

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 YS * Pilates Fusion <i>Justine Ayala</i>	6:15-7:00 YS * Off The Barre <i>Mel Gallo</i>	6:15-7:00 MS * Tabata Max <i>Joan Ferraro</i>	6:15-7:00 YS * EQX Barre Burn <i>Lipe</i>	6:15-7:00 MS * Stronger <i>Jeff Robinson</i>	8:00-8:45 YS * Pilates Mat <i>Alison Mathis</i>	8:30-9:45 YS * Vinyasa Yoga <i>Esco Wilson</i>
7:00-7:45 MS * Rhythmic Sculpt <i>Justine Ayala</i>	6:30-7:15 MS * MetCon3 <i>Erin Puskar</i>	7:00-7:45 YS * Off The Barre <i>Sarah Marchetti Gleim</i>	6:30-7:15 MS * Atletica <i>Erika Hearn</i>	7:00-7:45 YS * Pilates Fusion <i>Mia Wenger</i>	8:45-9:30 MS * MetCon3 <i>Jeff Robinson</i>	9:00-9:45 MS * Cardio Sculpt <i>Cindy Davis</i>
7:00-8:15 YS * Ashtanga Yoga <i>Evan Perry</i>	7:00-7:45 CS * Beats Ride <i>Shweky</i>	7:15-8:00 BR * Rounds: Boxing <i>Thomas Heath</i>	7:00-7:45 CS * Beats Ride <i>Candace Peterson</i>	7:15-8:00 MS * Cardio Sculpt <i>Jeff Robinson</i>	9:00-9:45 YS * EQX Barre Burn <i>Leah Hulgin</i>	9:15-10:15 CS * Endurance Ride 60 <i>Jason Strong</i>
7:30-8:15 CS * Beats Ride <i>Brandon Green</i>	7:15-8:05 YS * Vinyasa Yoga <i>Margaret Schwarz</i>	7:15-8:05 TR * Precision Run@ <i>Cooper Chou</i>	7:15-8:15 YS * Vinyasa Yoga <i>Josh Mathew-Meier</i>	8:45-9:30 YS * Off The Barre <i>Erin Giordano</i>	9:15-10:00 CS * Beats Ride <i>Candace Peterson</i>	10:00-10:50 TR * Beats Ride <i>Anne Berhe</i>
8:45-9:35 YS * Pilates Rise <i>Mia Wenger</i>	7:30-8:20 TR * Precision Run@ <i>Candace Peterson</i>	8:00-8:45 CS * Beats Ride <i>Brett Gordon</i>	7:30-8:20 TR * Precision Run@ <i>Chelsea Amengual</i>	9:15-10:00 MS * MetCon3 <i>Shaun Anthony</i>	9:15-10:05 TR * Precision Run@ <i>Chaz Jackson</i>	10:15-11:00 YS * Bala Bangle Barre Burn <i>Cindy Davis</i>
9:00-9:45 MS * Stronger <i>Bryna Carracino</i>	8:00-8:45 MS * Athletic Conditioning <i>Carolann Valentino</i>	8:00-8:45 MS * Rhythmic Sculpt <i>Joan Ferraro</i>	8:00-8:45 MS * The Cut <i>Eddie Carrington</i>	9:30-10:20 CS * Precision Ride <i>Nora Herbstman</i>	10:15-11:00 YS * Off The Barre <i>Michelle Rubich</i>	10:30-11:15 MS * Atletica <i>Erika Hearn</i>
10:00-10:50 TR * Precision Walk: Elevate <i>Evan Wood</i>	8:30-9:15 CS * Beats Ride <i>Candace Peterson</i>	8:45-9:45 YS * Vinyasa Yoga <i>Robert Nguyen</i>	8:30-9:15 CS * Beats Ride <i>Meghan Cox</i>	10:15-11:05 TR * Precision Run@ <i>Shaun Anthony</i>	10:30-11:15 CS * Beats Ride <i>Candace Peterson</i>	10:45-11:30 CS * Beats Ride <i>Lauren Berman</i>
10:45-11:30 YS * Bala Bangle Barre Burn <i>Brian Slaman</i>	9:15-10:00 YS * Off The Barre <i>Michelle Rubich</i>	9:00-9:45 MS * MetCon3 <i>Lauren Anthony</i>	9:15-10:15 YS * Vinyasa Yoga <i>Mary Horne</i>	10:30-11:30 YS * Vinyasa Yoga <i>Mary Horne</i>	10:30-11:15 MS * Stacked <i>Chaz Jackson</i>	11:00-11:45 BR * Rounds: Boxing <i>Alexei Kuznietsov</i>
11:45-12:30 BR * Rounds: Boxing <i>Brandon Green</i>	9:30-10:15 MS * Tabata Max <i>Diego Guevara</i>	10:00-10:50 TR * Precision Run@ <i>Lauren Anthony</i>	9:30-10:15 MS * Stacked <i>Meghan Cox</i>	11:30-12:15 CS * Beats Ride <i>Lucas Blankenhorn</i>	11:15-12:00 YS * Pilates Fusion <i>Kimberly Bridgewater</i>	11:30-12:15 MS * Powerstrike! <i>Erika Hearn</i>
12:45-1:30 YS * Pilates Fusion <i>Zach Bergfelt</i>	10:15-10:30 MS * Best Abs Ever <i>Diego Guevara</i>	10:30-11:15 YS * Off The Barre <i>Michelle Rubich</i>	10:45-11:30 YS * Barefoot Sculpt <i>Stephen Bel Davies</i>	12:00-12:45 MS * Body Sculpt <i>Zach Bergfelt</i>	11:30-12:15 MS * Athletic Conditioning <i>Kyle White</i>	11:45-12:45 YS * Vinyasa Yoga <i>Alicia Morris</i>
2:00-3:00 YS * Vinyasa Yoga <i>Dorian Shorts</i>	10:30-11:15 YS * Gentle Yoga <i>Robert Nguyen</i>	11:30-12:15 MS * Body Sculpt <i>Zach Bergfelt</i>	12:00-12:45 YS * EQX Barre Burn <i>Maureen Duke</i>	12:30-1:15 YS * Off The Barre <i>Robert Burke</i>	12:00-12:45 BR * Rounds: Boxing <i>Ahmad Simmons</i>	1:15-2:00 YS * Pilates Mat <i>Julia Atkin</i>
4:45-5:30 YS * Pilates Mat <i>Kelley Norman-Rambin</i>	12:15-1:00 YS * Pilates Mat <i>Karen Hyland Monteith</i>	12:30-1:15 CS * Beats Ride <i>Leah Clark</i>	12:30-1:00 MS * Best Butt Ever <i>Zach Schanne</i>	3:30-4:15 YS * Sonic Meditation <i>Katey Lewis</i>	12:15-1:15 YS * Vinyasa Yoga <i>Kristina Erikson</i>	3:00-3:45 YS * Off The Barre <i>Lindsey Miller</i>
5:00-5:45 MS * Tabata Max <i>Alison O'Connor</i>	12:30-1:15 MS * Body Sculpt <i>Miriam Shestack</i>	12:30-1:15 YS * Barefoot Sculpt <i>Nicole Radon</i>	1:00-1:30 MS * Upper Body Pump <i>Zach Schanne</i>	4:30-5:15 YS * Pilates Mat <i>Lauren Berman</i>	1:45-2:30 YS * Off The Barre <i>Maureen Duke</i>	5:00-5:45 YS * Sonic Meditation <i>Jennifer Herrera</i>
5:45-6:30 YS * EQX Barre Burn <i>Maureen Duke</i>	1:15-2:00 YS * EQX Barre Burn <i>Karen Hyland Monteith</i>	1:30-2:30 YS * Vinyasa Yoga <i>Alison O'Connor</i>	4:15-5:00 YS * Pilates Fusion <i>Rachel King</i>	4:45-5:30 CS * Beats Ride <i>Michael Keeney</i>	3:00-4:00 YS * Power Vinyasa <i>Serena Tom</i>	
6:00-6:50 MS * MetCon Monday <i>Kyle White</i>	4:00-4:50 TR * Precision Run@ <i>Margaret Schwarz</i>	4:45-5:30 YS * Pilates Mat <i>Cindy Davis</i>	4:30-5:20 TR * Precision Walk: Elevate <i>Margaret Schwarz</i>	5:30-6:30 YS * Vinyasa Yoga <i>Esco Wilson</i>	4:30-5:30 YS * Weekend Wind Down Yoga <i>Suzanne Taylor</i>	
6:30-7:15 CS * Beats Ride <i>Lauren Berman</i>	4:15-5:00 YS * Pilates Mat <i>Brian Slaman</i>	5:00-5:45 MS * Whipped! <i>Cornie Carnation</i>	5:30-6:30 YS * Vinyasa Yoga <i>Margaret Schwarz</i>	5:45-6:30 MS * Athletic Conditioning <i>Michael Keeney</i>		
7:00-8:00 YS * Vinyasa Yoga <i>Josh Mathew-Meier</i>	4:30-5:15 MS * Best Butt Ever <i>Stephanie Levinson</i>	5:45-6:30 YS * Off The Barre <i>Cindy Davis</i>	6:45-7:30 CS * Beats Ride <i>Brandon Green</i>	6:45-7:30 YS * EQX Barre Burn <i>Carolina Rivera</i>		
7:30-8:15 BR * Rounds: Boxing <i>Brandon Green</i>	5:30-6:30 YS * Vinyasa Yoga <i>Carly Hunter</i>	6:00-6:45 MS * Athletic Conditioning <i>Zach Schanne</i>	6:45-7:35 MS * Stronger <i>Mia Wenger</i>			
8:15-9:00 YS * Pilates Fusion <i>Abby Hogue</i>	5:45-6:30 BR * Rounds: Boxing <i>Brandon Green</i>	6:30-7:20 CS * Precision Ride <i>Brett Gordon</i>	7:00-7:45 BR * Rounds: Boxing <i>Ahmad Simmons</i>			
	6:15-7:00 MS * Tabata Max <i>Miriam Shestack</i>	7:00-7:50 TR * Precision Run@ <i>Zach Schanne</i>	7:30-8:15 YS * Off The Barre <i>Lucas Blankenhorn</i>			
	6:30-7:20 TR * Precision Run@ <i>Evan Wood</i>	7:00-8:00 YS * Vinyasa Yoga <i>Lauren Harris</i>				
	6:45-7:30 CS * Beats Ride <i>Brandon Green</i>	8:15-9:00 YS * Sonic Meditation <i>Suzanne Taylor</i>				
	7:00-8:00 YS * Power Vinyasa <i>Kat Suda</i>					
	7:15-8:00 MS * Kickbox Burn <i>Akin</i>					
	8:15-9:00 YS * Off The Barre <i>Lindsey Miller</i>					

EQUINOX

EAST 74TH STREET

1429 2nd Avenue
NEW YORK NY 10021
EQUINOX.COM
@EQUINOX

MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 08:00 PM

SAT-SUN 07:00 AM 07:00 PM

Kids

MON-SAT 09:00 AM 01:00 PM

GROUP FITNESS MANAGER

taylor.spearnak@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

BR Boxing Studio

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

Cycling

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.

Endurance Ride 60 An extended cycling workout so you can ride those extra miles. A Stages Console measures your performance to motivate and challenge you while building strength, power, and endurance.

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

Ashtanga Yoga Developed by K. Pattabhi Jois, this challenging class integrates breath with a specific sequence of poses designed to focus and build strength.

Gentle Yoga A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.

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.

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.

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.

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.

Boxing

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.

Rounds: Boxing Gloves on, guard up. Step into the ring with Rounds: Boxing, where every punch, every move, is a step towards mastering the art of boxing. Elevate your skill and power through expert-guided sessions and immersive rounds on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

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.

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.

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.

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.

Upper Body Pump Quick and efficient strength training, targeting your arms, chest, and back. Get pumped up and ready to rock in just 30 minutes or less. An Equinox Exclusive.