

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:30 MS * <b>MetCon Monday</b> <i>Cindya Davis</i>	6:15-7:00 YS * <b>Barefoot Sculpt</b> <i>Dyan Tsiumis</i>	6:30-7:15 MS * <b>Athletic Conditioning</b> <i>Cathy Munzer</i>	6:30-7:20 YS * <b>Vinyasa Yoga</b> <i>Robert Nguyen</i>	7:00-7:50 YS * Bala Bangle Barre Burn <i>Elgin McCargo</i>	8:30-9:20 YS * <b>Vinyasa Yoga</b> <i>Johan Montijano</i>	9:15-10:05 YS * <b>Pilates Rise</b> <i>Alex Ware</i>
7:00-7:50 YS * Pilates Rise <i>Jeffrey Morris</i>	6:45-7:30 MS * Stacked <i>Robert Burke</i>	6:45-7:45 YS * Sculpted Yoga™ <i>Jess Anson</i>	6:45-7:35 MS * Circuit Training <i>JP Prishwalko</i>	7:30-8:15 CS * Anthem Ride <i>Jaclyn Michelle</i>	9:00-9:50 MS * <b>Whipped!</b> <i>Dario Torres</i>	9:30-10:15 MS * Cardio Sculpt <i>Diane LaVon</i>
7:30-8:15 CS * Anthem Ride <i>Amy Chiu</i>	7:00-7:45 CS * <b>Beats Ride</b> <i>Leah Clark</i>	7:30-8:15 CS * <b>Cycle Power</b> <i>Corinne Goldberg</i>	7:00-7:50 CS * Anthem Ride <i>Steven Goldsmith</i>	7:45-8:30 MS * <b>Athletic Conditioning</b> <i>Hannah Delmonte</i>	9:30-10:15 YS * Off The Barre <i>Erin Giordano</i>	9:45-10:30 CS * Anthem Ride <i>Corinne Goldberg</i>
7:45-8:30 MS * Stronger <i>Christopher Howard</i>	7:30-8:30 YS * Vinyasa Yoga <i>Jessica Stickler</i>	7:45-8:30 MS * The Cut <i>Sammy Tuchman</i>	7:30-8:15 YS * Pilates Mat <i>Jose Rivera Jr.</i>	8:00-8:45 YS * Pilates Fusion <i>Elgin McCargo</i>	9:45-10:30 CS * <b>Beats Ride</b> <i>Jason Strong</i>	10:30-11:15 YS * Bala Bangle Barre Burn <i>Diane LaVon</i>
8:00-8:45 YS * Bala Bangle Barre Burn <i>Robert Burke</i>	7:45-8:30 MS * Athletic Conditioning <i>Eddie Carrington</i>	8:00-8:50 YS * Amplified Vinyasa <i>Rika Henry</i>	7:40-8:30 TR * Precision Run® <i>JP Prishwalko</i>	12:30-1:15 MS * Stronger <i>Shaun Anthony</i>	10:00-10:45 MS * Stronger <i>Dario Torres</i>	10:45-11:30 MS * Best Butt Ever <i>Alex Ware</i>
12:00-12:50 YS * <b>Vinyasa Yoga</b> <i>Alison O'Connor</i>	12:00-12:45 YS * EQX Barre Burn <i>Khaleah London</i>	12:00-12:50 YS * Pilates Rise <i>Rose Kotopka</i>	7:45-8:30 MS * MetCon3 <i>Miriam Shestack</i>	5:15-6:00 YS * Pilates Mat <i>Erin Ginn</i>	10:15-11:00 TR * <b>Precision Run®</b> <i>Andrew Briedis</i>	11:30-11:45 MS * Best Abs Ever <i>Alex Ware</i>
12:30-1:15 MS * <b>Sculpt</b> <i>Jose Rivera Jr.</i>	4:30-5:15 YS * Best Stretch Ever <i>Robert Nguyen</i>	12:30-1:15 MS * <b>Aletica</b> <i>Nora Bisharat</i>	12:00-12:45 YS * Bala Bangle Barre Burn <i>Jose Rivera Jr.</i>	5:30-6:15 MS * <b>Aletica</b> <i>Erika Hearn</i>	10:30-11:15 YS * Pilates Fusion <i>Jose Rivera Jr.</i>	11:45-12:45 YS * Power Vinyasa <i>Kat Suda</i>
4:30-5:15 YS * Pilates Mat <i>Itsy Rachatasumrit</i>	5:30-6:30 YS * Power Vinyasa <i>Kristin Bilella</i>	4:45-5:30 MS * Sculpt <i>Jose Rivera Jr.</i>	4:30-5:15 YS * <b>Pilates Fusion</b> <i>Justin Flexen</i>		11:00-11:45 MS * <b>Athletic Conditioning</b> <i>Victoria Chimenti</i>	12:00-12:45 MS * Limited Series: 305 Dance <i>Mikey Sylvester</i>
5:30-6:15 MS * <b>Athletic Conditioning</b> <i>Ben Lauder-Dykes</i>	5:45-6:30 MS * Stronger <i>Phillippe Bowgen</i>	5:30-6:15 YS * Bala Bangle Barre Burn <i>Mia Wenger</i>	5:30-6:30 YS * Power Vinyasa (L2) <i>Serena Tom</i>		11:30-12:30 YS * Sculpted Yoga™ <i>Alyssa Sarnoff</i>	4:00-5:00 YS * Weekend Wind Down Yoga <i>Jill Weinstein</i>
5:30-6:15 YS * Pilates Mat <i>Itsy Rachatasumrit</i>	6:15-7:05 CS * Precision Ride <i>Avery Washington</i>	6:00-6:50 MS * <b>Powerstrike!</b> <i>Christopher Vo</i>	5:45-6:30 MS * <b>Tabata Max</b> <i>Chris Yeoh</i>			
5:40-7:00 CL * <b>Outdoor Run Club</b> <i>Evan Wood</i>	6:45-7:30 MS * <b>Cardio Sculpt</b> <i>Luke Bernier</i>	6:30-7:15 CS * <b>Beats Ride</b> <i>Michaela McGowan</i>	6:15-7:00 CS * Anthem Ride <i>Jaclyn Michelle</i>			
6:30-7:15 CS * Anthem Ride <i>Corinne Goldberg</i>	7:00-7:45 YS * Pilates Fusion <i>Elgin McCargo</i>	6:45-7:45 YS * Sculpted Yoga™ <i>Kristin Condon</i>	6:45-7:30 MS * Limited Series: 305 Dance <i>JJ Montell</i>			
6:45-7:30 MS * Kickbox Burn <i>Akin</i>	7:30-7:45 MS * <b>Best Abs Ever</b> <i>Luke Bernier</i>	7:00-7:50 MS * MetCon3 <i>Justin Goldman</i>	7:00-7:45 YS * Bala Bangle Barre Burn <i>Emily Naim</i>			
7:00-8:00 YS * Vinyasa Yoga <i>Robert Nguyen</i>		8:00-8:50 YS * Pilates Rise <i>Lilly Joergensen</i>				

# EQUINOX

## PARK AVENUE

1 Park Avenue  
NEW YORK NY 10016  
EQUINOX.COM  
@EQUINOX

**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

jose.rivera01@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**TR** Treadmill Area

**CL** Club Lobby

## 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.

**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.

## Running

**Outdoor Run Club** Improve your pace, form, and endurance alongside your Equinox running community during this outdoor group running class. While we welcome runners of different levels, we suggest participants can complete a three-mile run. An Equinox Exclusive.

**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.

**Atletica** A weight training workout using traditional power moves created by global fitness expert, Iliaria 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.

**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.

## Dance

**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.

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

**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.

**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.