

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 * Body Sculpt <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 <i>Bryce Vaewsorn</i>
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>Diego Guevara</i>	7:45-8:30 MS * Atletica <i>Erika Hearn</i>	7:30-8:15 CS * Beats Ride <i>Marc Daigle</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>Erin Monteleone</i>	9:45-10:30 YS * Bala Bangle Barre Burn <i>Alexis Campbell</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 Fusion <i>Rachel King</i>	10:45-11:30 MS * Stronger <i>Bryce Vaewsorn</i>
9:30-10:15 MS * Rhythmic Sculpt <i>Pavee Kwun</i>	12:15-1:00 YS * Pilates Mat <i>Maria Martinez</i>	9:30-10:30 YS * Vinyasa Yoga <i>Lipe</i>	8:30-9:15 YS * Bala Bangle Barre Burn <i>Alexis Campbell</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 <i>Pavee Kwun</i>	4:30-5:15 YS * Off The Barre <i>Pavee Kwun</i>	12:00-1:00 YS * Power Vinyasa <i>Anke Meserve</i>	1:00-1:45 YS * Sonic Meditation <i>Robert Nguyen</i>
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>	4:45-5:30 MS * MetCon3 <i>Esteban Deleon</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 * Rhythmic Sculpt <i>Marissa Myers</i>	4:45-5:30 YS * Barre Beyond <i>Pavee Kwun</i>	12:30-1:15 MS * TRX Max <i>Justin Flexen</i>	5:30-6:30 MS * Vinyasa Yoga <i>Mardi Sykes</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>	4:30-5:15 YS * Barefoot Sculpt <i>Angela Joy</i>			
6:00-6:45 CS * Beats 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>	5:30-6:30 YS * Vinyasa Yoga <i>Anke Meserve</i>			
6:45-7:30 MS * Stronger <i>Bryce Vaewsorn</i>	6:15-7:00 CS * Beats Ride <i>Leah Clark</i>	6:15-7:00 CS * Beats Ride <i>Ary Nunez</i>	6:15-7:05 CS * Beats + Bands Ride <i>Michaela McGowan</i>			
7:00-8:00 YS * Vinyasa Yoga <i>Seth Barron</i>	6:45-7:30 MS * Lower Body Blast <i>Marissa Myers</i>	6:30-7:15 MS * MetCon3 <i>KaRa Dizon</i>	6:30-7:15 MS * Stronger <i>Adena Ershow</i>			
	7:00-8:00 YS * Vinyasa Yoga <i>Robert Nguyen</i>	7:00-8:00 YS * Vinyasa Yoga <i>Michelle Savage</i>				

# EQUINOX

## HIGH LINE

100 Tenth Avenue

NEW YORK NY 10011

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.

## Hiit

**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.

**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.

**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.

**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.

## Regeneration

**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.

**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.

**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.