

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:35 TR * Precision Run® <i>Candace Peterson</i>	6:30-7:15 CS * Beats Ride <i>Mario Martinez</i>	6:45-7:30 MS * MetCon3 <i>Justin Flexen</i>	6:30-7:20 TR * Precision Run® <i>Andrew Briedis</i>	6:45-7:30 MS * Stacked <i>Allison Rowland</i>	8:45-9:35 TR * Precision Run® <i>Cooper Mann</i>	8:45-9:35 TR * Precision Run® <i>Paula Calabrese</i>
7:00-7:45 MS * MetCon3 <i>Lisa Raphael</i>	6:45-7:30 MS * Athletic Conditioning <i>Kyle O'Brien</i>	7:00-7:50 TR * Precision Run® <i>Evan Wood</i>	6:45-7:30 MS * Stronger <i>Bryce Vaewsorn</i>	7:00-7:45 CS * Beats Ride <i>Candace Peterson</i>	9:00-9:50 YS * Pilates Rise <i>Emilee Theno</i>	9:30-10:30 YS * Vinyasa Yoga <i>Jeesoo Park</i>
7:15-8:00 YS * Pilates Mat <i>Kylie Treacy</i>	7:15-8:00 YS * Vinyasa Yoga <i>Alison O'Connor</i>	7:15-8:00 YS * Bala Bangle Barre Burn <i>Angela Joy</i>	7:15-8:00 YS * Pilates Fusion <i>Vivian Jonokuchi</i>	7:00-8:00 YS * Vinyasa Yoga <i>Jena Maenius</i>	9:45-10:30 CS * Beats Ride <i>Michael Keeney</i>	9:45-10:30 MS * Atletica <i>Paula Calabrese</i>
9:30-10:15 YS * Vinyasa Yoga <i>Lipe</i>	7:45-8:30 MS * Ropes and Rowers <i>Kyle O'Brien</i>	9:30-10:15 CS * Beats Ride <i>Nadia Zaki</i>	7:45-8:30 MS * Rhythmic Sculpt <i>Bryce Vaewsorn</i>	9:30-10:20 YS * Pilates Rise <i>Richel Ruiz</i>	10:00-10:45 MS * Stronger <i>Bryce Vaewsorn</i>	10:45-11:35 CS * Precision Ride <i>Amanda Katz</i>
12:00-12:45 YS * 12:15-1:00 MS * 1:00-1:45 YS *	9:30-10:15 YS * Barefoot Sculpt <i>Maureen Duke</i>	9:30-10:15 YS * Pilates Mat <i>Khaleah London</i>	9:30-10:15 YS * Sculpted Yoga™ <i>Andy Santana</i>	12:15-1:00 YS * Vinyasa Yoga <i>Colleen Murphy</i>	10:15-11:15 YS * Vinyasa Yoga (L2) <i>Lisa-Marie Lewis</i>	10:45-11:30 MS * Pure Strength <i>Kyle O'Brien</i>
	11:00-12:00 PD * Swim Team <i>TomJohn Mershon</i>	10:30-11:30 YS * Inner Power Flow <i>Nadia Zaki</i>	10:30-11:30 MS * Studio Dance: Contemporary <i>Rosie Fiedelman</i>	12:30-1:20 CS * Precision Ride <i>Amanda Katz</i>	11:00-11:45 MS * MetCon3 <i>Molly Day</i>	11:00-11:45 YS * EQX Barre Burn <i>Alexis Campbell</i>
	12:15-1:00 MS * Atletica <i>Ilaria Montagnani</i>	10:45-11:45 PD * Aqua Athlete <i>Lisa Raphael</i>	11:00-12:00 PD * Swim Team (L2) <i>Margaret Schwarz</i>	12:30-1:15 MS * Athletic Conditioning <i>LR Davidson</i>	11:00-11:45 PD * Aqua Sculpt <i>Robin Mandel</i>	11:45-12:30 MS * MetCon3 <i>Amanda Katz</i>
	12:15-1:15 YS * Power Vinyasa <i>Robert Nguyen</i>	12:00-12:45 YS * Pilates Mat <i>Beth Bardin</i>	12:15-1:00 MS * Stronger <i>Sarah Cucuzzella</i>	1:15-2:00 YS * EQX Barre Burn <i>Kevin VerEecke</i>	11:30-12:15 YS * Bala Bangle Barre Burn <i>Kevin VerEecke</i>	12:00-1:00 YS * Vinyasa Yoga <i>Kristin Bilella</i>
4:45-5:30 YS * Pilates Rise <i>Jill Weinstein</i>	12:30-1:20 TR * Precision Run® <i>Cooper Mann</i>	12:15-1:00 MS * MetCon3 <i>Kyle O'Brien</i>	12:15-1:15 YS * Vinyasa Yoga <i>Mindy Frenkel</i>	4:00-5:00 YS * Yin Yoga <i>Kelly Raspberry</i>	12:30-1:30 YS * Vinyasa Yoga <i>Suzanne Taylor</i>	1:30-2:30 PD * Swim Team Pro <i>Jason Strong</i>
5:15-6:00 MS * Circuit Training (L2) <i>Tracy Gordon</i>	1:15-2:00 MS * Cardio Dance: Zumba® <i>Diego Chauca</i>	1:15-2:00 MS * Cardio Dance <i>Nick Camarero</i>	12:30-1:20 TR * Precision Run® <i>Candace Peterson</i>	4:15-5:05 TR * Precision Run® <i>Christopher Howard</i>	1:30-2:15 MS * Circuit Training (L2) <i>Tracy Gordon</i>	1:30-2:15 YS * Pilates Mat <i>Alex Dill</i>
5:45-6:45 YS * Vinyasa Yoga <i>Jade Alexis</i>	4:45-5:30 YS * Barefoot Sculpt <i>Stephen Bel Davies</i>	4:45-5:30 YS * Pilates Mat <i>Kimberly Bridgewater</i>	4:45-5:30 YS * Power Vinyasa <i>Jessie Wren</i>	5:00-6:00 PD * Swim Team <i>Victor Howard-Rodriguez</i>	2:00-2:45 PD * EQX H2O: Swim Basics <i>Ester Kim</i>	1:45-2:45 MS * Athletic Stretch <i>Johnnie P</i>
6:15-7:00 MS * MetCon Monday <i>Rob Lavecchia</i>	5:30-6:15 MS * Powerstrike! <i>Christopher Vo</i>	5:30-6:15 MS * Whipped! <i>Michael Keeney</i>	5:30-6:15 MS * Forza! <i>Ilaria Montagnani</i>	5:15-6:05 MS * Stronger <i>Christopher Howard</i>	2:00-2:45 YS * Barefoot Sculpt <i>James Ervin</i>	3:30-4:15 MS * Body Sculpt <i>James Ervin</i>
6:30-7:15 CS * Beats Ride <i>Adam Jenkins</i>	5:45-6:45 YS * Vinyasa Yoga <i>Kira McCarthy</i>	5:45-6:35 YS * Vinyasa Yoga <i>Ali Cramer</i>	5:45-6:35 YS * Pilates Rise <i>Alison Mathis</i>	5:45-6:30 YS * Pilates Mat <i>Kimberly Bridgewater</i>	2:30-3:15 MS * Best Butt Ever <i>Tracy Gordon</i>	4:00-5:00 YS * Power Vinyasa <i>James Donegan</i>
7:00-8:00 PD * Swim Team <i>Ester Kim</i>	6:30-7:15 CS * Beats Ride <i>Lisa Raphael</i>	6:30-7:15 CS * Beats Ride <i>Michael Keeney</i>	6:30-7:15 MS * Powerstrike! <i>Ilaria Montagnani</i>	6:15-7:00 CS * Anthem Ride <i>Cara Leggio</i>	3:30-4:30 YS * Weekend Wind Down Yoga <i>Kavi Patel</i>	4:30-6:00 MS * Studio Dance: DANCEology <i>James Ervin</i>
7:00-7:45 YS * Pilates Mat <i>Itsy Rachatasumrit</i>	6:30-7:15 MS * Atletica <i>Paula Calabrese</i>	6:30-7:15 MS * Stronger <i>Shaun Anthony</i>	7:00-8:00 PD * Swim Team Pro <i>Hilary Hebrank</i>	6:30-7:15 MS * Best Stretch Ever <i>Robert Nguyen</i>		
7:15-8:00 MS * Stronger <i>Chris Yeoh</i>	7:00-7:45 YS * Bala Bangle Barre Burn <i>Maureen Duke</i>	7:00-7:45 YS * Pilates Fusion <i>Andre Rivera</i>	7:00-8:00 YS * Vinyasa Yoga <i>Robert Nguyen</i>			
8:00-8:30 MS * Athletic Stretch <i>Chris Yeoh</i>	7:30-8:15 MS * Rhythmic Sculpt <i>Bransen Gates</i>	7:30-8:15 MS * Cardio Dance: Zumba® <i>Diego Chauca</i>	7:30-8:15 MS * Atletica <i>Ilaria Montagnani</i>			
	7:30-8:20 TR * Precision Run® <i>Paula Calabrese</i>	7:30-8:20 TR * Precision Run® <i>Shaun Anthony</i>	7:30-8:20 TR * Precision Run® <i>Christina Lee</i>			
			8:15-8:30 MS * Best Abs Ever <i>Ilaria Montagnani</i>			

EQUINOX

COLUMBUS CIRCLE

Deutsche Bank Center (60th and Broadway)

NEW YORK NY 10019

EQUINOX.COM

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MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT-SUN 07:00 AM 08:00 PM

GROUP FITNESS MANAGER

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SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

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.

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

Inner Power Flow Created by Nadia Zaki, this challenging class focuses on core flexibility and strength for a full-body workout that brings connection and calm.

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.

Yin Yoga Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

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.

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.

Forza! Created by global fitness expert, Ilaria Montagnani, this intense martial arts workout uses wooden swords. Learn the strikes and perform fluid movements that train precision, agility, and strength.

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.

Pure Strength Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. 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.

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.

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.

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

Studio Dance: Contemporary A choreography-driven dance class incorporating styles from jazz to lyrical. Learn a complete combination, improve technique, and unleash your inner dancer.

Studio Dance: DANCEology An advanced choreographed dance class created by Broadway veteran dancer and fitness expert James Ervin. Improve your technique, challenge your inhibitions and allow your spirit to soar.

Boxing and Kickboxing

Powerstrike! An authentic martial arts based, rhythmic-cardio workout created by global fitness expert, Ilaria Montagnani. Punch and kick to improve speed, balance and coordination.

Pool

Aqua Athlete An intense water fitness workout developed by Lisa Raphael. Interval training, low impact plyometrics, and power moves to improve cardiovascular fitness, muscular endurance, strength and flexibility. The perfect pair of cardio and strength training in the pool. Swim cap required.

Aqua Sculpt A non-stop, full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with a program that is gentle on the joints. Swim cap required.

EQX H2O: Swim Basics An entry level swim class designed to teach the fundamentals of swimming that focuses specifically on freestyle. Swim Basics features skills and drills that develop technique, confidence and efficiency in the water. An Equinox exclusive. Swim cap and goggles 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.

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.

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.

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.