

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:30 MS * Cardio Sculpt <i>Kyla Owen</i>	6:45-7:30 YS * Pilates Fusion <i>Lipe</i>	6:45-7:30 MS * Stronger <i>Peyton Royal</i>	6:45-7:30 MS * Body Sculpt <i>Lauren Anthony</i>	6:45-7:30 CS * Beats Ride <i>D Gunnz</i>	8:30-9:15 MS * True Barre: Off the Barre <i>Erin Monteleone</i>	8:30-9:15 MS * 360 Strength <i>Alexei Kuznietsov</i>
7:00-7:45 YS * True Barre: Off the Barre <i>Joan Ferraro</i>	7:00-7:50 TR * Precision Run® <i>Steve Mitchell</i>	7:00-7:50 CS * Beats Ride <i>Serena DiLiberto</i>	7:00-7:45 YS * Pilates Mat <i>Lilianne Gering</i>	7:00-7:45 MS * True Barre: Bala Bangle <i>Arianna Dolan</i>	8:45-9:45 YS * Weekend Wind Down Yoga <i>Ana Sussmann</i>	9:00-9:50 YS * Pilates Rise <i>Pam Nahal</i>
7:30-8:20 CS * Beats Ride <i>Serena DiLiberto</i>	7:45-8:35 CS * Beats Ride <i>Brett Gordon</i>	7:15-8:00 YS * True Barre: Off the Barre <i>Pam Nahal</i>	7:45-8:35 CS * Beats Ride <i>Matt Stevenson</i>	7:00-7:50 TR * Precision Run® <i>Cooper Chou</i>	9:30-10:15 MS * Tabata Max <i>Jenna Matroni</i>	9:30-10:20 MS * Stronger <i>Joshua Beaver</i>
8:00-8:45 YS * Pilates Fusion <i>Joan Ferraro</i>	8:15-9:00 YS * True Barre: Off the Barre <i>Diane LaVon</i>	7:45-8:30 MS * Core6 <i>Peyton Royal</i>	8:00-8:45 YS * True Barre: Bala Bangle <i>Lucas Blankenhorn</i>	7:15-8:00 YS * Pilates Fusion <i>Genieve Gordon</i>	9:45-10:30 CS * Beats Ride <i>Serena DiLiberto</i>	10:00-10:45 CS * Beats Ride <i>Lucas Blankenhorn</i>
8:15-9:00 MS * Body Sculpt <i>Miriam Shestack</i>	8:30-9:15 MS * Stronger <i>Allie Taylor Mannle</i>	8:15-9:00 YS * Barefoot Sculpt <i>Stephen Bel Davies</i>	9:30-10:15 YS * Barefoot Sculpt <i>Andrea Salazar Martinez</i>	8:00-8:45 MS * Stronger <i>Jacques Delaugere</i>	10:15-11:15 YS * Vinyasa Yoga <i>Lauren Solomon</i>	10:15-11:00 YS * True Barre: Bala Bangle <i>Pam Nahal</i>
9:30-10:15 YS * True Barre <i>Lipe</i>	9:30-10:15 YS * Barefoot Sculpt <i>Allie Taylor Mannle</i>	9:30-10:15 YS * True Barre <i>Brian Slaman</i>	12:00-1:00 YS * Vinyasa Yoga <i>Ana Sussmann</i>	9:00-9:50 YS * True Barre: Off the Barre <i>Alison O'Connor</i>	10:30-11:20 MS * Whipped! <i>Jenna Matroni</i>	10:45-11:35 MS * Cardio Dance <i>Joshua Beaver</i>
12:00-12:45 YS * True Barre: Off the Barre <i>Cindy Davis</i>	12:00-12:45 YS * True Barre: Off the Barre <i>Joan Ferraro</i>	12:15-1:05 MS * Pilates Rise <i>Miriam Shestack</i>	12:30-1:15 MS * Rhythmic Sculpt <i>Carolina Rivera</i>	12:15-1:15 YS * Power Vinyasa <i>Alison O'Connor</i>	11:30-12:15 MS * Shadow-Do <i>Steve Feinberg</i>	11:45-12:45 YS * Vinyasa Yoga <i>Alyssa Sarnoff</i>
12:30-1:15 MS * Rhythmic Sculpt <i>Diane LaVon</i>	12:30-1:15 MS * Body Sculpt <i>Nicky Venditti</i>	12:30-1:30 YS * Power Vinyasa <i>Josh Mathew-Meier</i>	5:15-6:00 YS * Barefoot Sculpt <i>Miriam Shestack</i>	1:30-2:15 YS * Pilates Mat <i>Lucas Blankenhorn</i>	12:15-1:00 YS * True Barre: Off the Barre <i>Carolina Rivera</i>	1:00-2:00 YS * Sculpted Yoga™ <i>Alyssa Sarnoff</i>
5:15-6:00 YS * Pilates Mat <i>Erin Ginn</i>	5:15-6:00 YS * True Barre: Off the Barre <i>Alyssa Sarnoff</i>	5:15-6:00 YS * True Barre: Off the Barre <i>Sarah Marchetti Gleim</i>	5:30-6:15 MS * Core6 <i>Butchie Gamble</i>	4:00-4:45 YS * True Barre: Off the Barre <i>Tegan H</i>	1:15-2:05 YS * Pilates Rise <i>Erin Monteleone</i>	1:15-2:00 MS * Stacked <i>Zach Schanne</i>
5:30-6:15 MS * Stronger <i>Lauren Anthony</i>	5:30-6:15 MS * Stacked <i>Jeff Robinson</i>	6:00-6:45 MS * Stronger <i>Emily Comerford</i>	6:00-6:45 CS * Beats Ride <i>Lucas Blankenhorn</i>	5:15-6:00 YS * Vinyasa Yoga <i>Suzanne Taylor</i>	2:15-3:00 MS * 360 Strength <i>Alexei Kuznietsov</i>	2:15-3:00 MS * True Barre: Off the Barre <i>Paige Bodnar</i>
6:15-7:00 YS * True Barre: Off the Barre <i>Erin Monteleone</i>	6:00-6:50 CS * Beats Ride <i>Jon Gluckner</i>	6:15-7:05 YS * Pilates Rise <i>Sarah Marchetti Gleim</i>	6:15-7:00 YS * Pilates Fusion <i>Miriam Shestack</i>	5:30-6:20 MS * Feel Good Friday: Cardio Dance <i>Monique Alhaddad</i>	4:00-4:45 YS * Pilates Fusion <i>Lipe</i>	3:00-3:45 YS * Pilates Mat <i>Rosie Fiedelman</i>
6:30-7:15 MS * MetCon Monday <i>Lauren Anthony</i>	6:15-7:15 YS * Vinyasa Yoga <i>Alyssa Sarnoff</i>	6:30-7:20 CS * Anthem Ride <i>Amy Chiu</i>	6:30-7:15 MS * Body Sculpt <i>Butchie Gamble</i>	6:15-7:00 YS * Sonic Meditation <i>Suzanne Taylor</i>		4:00-4:45 MS * Barefoot Sculpt <i>Chelsea Brite</i>
6:45-7:30 CS * Beats Ride <i>Serena DiLiberto</i>	6:30-7:20 MS * Body Sculpt <i>Jeff Robinson</i>	7:00-7:45 MS * Shadow-Do <i>Steve Feinberg</i>	7:15-8:00 YS * True Barre: Off the Barre <i>Andrea Salazar Martinez</i>	6:30-7:20 MS * Barefoot Sculpt <i>Melinda Porto</i>		
7:15-8:05 YS * Power Vinyasa <i>Sage Hall</i>	7:30-8:20 YS * Pilates Mat <i>Erin Giordano</i>	7:30-8:20 YS * Yin Yoga Meditation <i>Jessica Metz</i>				
	7:45-8:30 MS * Cardio Dance <i>Joshua Beaver</i>					

EQUINOX

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FRI 05:30 AM 08:00 PM

SAT-SUN 08:00 AM 07:00 PM

GROUP FITNESS MANAGER

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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

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.

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.

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.

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.

HIIT

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.

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.

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

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.

True Barre: Bala Bangle This sculpt class features the Bala Bangle and light dumbbells to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

True Barre: Off the Barre This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body 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.

Feel Good Friday: Cardio Dance Fridays are all about the "feels". Start your weekend with a feel-good dance class. A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations.

Boxing

Shadow-Do Challenging combination of boxing and kung fu drills, set to fast-paced house and hip hop music. Created by career martial artist Steve Feinberg, this marriage of applicable combat skill and cardio exercise will keep you at your highest energy possible!

Regeneration

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

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

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, 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

360 Strength Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, ViPR, and dynamic full-body exercises. 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.