

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:45-8:35 MS* <i>Atletica</i> <i>Stephen Bel Davies</i>	7:00-7:45 MS* <i>Athletic Conditioning</i> <i>Matt Ortel</i>	7:00-7:50 MS* <b>Whipped!</b> <b>LR Davidson</b>	7:00-7:45 MS* <i>Athletic Conditioning</i> <i>Justin Flexen</i>	8:00-8:50 MS* <i>Pilates Rise</i> <i>Jake Thereault</i>	9:30-10:15 MS* <i>Athletic Conditioning</i> <i>Shanice Reyes</i>
12:15-1:00 MS* <i>Atletica</i> <i>Paula Calabrese</i>	8:00-8:45 MS* <b>Vinyasa Yoga</b> <b>Lipe</b>	7:30-8:20 TR* <i>Precision Run®</i> <i>Jaimie Austin</i>	8:00-8:45 MS* <b>Off The Barre</b> <b>Pavee Kwun</b>	12:15-12:45 MS* <i>Tabata Cardio 30</i> <i>Javier Ortega</i>	10:15-10:30 MS* <i>Best Abs Ever</i> <i>Shanice Reyes</i>
1:15-2:00 MS* <i>Bala Bangle Barre Burn</i> <i>Kelsey Stalter</i>	12:00-12:45 MS* <i>MetCon3</i> <i>Mara Gabrielle</i>	8:00-8:50 MS* <b>Pilates Fusion</b> <b>Lucas Blankenhorn</b>	12:00-12:50 MS* <i>Stacked</i> <i>Maddie Myers</i>	12:45-1:15 MS* <i>Best Abs Ever</i> <i>Javier Ortega</i>	10:45-11:35 MS* <b>Pilates Rise</b> <b>Pavee Kwun</b>
5:30-6:15 MS* <i>MetCon Monday</i> <i>Amanda Butler</i>	1:00-1:45 MS* <i>Pilates Mat</i> <i>Itsy Rachatasumrit</i>	12:15-1:00 MS* <i>Athletic Conditioning</i> <i>Amanda Butler</i>	1:00-1:45 MS* <i>Vinyasa Yoga</i> <i>Katey Lewis</i>	4:30-5:15 MS* <b>Rounds: Boxing</b> <b>Alexei Kuznietsov</b>	11:00-11:45 CS* <b>Beats Ride</b> <b>Zuta Gilchriest</b>
6:30-7:20 MS* <i>Stronger</i> <i>Shanice Reyes</i>	5:15-6:15 MS* <i>Vinyasa Yoga</i> <i>Michael Gervais</i>	1:15-2:15 MS* <b>Sculpted Yoga™</b> <b>Randi Cerini</b>	5:30-6:15 MS* <i>Athletic Conditioning</i> <i>Shaun Anthony</i>	5:30-6:20 MS* <i>MetCon3</i> <i>James Donegan</i>	11:45-12:45 MS* <i>Vinyasa Yoga</i> <i>Lori Brungard</i>
6:45-7:30 CS* <i>Beats Ride</i> <i>Moses Alcid</i>	6:15-7:00 CS* <i>Beats Ride</i> <i>John King</i>	5:15-6:00 MS* <i>MetCon3</i> <i>Tracy Gordon</i>	6:30-7:20 MS* <i>Pilates Mat</i> <i>Richel Ruiz</i>		
	6:30-7:15 MS* <b>Stacked</b> <b>Chris Yeoh</b>	6:30-7:15 CS* <b>Beats Ride</b> <b>D Gunnz</b>			
		6:30-7:20 MS* <i>Stronger</i> <i>Jacques Delaugere</i>			

VISIT EQUINOX.COM OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

# EQUINOX

## WEST 50TH STREET

1633 Broadway  
NEW YORK NY 10019  
EQUINOX.COM  
@EQUINOX

**MON-THU** 05:30 AM 09:00 PM

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

**SAT** 09:00 AM 06:00 PM

## GROUP FITNESS MANAGER

waz.ashayer@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main 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.

## 🏃 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

**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.

## 🏋️ 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, Ilaria Montagnani. Build and sculpt muscle and solidify a strong core.

**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 Cardio 30** A 30-minute cardio-only challenge that demands everything you've got. Fire up your heart rate with 20-second bodyweight exercises, where your rest is always shorter than your work. An Equinox exclusive.

**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.

**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.

## 🥊 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.

## 👯 Sculpt

**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.