

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* Tabata Max <i>Katie Thrasher</i>	6:45-7:30 CS* Beats Ride <i>Leah Clark</i>	7:15-8:15 YS* Ashtanga Yoga <i>Dylan Evans</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>	7:30-8:15 BR* Rounds: Boxing <i>Champ Parris</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* Rounds: Boxing <i>Khaled Zeidan</i>	7:30-8:15 MS* MetCon3 <i>Michelle Sim</i>	7:30-8:15 BR* Rounds: Boxing <i>Alexei Kuznietsov</i>	7:30-8:15 MS* Stacked <i>Waz Ashayer</i>	8:15-9:00 MS* Rhythmic Sculpt <i>Stephanie Levinson</i>	9:30-10:15 CS* Beats Ride <i>D Gunnz</i>	9:15-10:00 MS* MetCon3 <i>Alexander</i>
8:15-9:00 MS* Cardio Sculpt <i>Stephanie Levinson</i>	8:30-9:30 YS* Vinyasa Yoga <i>Karen Hyland</i> Monteith	8:15-9:00 MS* Stronger <i>Justin Flexen</i>	8:30-9:15 MS* Off The Barre <i>Carolina Rivera</i>	9:15-10:05 YS* True Barre <i>Kevin VerEecke</i>	9:45-10:35 TR* Precision Run® <i>Waz Ashayer</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>Genieve Gordon</i>	9:30-10:15 MS* Body Sculpt <i>Monique Dash</i>	9:30-10:15 MS* Stronger <i>Robert Burke</i>	10:00-10:45 MS* Lower Body Blast <i>Stephen Bel Davies</i>	10:00-10:50 PD* Aqua Sculpt <i>Lisa Raphael</i>
9:30-10:15 MS* Best Stretch Ever <i>Rika Henry</i>	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>
10:30-11:15 YS* Pilates Mat <i>Itsy Rachatasumrit</i>	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* Rounds: Boxing <i>Delida Torres</i>
12:00-1:00 PD* Swim Team <i>Brad Cole</i>	10:45-11:30 YS* Pilates Mat <i>Andy Santana</i>	12:00-1:00 PD* Swim Team <i>Brad Cole</i>	10:45-11:30 YS* Barre <i>Sarah Marchetti Gleim</i>	12:15-1:05 YS* Pilates Rise <i>Ross Daniel</i>	10:45-11:30 BR* Rounds: Boxing <i>Alexei Kuznietsov</i>	10:45-11:35 YS* True Barre <i>Kevin VerEecke</i>
12:15-1:15 YS* Gentle Yoga <i>Iyala Berley</i>	12:00-1:00 YS* Vinyasa Yoga <i>Katey Lewis</i>	12:15-1:00 YS* Pilates Mat <i>Erin Ginn</i>	12:00-1:00 YS* Iyengar Yoga <i>Kavi Patel</i>	12:30-1:15 MS* Pure Strength <i>Alyssa Cerrachio</i>	11:00-11:50 MS* MetCon3 <i>Waz Ashayer</i>	11:00-11:45 CS* Beats Ride <i>Zach Williams</i>
12:30-1:15 MS* Best Butt Ever <i>Eddie Carrington</i>	12:15-1:00 BR* Rounds: Boxing <i>Jermaine Bailey</i>	12:30-1:15 MS* Rhythmic Sculpt <i>Bransen Gates</i>	12:15-1:00 BR* Rounds: Boxing <i>Jermaine Bailey</i>	4:00-4:45 MS* Best Butt Ever <i>Sara Deberry</i>	12:00-1:00 YS* Vinyasa Yoga <i>Jessica Chin</i>	11:15-12:00 MS* Cardio Dance: 305 Dance <i>JJ Montell</i>
4:00-5:00 YS* Yin Yoga <i>Kelly Raspberry</i>	5:00-6:00 PD* Swim Team <i>Brad Cole</i>	4:00-5:00 YS* Vinyasa Yoga <i>Johan Montijano</i>	5:30-6:15 YS* Pilates Mat <i>Erin Ginn</i>	5:00-5:45 CS* Beats Ride <i>D Gunnz</i>	1:15-2:00 YS* Sonic Meditation <i>Jessica Chin</i>	12:00-1:00 YS* Vinyasa Yoga <i>Taylor Phillips</i>
5:30-6:15 MS* Off The Barre <i>Carolina Rivera</i>	5:30-6:30 YS* Power Vinyasa <i>Kat Suda</i>	5:30-6:15 YS* True Barre <i>Elizabeth Portnoy</i>	6:00-6:50 MS* MetCon3 <i>Corrine Carnation</i>	5:45-6:45 YS* Power Vinyasa <i>Taylor Phillips</i>	2:30-3:15 YS* Barre <i>Laetia Emmanuel</i>	1:00-1:30 YS* Meditation <i>Taylor Phillips</i>
5:45-6:30 CS* Beats Ride <i>Shweky</i>	6:00-6:45 BR* Rounds: Boxing <i>Jermaine Bailey</i>	5:45-6:30 CS* Beats Ride <i>Shweky</i>	6:15-7:00 CS* Beats Ride <i>Mario Martinez</i>			2:30-3:20 YS* Pilates Rise <i>Lucas Blankenhorn</i>
6:15-7:05 TR* Precision Run® <i>Mia Wenger</i>	6:00-6:45 MS* Athletic Conditioning <i>Ceren Kalyon</i>	6:15-7:05 TR* Precision Run® <i>Christina Lee</i>	6:45-7:45 YS* Vinyasa Yoga <i>Dana Stamp</i>			5:00-6:00 YS* Vinyasa Yoga <i>Iyala Berley</i>
6:30-7:15 MS* MetCon Monday <i>Waz Ashayer</i>	6:15-7:00 CS* Beats Ride <i>Molly Mook</i>	6:30-7:20 MS* Stronger <i>Luke Bernier</i>	7:00-7:45 BR* Rounds: Boxing <i>Christian Reyes</i>			
7:00-8:00 YS* Vinyasa Yoga <i>Kristina Erikson</i>	6:45-7:35 YS* Pilates Rise <i>Ross Daniel</i>	7:00-8:00 YS* Vinyasa Yoga <i>Serena Tom</i>	7:15-8:00 MS* Cardio Dance: 305 Dance <i>Alia Carponter</i>			
8:00-8:30 YS* Meditation <i>Kristina Erikson</i>	7:00-7:45 BR* Rounds: Boxing <i>Jermaine Bailey</i>	8:00-8:30 YS* Meditation <i>Serena Tom</i>				
	7:15-8:00 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

waz.ashayer@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 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 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.

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.

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.

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 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: 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

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.

Swim

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.

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.

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.

Rhythmic Sculpt Move to the beat in this dynamic Sculpt class that keeps you moving in steady, low-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.