

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00-8:00 PG *	7:30-8:15 MS *	7:00-8:00 PG *	7:30-8:15 MS *	7:00-8:00 PG *
Playground Experience - PGX <i>LR Davidson KaRa Dizon</i>	Athletic Conditioning <i>Michelle Sim</i>	Playground Experience - PGX <i>Michael Keeney Alyssa Cerrachio</i>	MetCon3 <i>Christina Lee</i>	Playground Experience - PGX <i>Felix Ferreira</i>
12:00-12:30 MS *	8:15-8:30 MS *	7:30-8:30 MS *	8:15-8:30 MS *	12:30-1:30 MS *
Upper Body Pump <i>Jeff Robinson</i>	Best Abs Ever <i>Michelle Sim</i>	Vinyasa Yoga <i>Kaitlin Paul</i>	Best Abs Ever <i>Christina Lee</i>	Vinyasa Yoga <i>Johan Montijano</i>
12:30-1:00 MS *	12:00-12:50 MS *	12:00-12:50 MS *	12:00-12:50 MS *	12:30-1:30 PG *
Best Butt Ever <i>Jeff Robinson</i>	Stronger <i>Jesse Corbin</i>	MetCon3 <i>Miriam Shestack</i>	Athletic Conditioning <i>Matt Ortel</i>	<b>Playground Experience - PGX</b> <i>Michael Keeney Amanda Butler</i>
1:00-1:50 CS *	12:30-1:30 PG *	1:00-1:50 MS *	12:30-1:30 PG *	
<b>Beats Ride</b> <i>Leah Clark</i>	Playground Experience - PGX <i>Paula Calabrese Amanda Butler</i>	<b>Pilates Fusion</b> <i>Cameron Norsworthy</i>	Playground Experience - PGX <i>Sabrina Cohen Kevin Scott</i>	
5:30-6:20 MS *	1:00-2:00 MS *	5:30-6:20 MS *	5:30-6:15 MS *	5:30-6:20 MS *
MetCon Monday <i>Christina Lee</i>	<b>Sculpted Yoga™</b> <i>Dorian Shorts</i>	Pure Strength <i>Erin Sanders</i>	Stacked <i>Alison O'Connor</i>	Pure Strength <i>Alyssa Cerrachio</i>
6:00-7:00 PG *	5:30-6:20 MS *	6:00-7:00 PG *	6:30-7:20 MS *	
Playground Experience - PGX <i>Erin Sanders Felix Ferreira</i>	Athletic Conditioning <i>Corrine Carnation</i>	Playground Experience - PGX <i>Felix Ferreira Ben Lauder-Dykes</i>	EQX Barre Burn <i>Paige Bodnar</i>	
6:45-7:45 MS *	6:00-7:00 PG *	6:45-7:35 MS *		
Sculpted Yoga™ <i>Jenny Mendez</i>	Playground Experience - PGX <i>Felix Ferreira Kevin Scott</i>	Pilates Fusion <i>Angie Arias</i>		
	6:45-7:35 MS *			
	EQX Barre Burn <i>Caroline Strong</i>			

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# EQUINOX

## EAST 43RD STREET

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MON-THU 05:30 AM 09:00 PM

FRI 05:30 AM 07:00 PM

## GROUP FITNESS MANAGER

waz.ashayer@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

CS Cycling Studio

MS Main Studio

PG The Playground

## 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

**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.

**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.

**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.

**Playground Experience - PGX** Team up for this challenging circuit-training program. Catapult through cycles of timed rounds and intervals. Increase power, strength, agility, core, and 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.

## Barre

**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.

## 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.

## 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.

**Upper Body Pump** Quick and efficient strength training, targeting your arms, chest, and back. Get pumped up and ready to rock in just 30 minutes or less. An Equinox Exclusive.