

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * MetCon Monday <i>Elizabeth Tretter</i>	6:30-7:20 MS * Stronger <i>Jesse Corbin</i>	6:30-7:15 MS * Athletic Conditioning <i>Ginny King</i>	6:30-7:15 MS * Whipped! <i>John Cianca</i>	6:30-7:15 MS * Stacked <i>Eddie Carrington</i>	9:00-9:45 MS * Stronger <i>Jacques Delaugere</i>	9:15-10:00 YS * Pilates Mat <i>Dara Adler</i>
7:15-8:00 YS * Bala Bangle Barre Burn <i>Alisha Wickering</i>	7:00-7:45 CS * Cycle Power <i>Ney Melo</i>	7:15-8:00 YS * Pilates Mat <i>Richel Ruiz</i>	7:00-7:50 TR * Precision Run® <i>Elizabeth Tretter</i>	7:00-7:45 CS * Beats Ride Leah Clark	9:45-10:45 YS * Vinyasa Yoga <i>Jena Maenius</i>	9:45-10:35 MS * MetCon3 <i>Ginny King</i>
7:30-8:20 TR * Precision Run® <i>Elizabeth Tretter</i>	7:15-8:15 YS * Vinyasa Yoga <i>Kira McCarthy</i>	7:45-8:35 TR * Precision Run® <i>JP Prishwalko</i>	7:15-8:00 YS * EQX Barre Burn <i>Joan Ferraro</i>	7:15-8:05 YS * Pilates Rise <i>Shing Ong</i>	10:00-10:45 MS * MetCon3 <i>John Cianca</i>	10:30-11:15 YS * Best Stretch Ever <i>Rika Henry</i>
7:45-8:30 MS * Stacked Eric Cobb	7:45-8:30 MS * Whipped! <i>Jesse Corbin</i>	8:00-8:45 MS * MetCon3 <i>TomJohn Mershon</i>	7:45-8:30 MS * Tabata Max <i>John Cianca</i>	8:00-8:45 MS * Stronger David Miller	10:45-11:30 CS * Beats Ride Meghan Cox	
8:30-9:15 YS * Pilates Fusion Angie Arias	8:30-9:15 YS * Bala Bangle Barre Burn <i>Lucas Blankenhorn</i>	9:15-10:00 MS * The Cut <i>Eddie Carrington</i>	9:15-10:05 MS * Stronger <i>Lauren Anthony</i>	8:30-9:15 YS * Amplified Vinyasa (L2) <i>Rika Henry</i>	11:00-11:50 TR * Precision Run® <i>John Cianca</i>	11:30-12:20 CS * Precision Ride Ev Autio
9:15-10:00 MS * Stronger <i>Sarah Cucuzzella</i>	9:15-10:00 MS * MetCon3 <i>Matt Ortel</i>	10:00-10:45 YS * Off The Barre <i>Nicole Uribarri</i>	10:30-11:15 YS * Pilates Mat <i>Beth Bardin</i>	9:15-10:00 MS * Tabata Max <i>John Cianca</i>		12:00-1:00 YS * Vinyasa Yoga <i>Mardi Sykes</i>
10:00-10:45 YS * EQX Barre Burn <i>Andy Santana</i>	10:30-11:30 YS * Sculpted Yoga™ <i>Nicole Uribarri</i>	12:00-1:00 YS * Vinyasa Yoga <i>Mardi Sykes</i>	12:30-1:15 YS * Barefoot Sculpt <i>Annalise Northway</i>	10:15-11:05 TR * Precision Run® <i>John Cianca</i>	11:45-12:35 YS * Pilates Rise <i>Elgin McCargo</i>	12:15-1:00 MS * Bala Bangle Barre Burn <i>Richel Ruiz</i>
12:00-1:00 YS * Amplified Vinyasa (L2) <i>Rika Henry</i>	12:30-1:15 MS * Stronger <i>Shaun Anthony</i>	5:30-6:15 YS * Silhouette <i>Alexis Sweeney</i>	5:30-6:15 YS * Pilates Fusion <i>Jill Weinstein</i>	12:00-12:45 YS * Pilates Mat <i>Claire Goldes</i>	12:00-12:50 MS * Atletica Stephen Bel Davies	2:00-2:45 MS * Sculpt <i>Elgin McCargo</i>
4:30-5:15 YS * Pilates Mat Alison Mathis	5:30-6:15 YS * Bala Bangle Barre Burn <i>Maureen Duke</i>	5:45-6:30 MS * MetCon3 <i>Jeff Robinson</i>	5:45-6:30 MS * Stronger <i>Jacques Delaugere</i>	4:30-5:15 YS * Off The Barre Alison O'Connor	1:15-2:00 MS * Bala Bangle Barre Burn <i>Elgin McCargo</i>	4:00-5:00 YS * Weekend Wind Down Yoga <i>Juan Gamboa</i>
5:30-6:15 YS * Best Stretch Ever <i>Mardi Sykes</i>	5:45-6:30 MS * Stronger <i>Diego Guevara</i>	6:00-6:45 CS * Cycle Power <i>Avery Washington</i>	6:30-7:30 YS * Sculpted Yoga™ <i>Kristin Condon</i>	5:00-5:30 MS * Best Butt Ever Kyle White	4:00-4:45 MS * Sculpt Shanice Reyes	
5:45-6:30 MS * Tabata Max <i>KaRa Dizon</i>	6:30-7:20 YS * Pilates Rise <i>Alisha Wickering</i>	6:30-7:15 YS * Power Vinyasa <i>Kumiko Buckman</i>	6:45-7:30 MS * Rounds: Boxing Circuit Champ Parris	5:30-6:00 MS * Upper Body Pump Kyle White		
6:00-6:45 CS * Cycle Power <i>Meghan Cox</i>	6:45-7:30 MS * Sculpt <i>Bonnie Flannery</i>	6:45-7:15 MS * Upper Body Pump Paige Bodnar		5:45-6:30 CS * Beats Ride Chris Vernon		
6:30-6:45 MS * Best Abs Ever <i>KaRa Dizon</i>	7:30-7:45 MS * Best Abs Ever <i>Bonnie Flannery</i>	7:15-7:45 MS * Best Abs Ever Paige Bodnar		6:30-7:30 YS * Vinyasa Yoga <i>Alicia Morris</i>		
6:30-7:30 YS * Vinyasa Yoga <i>Mardi Sykes</i>	7:30-8:30 YS * Vinyasa Yoga Caitlyn Casson	7:30-8:15 YS * EQX Barre Burn <i>Angela Joy</i>				
7:00-7:45 MS * Best Butt Ever <i>Meghan Cox</i>						

EQUINOX

TRIBECA

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MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 08:00 PM

SAT-SUN 08:00 AM 06:00 PM

Kids

MON-FRI 08:00 AM 01:30 PM

SAT 08:30 AM 02:30 PM

SUN 09:00 AM 03:00 PM

GENERAL MANAGER

Nikki Williams

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SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

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.

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.

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.

Aletica A weight training workout using traditional power moves created by global fitness expert, Ilaria Montagnani. Build and sculpt muscle and solidify a strong core.

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.

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.

Whipped! Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.

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.

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.

Boxing and Kickboxing

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

The Cut A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

Stretch and Recovery

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.

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.

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.

Silhouette Silhouette by NYC fitness pro Alexis Sweeney offers a contemporary take on a low impact, high-intensity Barre class that boosts muscular endurance, balance, stamina, strength, and flexibility. Alexis's seamless moves and creative sequencing provides a distinct challenge leaving you eager for more.

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.