

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15-8:00 MS* MetCon3 <i>Bonnie Flannery</i>	6:30-7:20 YS* Pilates Rise <b>Pam Nahal</b>	6:30-7:15 YS* Off The Barre <i>Manon Hallay</i>	6:30-7:15 YS* Pilates Fusion <i>Kimberly Bridgewater</i>	7:15-8:15 YS* Power Vinyasa <i>Lauren Harris</i>
7:30-8:30 YS* Sculpted Yoga™ <i>Jessica Chin</i>	7:00-7:30 MS* Tabata Cardio 30 <b>JP Prishwalko</b>	7:00-7:50 MS* Stronger <i>Jack McGowan</i>	7:00-7:45 MS* Kickbox Burn <i>Akin</i>	7:30-8:15 MS* MetCon3 <i>Alison O'Connor</i>
8:00-8:15 MS* Best Abs Ever <i>Bonnie Flannery</i>	7:15-8:00 CS* Anthem Ride <i>Jaclyn Michelle</i>	7:15-8:00 CS* Cycle Power <i>Dave M.</i>	7:30-8:15 YS* Off The Barre <i>Melinda Porto</i>	
12:00-12:45 BR* Rounds: Boxing <b>Marshall Brockley</b>	7:30-8:00 MS* Best Abs Ever <i>JP Prishwalko</i>	7:30-8:15 YS* Pilates Fusion <i>Jennifer Herrera</i>	12:15-1:05 YS* Vinyasa Yoga <i>Colleen Murphy</i>	12:00-12:45 BR* Rounds: Boxing <i>Ugo Peter-Obiagwu</i>
12:15-1:05 YS* Pilates Rise <i>Lipe</i>	7:30-8:20 YS* Barre Beyond <i>Pavee Kwun</i>	12:00-12:45 BR* Rounds: Boxing <i>Jermaine Bailey</i>	12:30-1:20 MS* Stronger <i>Jack McGowan</i>	12:15-1:05 YS* Pilates Fusion <i>Jennifer Herrera</i>
12:30-1:15 MS* MetCon Monday <i>KaRa Dizon</i>	12:15-1:05 YS* Vinyasa Yoga <i>Johan Montijano</i>	12:15-1:00 YS* Bala Bangle Barre Burn <i>Diane LaVon</i>	5:15-6:00 CS* Beats Ride <b>Danielle Wettan</b>	1:30-2:15 YS* Sonic Meditation <b>Jennifer Herrera</b>
4:30-5:15 YS* Off The Barre <i>Emily Naim</i>	12:30-1:15 MS* Stacked <i>Sarah Cucuzzella</i>	12:30-1:15 MS* MetCon3 <i>TomJohn Mershon</i>	5:30-6:15 YS* Vinyasa Yoga <i>Johan Montijano</i>	5:00-6:00 YS* Sculpted Yoga™ <i>Andy Santana</i>
5:15-6:05 TR* Precision Run® <i>Eddie Carrington</i>	4:30-5:15 YS* Barefoot Sculpt <b>Stephen Bel Davies</b>	4:30-5:15 YS* Pilates Mat <i>Angie Arias</i>	5:45-6:30 MS* MetCon3 <i>Zach Schanne</i>	
5:30-6:15 YS* Bala Bangle Barre Burn <i>Emily Naim</i>	5:15-6:00 MS* Stronger <i>Jack McGowan</i>	5:15-6:05 TR* Precision Run® <i>Jack McGowan</i>	6:00-6:50 BR* Rounds: Pro <i>Khaled Zeidan</i>	
5:45-6:30 MS* Zumba® <i>Diego Chauca</i>	5:30-6:30 YS* Vinyasa Yoga <i>Carolyn Lu</i>	5:30-6:00 MS* Upper Body Pump <i>Alfie Tauste</i>	6:15-7:05 TR* Precision Run® <i>Danielle Wettan</i>	
6:15-7:00 CS* Beats Ride <b>Diego Lanza</b>	6:15-7:00 CS* Beats Ride <b>Zuta Gilchriest</b>	5:30-6:15 YS* EQX Barre Burn <i>Erin Gamble</i>	6:30-7:15 YS* Pilates Fusion <i>Alex Ware</i>	
6:30-7:30 YS* Vinyasa Yoga <i>Dorian Shorts</i>	6:15-6:30 MS* Best Abs Ever <i>Carolann Valentino</i>	6:00-6:30 MS* Best Abs Ever <i>Alfie Tauste</i>		
6:45-7:30 MS* Athletic Conditioning <b>Ben Lauder-Dykes</b>	6:30-7:15 MS* Tabata Max <i>Carolann Valentino</i>	6:30-7:30 YS* Vinyasa Yoga <i>Jessica Stickler</i>		
	6:45-7:35 YS* Pilates Rise <i>Lilly Joergensen</i>	6:45-7:30 MS* Stronger <i>Alfie Tauste</i>		

# EQUINOX

## EAST 44TH STREET

420 Lexington Avenue

NEW YORK NY 10170

EQUINOX.COM

@EQUINOX

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

**FRI** 05:30 AM 07:00 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**

**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.

**Cycle Power** A metrics-driven cycling workout that uses the best-in-class Stages Console to measure your performance, motivate, and challenge you. Build cardio, strength, and endurance to music you love.

## **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.

## **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.

**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.

**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.

## **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 Beyond** Level up your barre experience 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.

**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**

**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.

**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.

**Rounds: Pro** Gloves on, skills up. Rounds Pro is the pinnacle of our boxing and kickboxing offerings. Led by our elite instructors, this advanced class refines your technique, hones your precision, and pushes your limits. Elevate your training, refine your craft, and step into the professional arena. An Equinox exclusive.

## **Stretch and Recovery**

**Sonic Meditation** Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. 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.

**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.