

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|--|---|
| 6:45-7:30 MS * MetCon Monday <i>Cindy Davis</i> | 6:15-7:00 YS * Barefoot Sculpt <i>Dyan Tsiumis</i> | 6:30-7:15 MS * Athletic Conditioning Joey Ledonio | 6:15-7:05 YS * Vinyasa Yoga <i>Robert Nguyen</i> | 7:00-7:50 YS * Bala Bangle Barre Burn <i>Elgin McCargo</i> | 8:30-9:20 YS * Vinyasa Yoga <i>Johan Montijano</i> | 9:15-10:05 YS * Pilates Rise <i>Alex Ware</i> |
| 7:00-7:50 YS * Pilates Rise <i>Jeffrey Morris</i> | 6:30-7:15 MS * Stronger <i>Robert Burke</i> | 6:45-7:45 YS * Sculpted Yoga™ <i>Jess Anson</i> | 6:30-7:20 MS * Whipped! <i>JP Prishwalko</i> | 7:30-8:15 CS * Anthem Ride <i>Jaclyn Michelle</i> | 9:00-9:45 CS * Beats Ride <i>Angela Rice</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 * Beats Ride <i>Leah Clark</i> | 7:30-8:15 CS * Precision Ride <i>Corinne Goldberg</i> | 7:00-7:50 CS * Anthem Ride <i>Steven Goldsmith</i> | 7:45-8:30 MS * MetCon3 <i>Miriam Shestack</i> | 9:00-9:50 MS * Athletic Conditioning Dario Torres | 9:45-10:30 CS * Anthem Ride <i>Corinne Goldberg</i> |
| 7:45-8:30 MS * Stronger <i>Phillippe Bowgen</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 MS * Barre Beyond <i>Jose Rivera Jr.</i> | 8:00-8:45 YS * Pilates Fusion <i>Elgin McCargo</i> | 9:15-10:00 TR * Precision Run® Amy Amato | 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> | 8:00-8:45 YS * Pilates Mat Erin Ginn | 7:30-8:15 TR * Precision Run® <i>JP Prishwalko</i> | 12:30-1:15 MS * Stronger <i>Shaun Anthony</i> | 9:30-10:15 YS * Off The Barre <i>Erin Giordano</i> | 10:45-11:30 MS * Best Butt Ever <i>Alex Ware</i> |
| 12:00-12:45 YS * Pilates Mat Alison O'Connor | 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 YS * Pilates Mat <i>Miriam Shestack</i> | 4:30-5:30 YS * Power Vinyasa Melinda Abbott | 10:00-10:45 MS * Stronger <i>Dario Torres</i> | 11:30-11:45 MS * Best Abs Ever <i>Alex Ware</i> |
| 12:30-1:15 MS * Body Sculpt <i>Jose Rivera Jr.</i> | 4:45-5:30 YS * Barefoot Sculpt Jose Rivera Jr. | 12:30-1:15 MS * MetCon3 Nora Bisharat | 12:00-12:45 YS * Bala Bangle Barre Burn <i>Jose Rivera Jr.</i> | 5:30-6:15 MS * Atletica <i>Erika Hearn</i> | 10:30-11:15 YS * Pilates Fusion <i>Jose Rivera Jr.</i> | 11:45-1:00 YS * Power Vinyasa <i>Kat Suda</i> |
| 4:30-5:15 YS * Pilates Mat <i>Itsy Rachatasumrit</i> | 5:30-6:15 MS * Stronger <i>Luke Bernier</i> | 4:30-5:15 YS * Best Stretch Ever Robert Nguyen | 4:45-5:30 YS * Pilates Fusion <i>Brian Slaman</i> | 5:45-6:30 YS * Pilates Mat <i>Erin Ginn</i> | 11:00-11:45 MS * Athletic Conditioning <i>Victoria Chimenti</i> | 12:00-12:45 MS * Cardio Dance <i>Team Equinox</i> |
| 5:30-6:15 MS * Athletic Conditioning <i>Ben Lauder-Dykes</i> | 5:45-6:45 YS * Power Vinyasa Karla Beltchenko | 5:30-6:15 YS * Bala Bangle Barre Burn <i>Mia Wenger</i> | 5:30-6:15 MS * Stronger Chris Yeoh | | | |
| 5:30-6:15 YS * Pilates Mat <i>Itsy Rachatasumrit</i> | 6:30-7:15 MS * Cardio Sculpt <i>Luke Bernier</i> | 6:00-6:45 MS * Powerstrike! <i>Christopher Vo</i> | 5:45-6:45 YS * Power Vinyasa (L2) <i>Serena Tom</i> | | | |
| 5:45-6:30 TR * Precision Run® <i>Evan Wood</i> | 7:00-7:45 YS * Pilates Fusion <i>Elgin McCargo</i> | 6:30-7:15 CS * Beats Ride <i>Molly Mook</i> | 6:45-7:30 MS * Cardio Dance: 305 Dance <i>JJ Montell</i> | | | |
| 6:30-7:15 CS * Anthem Ride <i>Corinne Goldberg</i> | 7:15-7:30 MS * Best Abs Ever <i>Luke Bernier</i> | 6:45-7:45 YS * Sculpted Yoga™ <i>Kristin Condon</i> | 7:00-7:45 YS * Bala Bangle Barre Burn <i>Emily Naim</i> | | | |
| 6:45-7:30 MS * Kickbox Burn <i>Akin</i> | 8:00-8:50 YS * Sonic Meditation Dorian Shorts | 7:00-7:50 MS * MetCon3 <i>Justin Goldman</i> | | | | |
| 7:00-8:00 YS * Vinyasa Yoga <i>Robert Nguyen</i> | | 8:00-8:50 YS * Pilates Rise <i>Lilly Joergensen</i> | | | | 4:00-5:00 YS * Weekend Wind Down Yoga <i>Jill Weinstein</i> |

EQUINOX

PARK AVENUE

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NEW YORK NY 10016

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

jose.rivera01@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.

Yoga

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, 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.

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.

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.

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

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: 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, Ilaria 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.

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.

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.