

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:30 MS* Kickbox Burn <i>Akin</i>	6:45-7:30 MS* Tabata Max Alexis Campbell	6:45-7:30 MS* Stronger <i>Jeff Robinson</i>	6:45-7:30 MS* Tabata Max <i>Allison Rowland</i>	6:45-7:30 CS* Beats Ride <i>D Gunnz</i>	8:30-9:30 YS* Weekend Wind Down Yoga <i>Ana Sussmann</i>	9:00-9:50 YS* Pilates Rise <i>Pam Nahal</i>
7:00-7:45 YS* EQX Barre Burn <i>Joan Ferraro</i>	7:00-8:00 YS* Vinyasa Yoga <i>Felipe Gonzalez</i>	7:00-7:50 CS* Beats Ride <i>Serena DiLiberto</i>	7:00-7:45 YS* Pilates Mat <i>Jeffrey Morris</i>	7:00-7:45 MS* Body Sculpt <i>Team Equinox</i>	9:00-9:45 MS* Tabata Max <i>Matt Ortel</i>	9:30-10:20 MS* Stronger <i>Katie Thrasher</i>
7:30-8:20 CS* Beats Ride <i>Serena DiLiberto</i>	7:45-8:35 CS* Precision Ride <i>Brett Gordon</i>	7:15-8:00 YS* EQX Barre Burn <i>Adam B</i>	7:45-8:35 CS* Beats Ride <i>Matt Stevenson</i>	7:00-7:50 TR* Precision Run® <i>Cooper Chou</i>	9:30-10:20 CS* Beats Ride <i>Serena DiLiberto</i>	10:00-10:50 CS* Beats Ride <i>Lucas Blankenhorn</i>
8:00-8:45 MS* Rhythmic Sculpt Joan Ferraro	8:00-8:45 MS* Stronger <i>Bonnie Flannery</i>	7:45-8:30 MS* Cardio Sculpt <i>Jeff Robinson</i>	8:15-9:00 YS* Bala Bangle Barre Burn <i>Lucas Blankenhorn</i>	7:15-8:00 YS* Barefoot Sculpt <i>Genevieve Gordon</i>	9:45-10:00 MS* Best Abs Ever <i>Matt Ortel</i>	10:15-11:00 YS* EQX Barre Burn <i>Pam Nahal</i>
8:15-9:05 YS* Pilates Rise Pam Nahal	8:15-9:00 YS* EQX Barre Burn <i>Diane LaVon</i>	8:15-9:00 YS* Barefoot Sculpt <i>Stephen Bel Davies</i>	12:00-1:00 YS* Vinyasa Yoga <i>Ana Sussmann</i>	8:00-8:45 MS* Stronger <i>Jacques Delaugere</i>	10:00-10:50 TR* Precision Run® <i>Zach Schanne</i>	10:30-11:15 MS* Cardio Dance: Zumba® <i>Joanna Romero</i>
9:15-10:00 YS* Barre <i>Brian Slaman</i>	12:00-12:50 YS* EQX Barre Burn <i>Joan Ferraro</i>	9:15-10:05 YS* Vinyasa Yoga <i>Cooper Chou</i>	12:30-1:15 MS* Rhythmic Sculpt Joan Ferraro	9:00-9:50 YS* Off The Barre <i>Alison O'Connor</i>	10:15-11:15 YS* Vinyasa Yoga <i>Lauren Solomon</i>	11:45-12:45 YS* Vinyasa Yoga <i>Alyssa Sarnoff</i>
12:00-12:45 YS* EQX Barre Burn <i>Cindy Davis</i>	5:15-6:00 YS* Off The Barre <i>Alyssa Sarnoff</i>	12:15-1:05 YS* Pilates Rise <i>Pavee Kwun</i>	5:00-5:45 YS* Barre <i>Pam Nahal</i>	12:15-1:15 YS* Power Vinyasa <i>Alison O'Connor</i>	10:30-11:20 MS* Whipped! <i>Matt Ortel</i>	1:00-2:00 YS* Sculpted Yoga™ <i>Alyssa Sarnoff</i>
12:30-1:15 MS* Cardio Sculpt <i>Diane LaVon</i>	5:30-6:15 MS* Stacked <i>Jeff Robinson</i>	12:30-1:15 MS* MetCon3 <i>Zach Schanne</i>	5:15-6:00 CS* Beats Ride <i>Lucas Blankenhorn</i>	5:15-6:15 YS* Vinyasa Yoga <i>Josh Mathew-Meier</i>	11:30-12:15 MS* Shadow-Do <i>Steve Feinberg</i>	1:15-2:00 MS* Stacked <i>Zach Schanne</i>
1:30-2:30 YS* Vinyasa Yoga <i>Matt D'Amico</i>	6:00-6:50 CS* Beats Ride <i>Jon Gluckner</i>	5:15-6:00 YS* EQX Barre Burn <i>Sarah Marchetti Gleim</i>	6:00-6:45 MS* MetCon3 <i>Bonnie Flannery</i>	5:30-6:20 MS* Cardio Dance: Zumba® <i>Monique Alhaddad</i>	12:15-1:00 YS* EQX Barre Burn <i>Sarah Marchetti Gleim</i>	3:00-3:45 YS* Pilates Mat <i>Alex Ware</i>
5:15-6:00 YS* Pilates Mat <i>Erin Ginn</i>	6:15-7:15 YS* Vinyasa Yoga <i>Alyssa Sarnoff</i>	6:00-6:45 MS* Stronger <i>Katie Thrasher</i>	6:15-7:00 YS* Pilates Fusion <i>Lucas Blankenhorn</i>	6:30-7:20 YS* Off The Barre <i>Andy Santana</i>	1:15-2:05 YS* Pilates Rise <i>Sarah Marchetti Gleim</i>	
5:30-6:15 MS* Stronger <i>Matt Ortel</i>	6:30-7:20 MS* Body Sculpt <i>Jeff Robinson</i>	6:15-7:05 YS* Pilates Rise <i>Sarah Marchetti Gleim</i>	7:15-8:00 YS* Off The Barre <i>Team Equinox</i>			
6:00-6:45 CS* Beats Ride <i>Lucas Blankenhorn</i>	7:30-8:20 YS* Pilates Mat <i>Erin Giordano</i>	6:30-7:20 CS* Anthem Ride <i>Amy Chiu</i>				
6:15-7:00 YS* Off The Barre <i>Pavee Kwun</i>	7:45-8:30 MS* Cardio Dance <i>Shmulik Stell</i>	7:00-7:45 MS* Shadow-Do <i>Steve Feinberg</i>				
6:30-7:20 MS* MetCon Monday <i>Matt Ortel</i>		7:30-8:20 YS* Yin Yoga Meditation <i>Jessica Metz</i>				
7:15-8:05 YS* Power Vinyasa <i>Sage Hall</i>						

EQUINOX

EAST 54TH STREET

250 East 54th Street
NEW YORK NY 10022
EQUINOX.COM
@EQUINOX

MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 08:00 PM

SAT-SUN 08:00 AM 07:00 PM

GROUP FITNESS MANAGER

matt.damico@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

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.

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.

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.

Athletic Training

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

Bala Bangle Barre Burn This off-the-barre 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.

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.

EQX Barre Burn 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.

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.

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

Boxing and Kickboxing

Kickbox Burn Kickbox Burn, led by martial arts expert Akinwale, offers a fast and fun take on cardio kickboxing. From beginners to black belts, this class will guide you through precise movements and challenging combinations to train your body and mind together.

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!

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.

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.