

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * Stronger <i>Isabelle Luongo</i>	6:30-7:15 MS * Kickbox Burn <i>Akin</i>	6:30-7:15 MS * Cardio Sculpt <i>Elgin McCargo</i>	6:30-7:20 MS * Ropes and Rowers <i>TomJohn Mershon</i>	6:45-7:30 MS * MetCon3 <i>Bransen Gates</i>	8:30-9:30 YS * Vinyasa Yoga <i>Reed Ridgley</i>	8:30-9:30 YS * Vinyasa Yoga (L2) <i>Kat Suda</i>
6:45-7:30 CS * <b>Beats Ride</b> <i>D Gunnz</i>	6:45-7:30 CS * <b>Beats Ride</b> <i>Javier Ortega</i>	7:00-7:45 CS * <b>Beats Ride</b> <i>D Gunnz</i>	6:45-7:30 TR * Precision Run® <i>Or Artzi</i>	7:00-7:45 YS * Pilates Fusion <i>Vivian Jonokuchi</i>	8:45-9:35 TR * Precision Run® <i>Shaun Anthony</i>	9:15-10:00 MS * Athletic Conditioning <i>Sarah Cucuzzella</i>
7:00-8:00 YS * Vinyasa Yoga <i>Juan Gamboa</i>	7:00-8:00 YS * Power Vinyasa (L2) <i>Serena Tom</i>	7:15-8:05 YS * Bala Bangle Barre Burn <i>Andy Santana</i>	7:00-7:45 CS * <b>Beats Ride</b> <i>Mario Martinez</i>	7:45-8:35 MS * Barre Beyond <i>Bransen Gates</i>	9:00-9:45 MS * <b>Stronger</b> <i>Esteban Deleon</i>	9:30-10:15 CS * Beats + Bands Ride <i>Michaela McGowan</i>
7:30-8:15 MS * Cardio Sculpt <i>Adam B</i>	7:45-8:30 MS * <b>Stacked</b> <i>Javier Ortega</i>	7:30-8:15 MS * Tabata Max <i>Molly Day</i>	7:15-8:00 PD * <b>Swim Team Pro (L2)</b> <i>Hilary Hebrank</i>	8:00-9:00 YS * Vinyasa Yoga <i>Rosie DeAngelo</i>	9:15-10:00 CS * <b>Anthem Ride</b> <i>Kristin Kenney</i>	10:00-10:30 MS * Best Abs Ever <i>Sarah Cucuzzella</i>
7:45-8:35 TR * Precision Run® <i>Stephanie Strine</i>	8:00-8:45 CS * <b>Beats Ride</b> <i>Mario Martinez</i>	8:30-9:15 MS * Whipped! <i>Matt Ortel</i>	7:15-8:15 YS * Power Vinyasa <i>Stephanie Schwartz</i>	8:30-9:20 TR * Precision Run® <i>JP Prishwalko</i>	10:00-10:45 MS * <b>Best Butt Ever</b> <i>Esteban Deleon</i>	10:15-11:00 YS * Off The Barre <i>Alicia Archer</i>
8:15-9:00 YS * Pilates Mat <i>Itsy Rachatasumrit</i>	8:30-8:45 MS * Best Abs Ever <i>Javier Ortega</i>	9:00-10:00 YS * Pilates Fusion <i>Bonnie Crellin</i>	7:45-8:30 MS * Athletic Conditioning <i>Or Artzi</i>	9:15-10:00 YS * Off The Barre <i>Johnny Anzalone</i>	10:15-11:05 YS * Pilates Rise <i>Jeffrey Morris</i>	10:45-11:35 BR * <b>Rounds: Boxing Circuit</b> <i>Alexei Kuznietsov</i>
8:45-9:30 MS * Athletic Conditioning <i>Michael Keeney</i>	8:30-9:15 YS * EQX Barre Burn <i>Alexis Campbell</i>	9:30-10:15 MS * Lower Body Blast <i>Antonio Hudson</i>	8:00-8:45 BR * <b>Rounds: Boxing</b> <i>Marshall Brockley</i>	9:30-10:20 MS * Knockout <i>Erika Hammond</i>	10:30-11:15 CS * <b>Beats Ride</b> <i>Justin Flexen</i>	11:00-11:45 MS * Rounds: Boxing <i>Ugo Peter-Obiagwu</i>
9:30-10:20 YS * Bala Bangle Barre Burn <i>Jose Rivera Jr.</i>	9:30-10:15 MS * MetCon3 <i>Mara Gabrielle</i>	10:00-11:00 PD * Swim Team <i>Ester Kim</i>	8:30-9:15 CS * <b>Beats Ride</b> <i>Justin Flexen</i>	11:00-11:45 MS * Tabata Max <i>Matt Ortel</i>	10:45-11:30 BR * Rounds: Boxing <i>Ugo Peter-Obiagwu</i>	11:00-11:45 MS * <b>Cardio Sculpt</b> <i>Makena Diehl</i>
10:00-11:00 PD * Aqua Sport <i>Lisa Raphael</i>	10:45-11:45 YS * Iyengar Yoga <i>Kavi Patel</i>	12:15-1:00 YS * Pilates Mat <i>Taylor Phillips</i>	9:30-10:15 MS * Cardio Sculpt <i>Calvin Wiley</i>	12:00-12:45 CS * <b>Beats Ride</b> <i>Nadia Zaki</i>	11:00-11:50 MS * <b>Whipped!</b> <i>Justin Goldman</i>	11:15-12:05 TR * Precision Run® <i>Amy Amato</i>
11:00-11:45 YS * Silhouette <i>Alexis Sweeney</i>	12:15-1:15 YS * Vinyasa Yoga <i>Jade Alexis</i>	12:30-1:15 MS * Tabata Max <i>John Cianca</i>	10:45-11:35 YS * Pilates Rise <i>Elgin McCargo</i>	12:15-1:15 YS * Power Vinyasa <i>Robert Nguyen</i>	11:30-12:30 YS * Amplified Vinyasa (L2) <i>Rika Henry</i>	11:45-12:45 YS * Power Vinyasa <i>Dennis Teston</i>
12:15-1:00 YS * EQX Barre Burn <i>Maureen Duke</i>	12:30-1:15 MS * Cardio Sculpt <i>Calvin Wiley</i>	4:00-4:45 YS * Barefoot Sculpt <i>Alyssa Sarnoff</i>	12:15-1:15 YS * Vinyasa Yoga <i>Johan Montijano</i>	12:30-1:20 MS * Stronger <i>Maddie Myers</i>	11:45-12:35 CS * <b>Precision Ride</b> <i>Alex Puette</i>	12:15-1:00 MS * <b>MetCon3</b> <i>Casey Garvin</i>
12:30-1:15 MS * MetCon3 <i>Mara Gabrielle</i>	4:15-5:15 YS * Sculpted Yoga™ <i>Jenny Mendez</i>	5:15-6:15 YS * Power Vinyasa <i>Stephanie Schwartz</i>	12:30-1:15 MS * Best Butt Ever <i>Mara Gabrielle</i>	3:00-3:45 TR * Precision Walk: Elevate <i>Khaleah London</i>	12:00-12:45 MS * Limited Series: 305 Dance <i>LaDarius Lee</i>	1:15-2:00 YS * Athletic Stretch <i>Claudia Brown</i>
4:00-5:15 YS * Ashtanga Yoga <i>Evan Perry</i>	5:00-5:15 MS * Best Abs Ever <i>Justin Goldman</i>	5:30-6:15 MS * Best Butt Ever <i>Mara Gabrielle</i>	4:15-5:00 YS * Bala Bangle Barre Burn <i>Paige Bodnar</i>	4:00-5:00 PD * <b>Swim Team</b> <i>TomJohn Mershon</i>	12:45-1:35 YS * <b>Bala Bangle Barre Burn</b> <i>Richel Ruiz</i>	2:30-3:15 MS * Limited Series: 305 Dance <i>LaDarius Lee</i>
5:15-6:00 MS * MetCon Monday <i>Christopher Vo</i>	5:00-5:50 TR * Precision Run® <i>John Cianca</i>	6:00-6:45 CS * <b>Beats Ride</b> <i>Alex Lyons</i>	5:15-6:00 MS * Sculpt <i>Esteban Deleon</i>	4:00-4:45 YS * Pilates Mat <i>Khaleah London</i>	1:00-2:00 PD * Aqua Sport <i>Lisa Raphael</i>	3:00-3:45 YS * Sonic Meditation <i>Suzanne Taylor</i>
5:30-6:30 YS * Vinyasa Yoga <i>Elitza Ivanova</i>	5:15-6:05 MS * Stronger <i>Justin Goldman</i>	6:30-7:15 MS * Athletic Conditioning <i>David Robert</i>	5:30-6:15 YS * Pilates Fusion <i>Laura Hanlon</i>	5:15-6:00 MS * MetCon3 <i>TomJohn Mershon</i>	4:00-5:00 YS * Weekend Wind Down Yoga <i>Amy Norton</i>	4:00-4:50 MS * Stronger <i>Bransen Gates</i>
6:00-6:50 CS * Anthem Ride <i>Jaelyn Michelle</i>	5:30-6:30 YS * Power Vinyasa <i>Mardi Sykes</i>	6:45-7:35 YS * Bala Bangle Barre Burn <i>Karla Beltchenko</i>	6:00-6:50 CS * Precision Ride <i>Jan Erik Navoa</i>	5:30-6:30 YS * Vinyasa Yoga <i>Randi Cerini</i>		5:00-6:15 YS * Vinyasa Yoga <i>Liz Wexler</i>
6:15-7:00 MS * <b>Whipped!</b> <i>Christopher Vo</i>	6:00-6:45 CS * <b>Beats Ride</b> <i>Michael Keeney</i>	7:30-8:30 MS * Calvinography <i>Calvin Wiley</i>	6:15-7:05 TR * Precision Run® <i>Leah Clark</i>	6:30-7:15 Limited Series: 305 Dance <i>Tom Feeney</i>		
6:30-7:15 BR * Rounds: Boxing <i>Jose Gonzalez</i>	6:30-7:15 MS * MetCon3 <i>John Cianca</i>	7:45-8:30 YS * Pilates Mat <i>Claire Goldes</i>	6:30-7:20 MS * Circuit Training <i>Ben Lauder-Dykes</i>	6:45-7:30 YS * <b>Sonic Meditation</b> <i>Mary Aranas</i>		
6:45-7:35 YS * Pilates Rise <i>Michael Apuzzo</i>	6:45-7:45 YS * Iyengar Yoga <i>Nick Potenzieri</i>		6:45-7:45 YS * Vinyasa Yoga <i>Kristin Bilella</i>			
7:30-8:20 MS * Barre Beyond <i>Melinda Porto</i>	8:00-9:00 PD * Swim Team Pro <i>Ester Kim</i>		7:30-8:20 MS * Stronger <i>Jan Erik Navoa</i>			
7:45-8:45 YS * Vinyasa Yoga <i>Felipe Gonzalez</i>						

# EQUINOX

## GREENWICH AVENUE

97 Greenwich Avenue

NEW YORK NY 10014

EQUINOX.COM

@EQUINOX

MON-THU 05:30 AM 11:00 PM

FRI 05:30 AM 10:00 PM

SAT-SUN 08:00 AM 09:00 PM

## GROUP FITNESS MANAGER

mara.feinstein@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

PD Pool Deck

## 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 + Bands Ride** Beats + Bands combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving 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.

**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.

**Precision Walk: Elevate** A treadmill climbing workout that challenges your ability across a variety of inclines. Personalize your pace, put a little performance in your walk and improve your cardiovascular endurance. An Equinox exclusive. Bring headphones.

## 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.

**Ashtanga Yoga** Developed by K. Pattabhi Jois, this challenging class integrates breath with a specific sequence of poses designed to focus and build strength.

**Iyengar Yoga** An open class focusing on precision and physical alignment of the body. Named after B.K.S. Iyengar and therapeutic in approach, props are used to increase awareness and understand the nuance of each pose.

**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.

**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.

**Circuit Training** Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

**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.

**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.

**Ropes and Rowers** Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. 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.

**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

**Calvinography** Experience international fitness expert and choreographer Calvin Wiley's signature dance workout. Channel your inner dancer, and bring the dance floor to your cardio workout!

**Limited Series: 305 Dance** Dance like no one's watching in this free-spirited, inclusive dance cardio workout designed for all levels, no dance experience required. 35 minutes of high-intensity cardio followed by 5 minutes of targeted toning, and 5 minutes of stretching for a joyful full body workout.

## 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.

**Knockout** Challenge yourself with Erika Hammond's boxing-forward, full-body strength class integrating non-rhythmic shadow boxing combos with targeted strength training. This high energy class will leave you feeling empowered to take on any fight. An Equinox exclusive.

**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: 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.

## Pool

**Aqua Sport** Increase power in this aquatic strength and conditioning class. Push, pull, and press against water resistance with cardio and strength exercises designed to maximize your power. Swim cap required.

**Swim Team** Build your skills in this team-based class where the basics are reviewed and reinforced. Focus on drills, technique, stamina, strength and form. Swim cap and goggles required.

**Swim Team Pro** Challenge your skills in an intermediate/advanced team-based swim class. Train like a pro with focus on drills, technique, stamina, strength and form. Must be able to swim 100 yards freestyle for the hour. Swim cap and goggles required.

## Stretch and Recovery

**Athletic Stretch** Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

**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.

**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.