

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * Stronger <i>Isabelle Luongo</i>	6:30-7:15 MS * MetCon3 <i>Or Artzi</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 <b>Bransen Gates</b>	8:30-9:30 YS * Vinyasa Yoga <i>Reed Ridgley</i>	8:45-9:45 YS * Vinyasa Yoga <i>Jamison Goodnight</i>
7:00-7:45 CS * Beats Ride <i>Danielle Bernstein</i>	6:45-7:30 CS * Beats Ride <i>Jonathan Carlucci</i>	7:00-7:45 CS * Beats Ride <i>Erin Ay</i>	6:45-7:35 TR * Precision Run@ <i>Andrew Briedis</i>	7:00-7:45 YS * Pilates Fusion <i>Vivian Jonokuchi</i>	8:45-9:35 TR * Precision Run@ <i>Shaun Anthony</i>	9:00-9:45 MS * Athletic Conditioning <i>Ary Nunez</i>
7:15-8:00 YS * True Barre: Off the Barre <i>Kevin VerEecke</i>	7:00-7:45 YS * Pilates Rise <b>Pavee Kwun</b>	7:15-8:05 YS * True Barre: Bala Bangle <i>Andy Santana</i>	7:00-7:45 CS * Beats Ride <i>Mario Martinez</i>	7:30-8:15 CS * Beats Ride <i>Alejandra Acosta</i>	9:00-9:45 MS * Stronger <i>Esteban Deleon</i>	10:00-10:45 CS * Beats Ride <i>Michaela McGowan</i>
7:30-8:15 MS * Cardio Sculpt <i>Adam B</i>	7:45-8:30 MS * Athletic Conditioning <i>Or Artzi</i>	7:30-8:15 MS * Whipped! <b>Phillippe Bowgen</b>	7:15-8:00 PD * Swim: Pro (L2) <i>Hilary Hebrank</i>	7:45-8:35 MS * Stronger <i>Bransen Gates</i>	9:15-10:00 CS * Beats Ride <i>Kristin Kenney</i>	10:00-10:45 MS * Core6 <i>Mandy Corcione</i>
7:45-8:35 TR * Precision Run@ <i>Isabelle Luongo</i>	8:00-8:45 CS * Beats Ride <i>Mario Martinez</i>	8:15-9:00 CS * Beats Ride <b>Betty Kasper</b>	7:15-8:15 YS * Power Vinyasa <i>Stephanie Schwartz</i>	8:00-9:00 YS * Vinyasa Yoga <i>Jessica Stickler</i>	10:00-10:45 MS * Best Butt Ever <i>Esteban Deleon</i>	10:15-11:00 YS * True Barre: Off the Barre <i>Alicia Archer</i>
8:15-9:00 YS * Pilates Mat <i>Itsy Rachatasumrit</i>	8:15-9:00 YS * True Barre: Off the Barre <b>Alexis Campbell</b>	8:30-9:15 MS * Stronger <b>Melissa Chisholm</b>	7:45-8:30 MS * Core6 <b>Wyatt Slone</b>	8:30-9:20 TR * Precision Run + Strength <i>JP Prishwalko</i>	10:15-11:05 YS * Pilates Rise <i>Chad Balen</i>	11:00-11:45 MS * Rhythmic Sculpt <i>LaDarius Lee</i>
8:45-9:30 MS * Athletic Conditioning <i>Michael Keeney</i>	9:15-10:00 YS * Barefoot Sculpt <b>Andrea Salazar Martinez</b>	9:00-9:45 YS * Pilates Fusion <i>Bonnie Crellin</i>	8:30-9:15 CS * Beats Ride <i>Ev Autio</i>	9:15-10:00 YS * True Barre: Off the Barre <i>Paige Bodnar</i>	10:30-11:15 CS * Beats Ride <i>Moses Alcid</i>	11:15-12:05 TR * Precision Run@ <i>Amy Amato</i>
9:30-10:15 YS * Barefoot Sculpt <b>Becca Wood</b>	9:30-10:20 MS * Stronger <i>Maddie Myers</i>	9:30-10:15 MS * Cardio Dance: 305 Dance <i>Tom Feeney</i>	9:30-10:15 MS * Cardio Sculpt <i>Calvin Wiley</i>	9:30-10:15 MS * MetCon3 <i>Lauren Anthony</i>	10:45-11:30 BR * Rounds: Bags and Mitts <i>Ugo Peter-Obiagwu</i>	11:45-12:45 YS * Power Vinyasa <i>Dennis Teston</i>
9:45-10:30 MS * MetCon Monday <b>Kyle White</b>	12:15-1:15 YS * Vinyasa Yoga <i>Jade Alexis</i>	10:00-11:00 PD * Swim: Pro <i>Ester Kim</i>	10:30-11:20 YS * Pilates Rise <i>Taylor Phillips</i>	11:00-11:45 MS * Stronger <i>Maddie Myers</i>	11:00-11:45 MS * 360 Strength <i>Jason Tran</i>	1:00-2:00 PD * Swim: Skills + Drills <i>Torello Cabrol</i>
10:00-11:00 PD * Hydro Athlete <i>Lisa Raphael</i>	12:30-1:15 MS * Cardio Sculpt <i>Calvin Wiley</i>	11:00-11:50 YS * Pilates Rise <b>Rosie Fiedelman</b>	12:15-1:15 YS * Vinyasa Yoga <i>Johan Montijano</i>	12:00-12:50 CS * Anthem Ride <i>Dyan Tsiumis</i>	11:30-12:30 YS * Amplified Vinyasa (L2) <i>Rika Henry</i>	1:15-2:00 YS * Athletic Stretch <i>Claudia Brown</i>
11:00-11:45 YS * Pilates Fusion <i>Taylor Phillips</i>	4:15-5:00 YS * Pilates Mat <i>Beth Bardin</i>	12:30-1:15 MS * Stronger <i>Andrew Slane</i>	12:30-1:15 MS * Limited Series: Stronger Women <i>Isabelle Luongo</i>	12:15-1:15 YS * Power Vinyasa <i>Robert Nguyen</i>	12:00-12:45 MS * Cardio Dance: 305 Dance <i>LaDarius Lee</i>	2:30-3:15 MS * Cardio Dance: 305 Dance <i>LaDarius Lee</i>
12:15-1:00 YS * True Barre: Off the Barre <i>Maureen Duke</i>	5:00-5:50 TR * Precision Run@ <i>John Cianca</i>	4:15-5:00 YS * Barefoot Sculpt <i>Alyssa Sarnoff</i>	4:15-5:00 YS * True Barre: Bala Bangle <i>Paige Bodnar</i>	12:30-1:15 MS * Cardio Dance: Zumba@ <i>Diego Chauca</i>	12:45-1:35 YS * True Barre: Bala Bangle <i>Richel Ruiz</i>	3:00-3:45 YS * Sonic Meditation <i>Suzanne Taylor</i>
12:30-1:15 MS * Stronger <i>Maddie Myers</i>	5:15-6:00 MS * Stronger <b>Jason Tran</b>	5:15-6:15 YS * Power Vinyasa <i>Stephanie Schwartz</i>	5:15-6:00 MS * Body Sculpt <i>Esteban Deleon</i>	3:00-3:45 YS * True Barre: Bala Bangle <i>Khaleah London</i>	1:00-2:00 PD * Hydro Athlete <i>Lisa Raphael</i>	4:00-4:45 MS * 360 Strength <i>Joey Ledonio</i>
4:00-5:00 YS * Vinyasa Yoga <i>Evan Perry</i>	5:30-6:30 YS * Vinyasa Yoga <i>Mardi Sykes</i>	5:30-6:15 MS * Best Butt Ever <i>Mara Gabrielle</i>	5:30-6:15 YS * Pilates Fusion <i>Lipe</i>	4:00-5:00 PD * Swim: Skills + Drills (L2) <i>TomJohn Mershon</i>	2:00-2:45 YS * Pilates Fusion <i>Rosie Fiedelman</i>	5:00-6:00 YS * Vinyasa Yoga <i>Liz Wexler</i>
5:15-6:00 MS * MetCon Monday <i>Christopher Vo</i>	6:00-6:45 CS * Beats Ride <i>Ev Autio</i>	6:00-6:45 CS * Beats Ride <i>Mario Martinez</i>	6:00-6:45 CS * Beats Ride <i>John King</i>	4:00-4:45 YS * Pilates Mat <i>Khaleah London</i>	3:00-3:45 YS * True Barre: Off the Barre <i>Rosie Fiedelman</i>	
5:30-6:30 YS * Vinyasa Yoga <i>Elitza Dempsey</i>	6:30-7:15 MS * MetCon3 <i>John Cianca</i>	6:30-7:15 CS * Beats Ride <i>David Robert</i>	6:15-7:05 MS * Stronger <i>Esteban Deleon</i>	5:30-6:15 MS * MetCon3 <i>Lynsey F</i>	4:00-5:00 YS * Weekend Wind Down Yoga <b>Casey Redler</b>	
6:00-6:50 CS * Anthem Ride <i>Jaclyn Michelle</i>	6:45-7:30 YS * Pilates Fusion <i>Ron Tal</i>	6:30-7:15 MS * Athletic Conditioning <i>David Robert</i>	6:30-7:30 YS * Vinyasa Yoga <i>Kristin Bilella</i>	5:45-6:45 YS * Vinyasa Yoga <i>Jamison Goodnight</i>		
6:15-7:05 MS * Rhythmic Sculpt <i>Christopher Vo</i>	7:45-8:30 YS * Best Stretch Ever <i>Ev Autio</i>	6:45-7:35 YS * True Barre: Bala Bangle <i>Karla Beltchenko</i>		6:00-6:45 BR * Rounds: Bags and Mitts <i>Jermaine Bailey</i>		
6:45-7:35 YS * Pilates Rise <i>Michael Apuzzo</i>	8:00-9:00 PD * Swim: Pro <i>Ester Kim</i>	7:30-8:30 MS * Studio Dance: Calvinography <i>Calvin Wiley</i>				
7:30-8:15 MS * Core6 <i>Lynsey F</i>		7:45-8:30 YS * Pilates Mat <i>Claire Goldes</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 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 + Strength** A track and field circuit-based workout. created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

**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.

**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.

## **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.

**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.

**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**

**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: 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 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: 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.

**Cardio Dance: Zumba** A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

**Studio 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!

## **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.

## **Swim**

**Hydro Athlete** An intense water fitness workout. Interval training, low impact plyometrics, and power moves designed to improve cardiovascular fitness, muscular endurance, strength, and flexibility. The perfect blend of cardio and strength training in the pool. Swim cap required. An Equinox exclusive.

**Swim: Pro** Test your limits in an intermediate/advanced team-based swim class. Train all 4 strokes like a pro, focusing on technique, form, and stamina. Must be able to swim 100 yards continuously. Swim cap and goggles required.

**Swim: Skills + Drills** Build upon your freestyle as you learn new skills, drills and strokes. Must be able to swim 25 yds continuous. An Equinox exclusive. Swim cap and goggles are required.

## **Regeneration**

**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.

**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.

**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.

**Body 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.

**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, 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**

**360 Strength** Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, ViPR, and dynamic full-body exercises. An Equinox exclusive.

**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.

**Limited Series: Stronger Women** Introducing Stronger Women. Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women's performance program. Optimized for women, but open to all.

**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.