8:15-9:00 MS* Cardio Sculpt <i>Stephanie Levinson</i>	8:30-9:15 YS* Pilates Fusion <i>Karen Hyland Monteith</i>	8:15-9:00 MS* Barre Beyond <i>Genevieve Gordon</i>	8:30-9:15 MS* Cardio Sculpt <i>Jessica Davis</i>	9:15-10:05 YS* True Barre <i>Kevin VerEecke</i>	9:30-10:15 CS* Beats Ride <i>D Gunnz</i>	9:30-10:15 YS* Vinyasa Yoga <i>Dylan Evans</i>
9:15-10:05 YS* True Barre <i>Mel Gallo</i>	9:30-10:15 MS* Body Sculpt <i>Nicky Venditti</i>	9:15-10:05 YS* Pilates Rise <i>Genevieve Gordon</i>	9:30-10:15 MS* Body Sculpt <i>Monique Dash</i>	9:30-10:15 MS* Cardio Sculpt <i>Robert Burke</i>	10:00-10:45 MS* Atletica <i>Stephen Bel Davies</i>	10:00-11:00 PD* Aqua Sculpt <i>Lisa Raphael</i>
9:30-10:00 MS* <b>Lower Body Blast</b> <b>Diego Guevara</b>	9:30-10:20 PD* Aqua Sculpt <i>Edmee Cherdieu</i>	9:30-10:15 MS* Cardio Sculpt <i>Adam B</i>	9:30-10:20 PD* Aqua Sculpt <i>Edmee Cherdieu</i>	10:00-11:00 PD* Aqua Sculpt <i>Torello Cabrol</i>	10:00-11:00 PD* Aqua Sculpt <i>AJ Bacaro</i>	10:15-11:00 MS* Cardio Sculpt <i>Stephanie Levinson</i>
10:00-10:30 MS* <b>Upper Body Pump</b> <b>Diego Guevara</b>	10:30-11:20 TR* Precision Walk: Elevate <i>Shaun Anthony</i>	10:30-11:30 YS* Gentle Yoga <i>Robert Nguyen</i>	10:30-11:20 TR* Precision Walk: Elevate <i>Corky Corkum</i>	10:30-11:30 YS* Gentle Yoga <i>Robert Nguyen</i>	10:15-11:00 YS* Pilates Mat <i>Erin Ginn</i>	10:30-11:15 BR* <b>Rounds: Boxing</b> <i>Delida Torres</i>
10:30-11:15 YS* Pilates Mat <i>Itsy Rachatasumrit</i>	10:45-11:30 YS* Barre <i>Hannah Delmonte</i>	12:00-1:00 PD* Swim Team <i>Margaret Schwarz</i>	10:45-11:30 YS* Barre <i>Sarah Marchetti Gleim</i>	10:45-11:30 MS* Cardio Dance <i>Esteban Deleon</i>	11:00-11:50 MS* MetCon3 <i>Waz Ashayer</i>	10:45-11:35 YS* True Barre <i>Kevin VerEecke</i>
12:00-1:00 PD* Swim Team <i>Margaret Schwarz</i>	12:00-1:00 YS* Vinyasa Yoga <i>Lipe</i>	12:15-1:00 YS* Pilates Mat <i>Erin Ginn</i>	12:00-1:00 YS* Iyengar Yoga <i>Kavi Patel</i>	11:30-12:15 BR* <b>Rounds: Pro</b> <i>Jermaine Bailey</i>	11:45-12:45 YS* Vinyasa Yoga <i>Jessica Chin</i>	11:00-11:45 CS* Beats Ride <i>Zach Williams</i>
12:15-1:15 YS* Gentle Yoga <i>Iyala Berley</i>	12:15-1:00 BR* <b>Rounds: Boxing</b> <i>Jermaine Bailey</i>	12:30-1:15 MS* Best Butt Ever <i>Kelsey Stalter</i>	12:15-1:00 BR* <b>Rounds: Boxing</b> <i>Jermaine Bailey</i>	12:15-1:05 YS* Pilates Rise <i>Ross Daniel</i>	1:00-2:00 BR* <b>Rounds: Boxing</b> <i>Thomas Heath</i>	11:15-12:00 MS* Cardio Dance: 305 Dance <i>JJ Montell</i>
12:30-1:15 MS* <b>Best Butt Ever</b> <b>Eddie Carrington</b>	5:00-6:00 PD* Swim Team <i>Torello Cabrol</i>	4:00-5:00 YS* Vinyasa Yoga <i>Kevin Bigger</i>	4:30-5:15 YS* Silhouette <i>Alexis Sweeney</i>	12:30-1:15 MS* Pure Strength <i>Alyssa Cerrachio</i>	1:15-2:00 MS* Best Stretch Ever <i>Jessica Chin</i>	12:00-1:00 YS* Vinyasa Yoga <i>Dana Slamp</i>
4:00-5:00 YS* Yin Yoga <i>Kelly Raspberry</i>	5:30-6:30 YS* Power Vinyasa <i>Kat Suda</i>	5:30-6:15 YS* True Barre <i>Elizabeth Portnoy</i>	5:30-6:15 YS* Pilates Mat <i>Erin Ginn</i>	4:00-4:30 MS* Best Butt Ever <i>Michael Keeney</i>	2:30-3:20 YS* True Barre <i>Laetitia Emmanuel</i>	1:15-2:00 YS* Sonic Meditation <i>Dana Slamp</i>
5:30-6:15 MS* Off The Barre <i>Carolina Rivera</i>	6:00-6:45 BR* <b>Rounds: Pro</b> <i>Jermaine Bailey</i>	5:45-6:30 CS* Beats Ride <i>Shweky</i>	6:00-6:50 MS* MetCon3 <i>Corrine Carnation</i>	4:30-5:00 MS* Upper Body Pump <i>Michael Keeney</i>	5:00-5:45 CS* Beats Ride <i>D Gunnz</i>	2:30-3:20 YS* Pilates Rise <i>Lucas Blankenhorn</i>
5:45-6:30 CS* Beats Ride <i>Shweky</i>	6:15-7:05 CS* Precision Ride <i>Nora Herbstman</i>	6:15-7:05 TR* Precision Run® <i>Christina Lee</i>	6:15-7:00 CS* Beats Ride <i>Mario Martinez</i>	5:00-5:45 CS* Beats Ride <i>D Gunnz</i>	5:45-6:45 YS* Power Vinyasa <i>Ana Sussmann</i>	5:00-6:00 YS* Vinyasa Yoga <i>Iyala Berley</i>
6:15-7:05 TR* Precision Run® <i>Mia Wenger</i>	6:30-7:15 MS* Athletic Conditioning <i>Victoria Chimenti</i>	6:30-7:20 MS* Stronger <i>Luke Bernier</i>	6:45-7:45 YS* <b>Vinyasa Yoga</b> <b>Dana Slamp</b>	5:45-6:45 YS* Power Vinyasa <i>Ana Sussmann</i>		
6:30-7:15 MS* <b>MetCon Monday</b> <b>Waz Ashayer</b>	6:45-7:35 YS* Pilates Rise <i>Claire Goldes</i>	7:00-8:00 YS* Sculpted Yoga™ <i>Randi Cerini</i>	7:00-7:45 BR* <b>Rounds: Boxing</b> <i>Christian Reyes</i>			
7:00-8:00 YS* Vinyasa Yoga <i>Kristina Erikson</i>	7:00-7:45 BR* <b>Rounds: Boxing</b> <i>Jermaine Bailey</i>	7:30-8:15 MS* Best Stretch Ever <i>Suzanne Taylor</i>				
8:05-8:35 YS* Meditation <i>Kristina Erikson</i>	7:30-8:15 MS* Cardio Dance: 305 Dance <i>Sadie Kurzban</i>					

# EQUINOX

## EAST 63RD STREET

817 Lexington Avenue  
NEW YORK NY 10065  
EQUINOX.COM  
@EQUINOX

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

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

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

## GROUP FITNESS MANAGER

eric.cobb@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

**PD** Pool Deck

## 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 additive 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 Sikk. 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

**Ashtanga Yoga** Developed by K. Pattabhi Jois, this challenging class integrates breath with a specific sequence of poses designed to focus and build strength.

**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.

**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, Iaria 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.

**Lower Body Blast** Train everything below the belt in a class that focuses on lower body strength, definition, and endurance. Expect exercises using bodyweight and a variety of equipment including weights and bands. You'll push your legs and glutes to the limit.

**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.

**Pure Strength** Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. 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.

## 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.

**Off The Barre** This off-the-barre class incorporates a continuous series of contemporary exercises. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

**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.

**Cardio Dance: 305 Dance** Dance like no one's watching in this free-spirited, inclusive dance cardio workout designed for all levels, no dance experience required. 35 minutes of high-intensity cardio followed by 5 minutes of targeted toning, and 5 minutes of stretching for a joyful full body workout.

## 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: 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.

## Pool

**Aqua Sculpt** A non-stop, full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with a program that is gentle on the joints. Swim cap required.

**Swim Team** Build your skills in this team-based class where the basics are reviewed and reinforced. Focus on drills, technique, stamina, strength and form. Swim cap and goggles required.

## 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.

**Meditation** Turn your senses inward to transform your state in real time. Own the stillness of the moment as you cycle through focused breath work and guided observation of body and mind.

**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.

**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.

**Silhouette** Silhouette by NYC fitness pro Alexis Sweeney offers a contemporary take on a low impact, high-intensity Barre class that boosts muscular endurance, balance, stamina, strength, and flexibility. Alexis's seamless moves and creative sequencing provides a distinct challenge leaving you eager for more.

**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.