

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15-8:00 MS * MetCon3 Joey Ledonio	6:30-7:20 YS * Pilates Rise Pam Nahal	6:30-7:15 YS * True Barre: Off the Barre Manon Hallay	6:30-7:15 YS * Pilates Fusion Kimberly Bridgewater	7:15-8:00 YS * True Barre: Bala Bangle Tegan H	9:30-10:15 YS * Pilates Fusion Lucas Blankenhorn	11:45-12:30 YS * Pilates Fusion Adele Carlson
7:30-8:20 YS * Sculpted Yoga™ Jenny Mendez	7:00-7:45 MS * Rhythmic Sculpt JP Prishwalko	7:00-7:50 MS * Stronger Jack McGowan	7:00-7:30 MS * Best Butt Ever Sophie Newman	7:30-8:20 MS * Core6 Alison O'Connor	10:30-11:30 YS * Vinyasa Yoga Stella Stephanopoulos	
12:00-12:45 BR * Rounds: Boxing Alexei Kuznetsov	7:00-7:50 TR * Precision Run® Amy Chiu	7:15-8:00 CS * Beats Ride Dave M.	7:15-8:00 CS * Beats Ride Nowani Rattray	12:00-12:45 BR * Rounds: Boxing Ugo Peter-Obiagwu	11:45-12:35 YS * True Barre: Bala Bangle Bella Merritt	
12:15-1:05 YS * Pilates Rise Lipe	7:15-8:00 CS * Beats Ride Sophie Newman	7:30-8:15 YS * Pilates Fusion Jennifer Herrera	7:30-8:00 MS * Upper Body Pump Sophie Newman	12:15-1:05 YS * Pilates Fusion Jennifer Herrera	12:00-12:50 BR * Rounds: Boxing Justin Walker	
12:30-1:15 MS * MetCon Monday KaRa Dizon	7:30-8:20 YS * True Barre: Cardio Genevieve Gordon	12:00-12:45 BR * Rounds: Boxing Jermaine Bailey	7:30-8:15 YS * True Barre: Bala Bangle Melinda Porto	12:30-1:20 MS * Athletic Conditioning Lauren Anthony		
4:30-5:15 YS * True Barre: Off the Barre Emily Naim	12:00-12:45 BR * Rounds: Boxing Justin Walker	12:15-1:00 YS * True Barre: Bala Bangle Diane LaVon	12:15-1:05 YS * Vinyasa Yoga Alexa Kerner	5:00-5:45 YS * Off the Barre Nikki Rosenbloom		
5:30-6:15 YS * True Barre: Bala Bangle Emily Naim	12:15-1:05 YS * Vinyasa Yoga Johan Montijano	12:30-1:15 MS * Superset Athlete TomJohn Mershon	12:30-1:20 MS * Stronger Jack McGowan			
5:45-6:30 MS * Cardio Dance: Zumba® Diego Chauca	12:30-1:15 MS * Stacked Sarah Cucuzzella	4:30-5:15 YS * Pilates Fusion Kylie Treacy	4:30-5:15 YS * True Barre: Off the Barre Manon Hallay			
5:45-6:35 TR * Precision Run® Eddie Carrington	4:30-5:15 YS * Barefoot Sculpt Sarah Esser	5:30-6:00 MS * Upper Body Pump Allie Tauste	5:15-6:00 CS * Beats Ride Danielle Wettan			
6:15-7:00 CS * Beats Ride Diego Lanza	5:15-6:00 MS * Stronger Jack McGowan	5:30-6:15 YS * True Barre: Off the Barre Erin Gamble	5:30-6:15 YS * Vinyasa Yoga Johan Montijano			
6:30-7:30 YS * Vinyasa Yoga Dorian Shorts	5:30-6:30 YS * Vinyasa Yoga Rose Firouzbakht	5:45-6:30 TR * Precision Run® Jack McGowan	5:45-6:35 MS * Core6 Peyton Royal			
6:45-7:30 MS * Athletic Conditioning Devin Symone	6:15-7:00 CS * Beats Ride Nowani Rattray	6:00-6:30 MS * Best Abs Ever Allie Tauste	6:00-6:50 BR * Rounds: Bags and Mitts Khaled Zeidan			
	6:15-6:30 MS * Best Abs Ever Carolann Valentino	6:15-7:00 CS * Beats Ride Betty Kasper	6:15-7:05 TR * Precision Run® Danielle Wettan			
	6:30-7:15 MS * MetCon3 Carolann Valentino	6:30-7:30 YS * Vinyasa Yoga Jessica Stickler	6:30-7:15 YS * Pilates Fusion Bret Yamanaka			
	6:45-7:35 YS * Pilates Fusion Equinox Pilates Instructor	6:45-7:30 MS * Stronger Allie Tauste				

# EQUINOX

## EAST 44TH STREET

420 Lexington Avenue

NEW YORK NY 10170

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

jack.mcgowan@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**TR** Treadmill Area

**BR** Boxing 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.



## 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.



## 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.

**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.

**Superset Athlete** This strength and conditioning class by TomJohn Mershon is built on progressive supersets that drive performance. Work through powerful lifts, explosive movement drills, and isometric holds to build primed strength, speed, and control. Resistance, agility, and power combine to elevate your game.



## Barre

**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.

**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: Cardio** Give your barre workout a cardio boost with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. 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 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: Zumba** A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.



## Boxing

**Rounds: Bags and Mitts** Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in authentic boxing drills as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

**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

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

**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

**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.

**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.

**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.

**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.