

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:45 MS * Stacked <i>Lisa Bosalavage</i>	6:30-7:15 MS * Atletica <i>Erika Hearn</i>	6:45-7:30 MS * Tabata Max <i>John Cianca</i>	6:30-7:15 MS * Barefoot Sculpt <i>Sarah Esser</i>	7:00-7:45 MS * Stronger <i>Diego Guevara</i>	10:00-10:45 MS * Rhythmic Sculpt <i>Nicky Venditti</i>	9:30-10:20 TR * Precision Run® <i>Elizabeth Tretter</i>
8:00-8:45 MS * Pilates Fusion <i>Shing Ong</i>	7:00-7:45 BR * Rounds: Boxing <i>Andrew Schillaci</i>	7:45-8:35 TR * Precision Run® <i>John Cianca</i>	6:45-7:35 CS * Precision Ride <i>Lisa Bosalavage</i>	7:45-8:35 TR * Precision Run® <i>Elizabeth Tretter</i>	10:15-11:00 CS * Beats Ride <i>Ary Nunez</i>	10:00-10:45 BR * Rounds: Boxing <i>Jermaine Bailey</i>
12:00-12:30 MS * Upper Body Pump <i>Lauren Anthony</i>	7:15-8:00 CS * Beats Ride <i>D Gunnz</i>	8:15-9:00 MS * Stronger <i>Robert Burke</i>	7:00-7:45 BR * Rounds: Boxing <i>Jermaine Bailey</i>	8:00-8:45 MS * Vinyasa Yoga <i>Katey Lewis</i>	11:00-11:50 MS * Pilates Rise <i>Shing Ong</i>	10:30-11:15 MS * Stacked <i>Elizabeth Tretter</i>
12:30-1:00 MS * Lower Body Blast <i>Lauren Anthony</i>	8:00-8:45 MS * EQX Barre Burn <i>Angela Joy</i>	12:00-12:45 MS * Amplified Vinyasa (L2) <i>Rika Henry</i>	8:00-8:45 MS * Off The Barre <i>Khaleah London</i>	12:00-12:45 MS * Off The Barre <i>Pavee Kwun</i>	12:15-1:00 MS * MetCon3 <i>Jeff Robinson</i>	11:15-11:30 MS * Best Abs Ever <i>Elizabeth Tretter</i>
12:45-1:30 BR * Rounds: Boxing <i>Jermaine Bailey</i>	12:30-1:15 MS * Athletic Conditioning <i>Eddie Carrington</i>	1:00-1:45 MS * Bala Bangle Barre Burn <i>Paige Bodnar</i>	12:30-1:15 MS * Stronger <i>Jacques Delaugere</i>	12:45-1:30 BR * Rounds: Boxing <i>Andrew Schillaci</i>	12:30-1:20 BR * Rounds: Pro (L3) <i>Khaled Zeidan</i>	12:00-1:00 MS * Amplified Vinyasa (L2) <i>Rika Henry</i>
1:30-2:15 MS * Vinyasa Yoga <i>Katey Lewis</i>	1:30-2:20 MS * Pilates Rise <i>Jeffrey Morris</i>	4:15-5:00 MS * Power Vinyasa <i>Kyle Adam</i>	1:45-2:30 MS * Pilates Mat <i>Claire Goldes</i>	1:00-1:45 MS * MetCon3 <i>Carolann Valentino</i>	1:15-2:15 MS * Cardio Dance <i>Mitchell Wayne</i>	1:30-2:20 MS * EQX Barre Burn <i>Angela Joy</i>
4:15-5:00 MS * Off The Barre <i>Cameron Norsworthy</i>	5:15-6:15 MS * Sculpted Yoga™ <i>Jason Bayus</i>	5:15-6:00 MS * MetCon3 <i>John Cianca</i>	5:30-6:15 MS * Barre Beyond <i>Pavee Kwun</i>	5:00-5:45 MS * Cardio Sculpt <i>Makena Diehl</i>	2:30-3:30 MS * Weekend Wind Down Yoga <i>Alicia Morris</i>	4:00-5:00 MS * Vinyasa Yoga <i>Kristina Erikson</i>
5:15-6:00 MS * Tabata Max <i>John Cianca</i>	6:00-6:45 BR * Rounds: Boxing <i>Khaled Zeidan</i>	6:15-7:00 MS * Vinyasa Yoga <i>Johan Montijano</i>	6:30-7:15 MS * Stronger <i>Isabelle Luongo</i>	6:00-6:50 MS * Pilates Rise <i>Claire Goldes</i>		
6:00-6:50 TR * Precision Run® <i>Loi Jordan</i>	6:15-7:05 TR * Precision Run® <i>Elizabeth Tretter</i>	6:15-7:05 TR * Precision Run® <i>John Cianca</i>	6:45-7:30 BR * Rounds: Boxing <i>Ugo Peter-Obiagwu</i>			
6:15-7:00 MS * Power Vinyasa <i>Johan Montijano</i>	6:30-7:15 MS * MetCon3 <i>Ginny King</i>	6:30-7:20 BR * Rounds: Boxing <i>Alexei Kuznietsov</i>	7:30-8:15 MS * Sonic Meditation <i>Katey Lewis</i>			
6:30-7:15 BR * Rounds: Boxing <i>Delida Torres</i>	7:15-7:30 MS * Best Abs Ever <i>Ginny King</i>	7:15-8:05 MS * Pilates Mat <i>Emilee Theno</i>				
6:45-7:35 CS * Beats Ride <i>Alex Kerber</i>	7:45-8:30 MS * Vinyasa Yoga <i>Alicia Morris</i>					
7:15-8:05 MS * Stronger <i>Jacques Delaugere</i>						

EQUINOX

WALL STREET

14 Wall Street
NEW YORK NY 10005
EQUINOX.COM
@EQUINOX

MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 08:00 PM

SAT-SUN 09:00 AM 06:00 PM

GROUP FITNESS MANAGER

loi.jordan@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main 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.

Precision Ride A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.

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

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.

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.

Weekend Wind Down Yoga A soothing yoga journey that uses extended postures and supportive props to fully reset body and mind. Move slowly, breathe deeply, and restore completely in this special weekend only class.

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.

Lower Body Blast Train everything below the belt in a class that focuses on lower body strength, definition, and endurance. Expect exercises using bodyweight and a variety of equipment including weights and bands. You'll push your legs and glutes to the limit.

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 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

Cardio Dance A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

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.

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.

Cardio Sculpt A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.

Rhythmic Sculpt Move to the beat in this dynamic Sculpt class that keeps you moving in steady, low-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.

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.