

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-8:15 MS* Barefoot Sculpt <i>Melinda Porto</i>	6:30-7:15 MS* <b>MetCon3</b> <b>Smita Nalluri</b>	6:45-7:30 MS* <b>True Barre: Bala Bangle</b> <b>Maureen Duke</b>	6:30-7:15 MS* Core6 <i>Emily Comerford</i>	7:30-8:15 MS* Pilates Fusion <i>Whitney Chapman</i>	9:45-10:30 MS* <b>MetCon3</b> <b>Melissa Chisholm</b>	9:15-10:00 MS* Pilates Fusion <i>Maureen Duke</i>
12:15-1:00 MS* Stronger <i>Amanda Butler</i>	7:30-8:15 MS* Rounds: Kickboxing <i>Justin Walker</i>	7:45-8:35 MS* Stronger <b>Diego Guevara</b>	7:30-8:15 MS* Stronger <i>Emily Comerford</i>	12:15-1:00 MS* Amplified Vinyasa <i>Rika Henry</i>	10:45-11:35 MS* Pilates Fusion <i>Vivian Jonokuchi</i>	10:15-11:05 MS* Limited Series: Stronger Women <i>Lynsey F</i>
4:15-5:00 MS* Pilates Fusion <i>Ron Tal</i>	12:00-12:45 MS* Stacked <i>Kyle White</i>	12:15-1:00 MS* Athletic Conditioning <i>Amanda Butler</i>	12:00-12:45 MS* MetCon3 <i>Jason Tran</i>	5:30-6:15 MS* MetCon3 <i>Kyle White</i>	11:00-11:45 CS* Beats Ride <i>Erin Ay</i>	11:15-12:15 MS* Vinyasa Yoga <i>Jane Johnsen</i>
5:30-6:15 MS* Rounds: Kickboxing <i>Yohancé Primus</i>	1:00-1:45 MS* Pilates Mat <i>Itsy Rachatasumrit</i>	5:15-6:00 MS* MetCon3 <i>Tracy Gordon</i>	1:00-1:45 MS* Pilates Fusion <i>Shawn Kobetz</i>		11:45-12:45 MS* <b>Vinyasa Yoga</b> <b>Özzy Aydogdu</b>	
6:30-7:20 MS* Stronger <i>Michael Gervais</i>	5:15-6:15 MS* Vinyasa Yoga <i>Michael Gervais</i>	6:15-7:05 MS* Stronger <i>Jacques Delaugere</i>	4:15-5:00 MS* Best Stretch Ever <i>Shawn Kobetz</i>			
	6:15-7:00 CS* Beats Ride <i>John King</i>	7:15-8:00 MS* True Barre: Bala Bangle <i>Shelby Finnie</i>	5:30-6:15 MS* Body Sculpt <i>Lindsey Delbello</i>			
	6:30-7:15 MS* Stacked <i>Jason Tran</i>		6:30-7:20 MS* Pilates Mat <i>Richel Ruiz</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 10:00 PM

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

**SAT-SUN** 08:00 AM 06:00 PM

## GROUP FITNESS MANAGER

amanda.palma@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

CS Cycling Studio

MS Main Studio

## 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.



## Yoga

**Amplified Vinyasa** Improve physical and mental strength, flexibility, and stamina in this fast-paced flow class led by Rika Henry. Challenge yourself with arm balances and inversions seamlessly woven together with creative sequences set to the steady beats of electronic music. A familiarity with vinyasa is recommended.

**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.



## 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.

**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.

**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.



## Barre

**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.



## 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.



## Boxing

**Rounds: Kickboxing** Shoes on, guard up. Unleash the fusion of power and agility in Rounds: Kickboxing. This dynamic class blends boxing with kickboxing techniques, pushing you to your limits through skillful combinations and intense bag work. Your journey to peak fitness starts here. An Equinox exclusive. Boxing gloves required; personal gloves recommended.



## 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.



## 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.



## Strength

**Limited Series: Stronger Women** Introducing Stronger Women. Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women's performance program. Optimized for women, but open to all.

**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.