

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:20 MS * Stronger <i>Makena Diehl</i>	6:30-7:15 MS * MetCon3 <i>Maddie Myers</i>	6:30-7:20 TR * Precision Run® <i>Eddie Carrington</i>	6:30-7:15 MS * Athletic Conditioning <i>Makena Diehl</i>	7:00-7:45 YS * Pilates Mat <i>Caroline Strong</i>	9:00-10:15 YS * Power Vinyasa <i>Babette Godefroy</i>	9:30-10:15 MS * MetCon3 <i>Dario Torres</i>
6:45-7:30 YS * Bala Bangle Barre Burn <i>Richel Ruiz</i>	7:00-8:00 YS * Vinyasa Yoga <b>Jena Maenius</b>	6:45-7:30 YS * EQX Barre Burn <i>Lucas Blankenhorn</i>	7:00-8:00 YS * Vinyasa Yoga <b>Alyssa Sarnoff</b>	7:30-8:15 MS * Circuit Training <i>Matt Ortel</i>	9:30-10:15 MS * Whipped! <i>Tim Flores</i>	9:45-10:30 YS * Pilates Fusion <i>Jennifer Benesch</i>
7:30-8:15 MS * Athletic Conditioning <i>Alex Ware</i>	7:15-8:05 CS * Precision Ride <i>Lucas Blankenhorn</i>	7:30-8:15 MS * Athletic Conditioning <i>Eddie Carrington</i>	7:30-8:15 CS * Beats Ride <i>Gater</i>	8:30-9:15 MS * MetCon3 <i>Matt Ortel</i>	10:30-11:15 MS * Ultimate Resistance (L2) <i>Alexander</i>	10:30-11:15 MS * Stronger <i>Dario Torres</i>
7:45-8:30 YS * Pilates Mat <i>Richel Ruiz</i>	7:45-8:30 MS * Tabata Max <i>Antonio Hudson</i>	7:45-8:30 YS * Power Vinyasa <i>Kumiko Buckman</i>	7:45-8:30 MS * Best Butt Ever <i>Esteban Deleon</i>	8:45-9:30 YS * Bala Bangle Barre Burn <i>Diane LaVon</i>	10:30-11:30 YS * Vinyasa Yoga <i>Miguel Sarmiento</i>	10:45-11:30 YS * Bala Bangle Barre Burn <i>Richel Ruiz</i>
8:30-9:15 MS * Cardio Sculpt <i>Makena Diehl</i>	9:00-9:45 YS * EQX Barre Burn <i>Jose Rivera Jr.</i>	8:45-9:30 YS * Pilates Mat <i>Jeffrey Morris</i>	9:00-10:00 YS * Iyengar Yoga <i>Nick Potenzieri</i>	9:30-10:15 CS * Beats Ride <i>Justin Flexen</i>	11:00-11:45 CS * Anthem Ride <i>Katie Horwitch</i>	11:30-12:15 MS * Tabata Max <i>Zach Schanne</i>
10:45-11:30 MS * Stacked <i>Or Artzi</i>	10:45-11:30 MS * Best Butt Ever <i>Esteban Deleon</i>	10:45-11:30 MS * Circuit Training <i>Matt Ortel</i>	10:45-11:35 MS * Cardio Sculpt <i>Makena Diehl</i>	10:45-11:30 MS * Whipped! <i>Alexander</i>	11:30-12:15 MS * Cardio Sculpt <i>Makena Diehl</i>	11:45-1:00 YS * Power Vinyasa (L2) <i>Serena Tom</i>
12:15-1:00 MS * Tabata Max <i>Matt Ortel</i>	12:15-1:00 YS * Bala Bangle Barre Burn <i>Elgin McCargo</i>	12:15-1:00 MS * Athletic Conditioning <i>David Robert</i>	12:15-1:00 YS * EQX Barre Burn <i>Andy Santana</i>	12:15-1:00 MS * Cardio Dance <i>Antonio Hudson</i>	12:00-12:45 YS * Bala Bangle Barre Burn <i>Khaleah London</i>	12:45-1:30 MS * Athletic Conditioning <i>Makena Diehl</i>
12:30-1:15 YS * Pilates Mat <i>Itsy Rachatasumrit</i>	12:30-1:15 MS * Ultimate Resistance (L2) <i>Alexander</i>	12:30-1:15 CS * Beats Ride <b>Mario Martinez</b>	12:30-1:20 MS * Stronger <i>Bonnie Flannery</i>	12:45-1:35 YS * Pilates Rise <i>Alex Ware</i>	12:15-1:00 CS * Beats Ride <i>Meghan Cox</i>	1:45-2:45 YS * Vinyasa Yoga <i>Dennis Teston</i>
4:30-5:15 YS * Pilates Rise <i>Elgin McCargo</i>	4:00-5:00 YS * Vinyasa Yoga <i>Serena Tom</i>	12:45-1:45 YS * Vinyasa Yoga <i>Ali Cramer</i>	4:00-4:45 YS * Best Stretch Ever <i>Rika Henry</i>	4:00-4:45 YS * Sonic Meditation <i>Babette Godefroy</i>	12:45-1:35 MS * MetCon3 <i>Justin Flexen</i>	4:00-4:45 YS * Weekend Wind Down Yoga <i>Anubha Elaine Boudouris</i>
5:00-5:45 MS * Best Butt Ever <i>David Robert</i>	5:00-5:45 CS * Beats Ride <i>Gater</i>	4:30-5:15 YS * Pilates Mat <i>Khaleah London</i>	5:15-6:15 YS * Sculpted Yoga™ <i>Jim Scholl</i>	4:15-5:00 MS * Athletic Conditioning <i>David Robert</i>	1:00-1:50 TR * Precision Walk: Elevate <i>Khaleah London</i>	5:45-6:30 YS * Sonic Meditation <i>Kumiko Buckman</i>
5:30-6:15 YS * Off The Barre <i>Alyssa Sarnoff</i>	5:15-6:15 YS * Power Vinyasa <i>Serena Tom</i>	5:00-5:45 MS * Silhouette <i>Alexis Sweeney</i>	5:45-6:35 MS * Whipped! (L2) <i>Or Artzi</i>	5:15-6:15 YS * Vinyasa Yoga <i>Serena Tom</i>	1:15-2:30 YS * Amplified Vinyasa (L3) <i>Rika Henry</i>	
6:00-6:45 MS * MetCon Monday <i>Antonio Hudson</i>	5:45-6:30 MS * Ultimate Resistance (L2) <i>Alexander</i>	5:30-6:15 YS * Amplified Vinyasa (L2) <i>Rika Henry</i>	6:00-6:45 CS * Beats Ride <i>Christian Ramos</i>	6:00-6:45 MS * Body Sculpt <i>Alex Ware</i>	2:00-2:50 MS * Studio Dance: Contemporary <i>Esteban Deleon</i>	
6:30-7:15 CS * Beats Ride <i>Amy Chiu</i>	6:15-7:00 CS * Beats Ride <i>Gater</i>	5:45-6:35 TR * Precision Walk: Elevate <i>Khaleah London</i>	6:45-7:30 YS * Bala Bangle Barre Burn <i>Or Artzi</i>	6:30-7:15 YS * Off The Barre <i>Genieve Gordon</i>	2:45-3:30 YS * Best Stretch Ever <i>Rika Henry</i>	
6:45-7:45 YS * Vinyasa Yoga <i>Dee Holliday</i>	6:30-7:20 YS * Pilates Rise <i>Itsy Rachatasumrit</i>	6:00-6:45 MS * Cardio Dance <i>Antonio Hudson</i>	7:00-7:45 MS * Athletic Conditioning <i>Diego Guevara</i>	6:45-7:00 MS * Best Abs Ever <i>Alex Ware</i>	5:00-6:00 YS * Vinyasa Yoga <i>Megna Paula</i>	
7:00-7:45 MS * Tabata Max <i>Antonio Hudson</i>	6:45-7:30 MS * Stacked <b>Molly Day</b>	6:30-7:15 CS * Beats Ride <i>Cara Leggio</i>	7:00-7:50 TR * Precision Run® <i>Christian Ramos</i>			
7:30-8:15 TR * Precision Run® <i>Amy Chiu</i>	7:30-8:20 YS * Bala Bangle Barre Burn <i>Lucas Blankenhorn</i>	6:45-7:30 YS * Pilates Mat <i>Elgin McCargo</i>	7:45-8:30 YS * Pilates Mat <i>Cindya Davis</i>			
8:00-8:45 MS * Studio Dance: Hip Hop <i>Mitchell Wayne</i>	7:45-8:30 MS * Athletic Conditioning <b>Molly Day</b>	7:00-7:45 MS * Lower Body Blast <i>Antonio Hudson</i>				
8:15-9:15 YS * Slow Flow Yoga <i>Kavi Patel</i>	8:30-9:15 YS * Iyengar Yoga <i>Nick Potenzieri</i>	8:00-9:00 YS * Special Event: Yin Yoga + Sound Meditation <i>Babette Godefroy</i>				

# EQUINOX

## SOHO

69 Prince Street

NEW YORK NY 10012

EQUINOX.COM

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**MON-THU** 05:30 AM 10:00 PM

**FRI** 05:30 AM 08:00 PM

**SAT-SUN** 08:00 AM 07:00 PM

## GROUP FITNESS MANAGER

alexander.charles@equinox.com

## 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

**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.

**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.

**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.

**Slow Flow Yoga** A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.

**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.

**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.

**Ultimate Resistance** An intense integrated-strength workout created by fitness expert, Alexander Charles using a single weight and resistance tubing. Ignite metabolic burn through a series of strength and core conditioning.

**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.

## 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.

**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: Hip Hop** A choreography-driven dance class using the latest street dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.

## 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.

**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

**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.

**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.

**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.