

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:35 TR * Precision Run® <i>Andrew Briedis</i>	6:30-7:15 MS * Athletic Conditioning <i>Diego Guevara</i>	6:45-7:30 MS * Stacked <i>Robert Burke</i>	6:30-7:15 MS * Stronger <i>Katie Thrasher</i>	7:00-7:45 MS * MetCon3 <i>Sarah Esser</i>	8:30-9:30 YS * Sculpted Yoga™ <i>Lipe</i>	9:15-10:00 YS * Bala Bangle Barre Burn <i>Vivian Jonokuchi</i>
7:15-8:00 YS * EQX Barre Burn <i>Anna Ciambrone</i>	7:00-7:45 TR * Precision Run® <i>Anastasiia Gavriukhova</i>	7:15-8:00 CS * Beats Ride <i>Zach Williams</i>	7:00-7:50 TR * Precision Run® <i>Linette Guelen</i>	7:15-8:00 CS * Beats Ride <i>Nadia Wilemski</i>	9:00-9:50 MS * Stronger <i>Justin Flexen</i>	9:45-10:30 MS * MetCon3 Bryce Vaewsorn
7:30-8:15 CS * Beats Ride <i>Ev Autio</i>	7:15-8:15 YS * Vinyasa Yoga <i>Liz Wexler</i>	7:15-8:00 YS * Pilates Fusion <i>Dara Adler</i>	7:15-8:15 YS * Vinyasa Yoga <i>Mardi Sykes</i>	7:30-8:15 YS * Off The Barre <i>Pavee Kwun</i>	9:45-10:30 YS * Vinyasa Yoga <i>Katey Lewis</i>	10:00-10:45 CS * Beats Ride <i>Ev Autio</i>
7:45-8:30 MS * MetCon Monday <i>Esteban Deleon</i>	7:30-8:15 MS * Best Butt Ever <i>Kelsey Stalter</i>	7:45-8:30 MS * Atletica <i>Erika Hearn</i>	7:30-8:15 CS * Beats Ride <i>Leah Clark</i>	8:00-8:45 MS * Best Butt Ever <i>Paige Bodnar</i>	10:00-10:50 CS * Precision Ride <i>Story VonHolzhausen</i>	10:30-11:15 YS * Power Vinyasa <i>Kristin Bilella</i>
8:15-9:00 YS * Pilates Fusion <i>Anna Ciambrone</i>	9:45-10:30 YS * Bala Bangle Barre Burn <i>Paige Bodnar</i>	8:15-9:00 YS * Bala Bangle Barre Burn <i>Zach Williams</i>	7:45-8:30 MS * Athletic Conditioning <i>Kyle O'Brien</i>	8:30-9:15 YS * Pilates Mat <i>Jeffrey Morris</i>	10:45-11:35 YS * Pilates Rise <i>Rachel King</i>	10:45-11:30 MS * Stronger Bryce Vaewsorn
9:30-10:15 YS * Off The Barre Pavee Kwun	12:15-1:00 YS * Pilates Mat <i>Maria Martinez</i>	9:30-10:30 YS * Vinyasa Yoga Lipe	8:30-9:15 YS * Bala Bangle Barre Burn <i>Richel Ruiz</i>	12:15-1:00 YS * Barefoot Sculpt <i>Jill Weinstein</i>	11:15-12:00 MS * Cardio Sculpt <i>Story VonHolzhausen</i>	12:00-12:45 YS * Pilates Mat <i>Jill Weinstein</i>
12:15-1:15 YS * Sculpted Yoga™ <i>Kristin Bilella</i>	12:30-1:15 MS * TRX Max <i>Nyree Brown</i>	12:15-1:15 YS * Vinyasa Yoga <i>Josh Mathew-Meier</i>	9:45-10:35 YS * Pilates Rise Pavee Kwun	12:30-1:15 MS * Stacked <i>Abbey Hunt</i>	12:00-1:00 YS * Power Vinyasa <i>Anke Meserve</i>	1:00-1:45 YS * Sonic Meditation Robert Nguyen
4:30-5:15 YS * Bala Bangle Barre Burn <i>Paige Bodnar</i>	4:45-5:35 YS * Pilates Rise <i>Jill Weinstein</i>	12:30-1:15 MS * MetCon3 <i>Matt Ortel</i>	12:15-1:00 YS * Pilates Fusion <i>Ron Tal</i>	4:30-5:15 YS * Off The Barre <i>Pavee Kwun</i>	4:00-4:45 YS * Bala Bangle Barre Burn <i>Elgin McCargo</i>	4:00-4:45 YS * EQX Barre Burn <i>Paige Bodnar</i>
5:30-6:15 YS * Pilates Fusion <i>Maria Martinez</i>	5:45-6:30 MS * Stacked Abbey Hunt	4:45-5:30 YS * Off The Barre <i>Pavee Kwun</i>	12:30-1:15 MS * TRX Max <i>Justin Flexen</i>	4:45-5:30 MS * MetCon3 <i>Esteban Deleon</i>		5:00-6:00 YS * Vinyasa Yoga <i>Anke Meserve</i>
5:45-6:30 MS * MetCon Monday <i>Adena Ershow</i>	6:00-6:50 TR * Precision Run® <i>Andrew Briedis</i>	5:30-6:15 MS * Stronger <i>Peyton Royal</i>	5:30-6:30 YS * Vinyasa Yoga Anke Meserve	5:30-6:30 YS * Vinyasa Yoga <i>Mardi Sykes</i>		
6:00-6:50 CS * Precision Ride <i>Mario Martinez</i>	6:00-6:45 YS * Off The Barre <i>Pavee Kwun</i>	5:45-6:30 YS * Pilates Mat <i>Beth Bardin</i>	6:15-7:05 CS * Beats + Bands Ride Michaela McGowan			
6:45-7:30 MS * Stronger <i>Bryce Vaewsorn</i>	6:15-7:00 CS * Beats Ride Leah Clark	6:00-6:45 CS * Beats Ride <i>Mario Martinez</i>	6:30-7:15 MS * Stronger <i>Adena Ershow</i>			
7:00-8:00 YS * Vinyasa Yoga <i>Seth Barron</i>	6:45-7:30 MS * Best Butt Ever Abbey Hunt	6:30-7:15 MS * MetCon3 KaRa Dizon				
	7:00-8:00 YS * Vinyasa Yoga <i>Jamison Goodnight</i>	7:00-8:00 YS * Vinyasa Yoga <i>Michelle Savage</i>				

EQUINOX

HIGH LINE

100 Tenth Avenue
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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

mario.martinez@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

Beats + Bands Ride Beats + Bands combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving 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.

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.

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.

TRX Max A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging your core.

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.

Stretch and Recovery

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.

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.