

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   | SUNDAY  |
|---|--|--|--|---|--|---|
| 6:00-6:45<br>YS *<br>Pilates Fusion<br><i>Maureen Duke</i>                    | 6:15-7:00<br>YS *<br>True Barre: Off the Barre<br><i>Mel Gallo</i>             | 6:00-6:45<br>YS *<br>Pilates Fusion<br><i>Lilianne Gering</i>                  | 6:15-7:00<br>YS *<br>True Barre: Off the Barre<br><i>Lipe</i>                | 6:00-6:45<br>MS *<br>Stronger<br><i>Robert Burke</i>                      | 8:00-8:45<br>YS *<br>Pilates Mat<br><i>Lucas Blankenhorn</i>               | 8:30-9:45<br>YS *<br>Vinyasa Yoga<br><i>Esco Wilson</i>                 |
| 7:00-7:45<br>MS *<br>Cardio Sculpt<br><i>Melissa Birnbaum</i>                 | 6:30-7:15<br>MS *<br>MetCon3<br><i>Erin Puskar</i>                             | 6:15-7:00<br>MS *<br>Tabata Max<br><i>Joan Ferraro</i>                         | 6:30-7:15<br>MS *<br>MetCon3<br><i>Emily Fawcett</i>                         | 7:00-7:45<br>MS *<br>Athletic Conditioning<br><i>Diego Guevara</i>        | 8:45-9:30<br>MS *<br>MetCon3<br><i>Jeff Robinson</i>                       | 9:00-9:45<br>MS *<br>Cardio Sculpt<br><i>Cindya Davis</i>               |
| 7:00-7:45<br>YS *<br>True Barre: Off the Barre<br><i>Nicole Uribarri</i>      | 7:00-7:45<br>CS *<br>Beats Ride<br><i>Shweky</i>                               | 7:00-7:45<br>YS *<br>True Barre: Off the Barre<br><i>Sarah Marchetti Gleim</i> | 7:00-7:45<br>CS *<br>Beats Ride<br><i>Candace Peterson</i>                   | 7:00-7:45<br>YS *<br>Pilates Fusion<br><i>Mia Wenger</i>                  | 9:00-9:50<br>TR *<br>Precision Run®<br><i>Chaz Jackson</i>                 | 9:15-10:15<br>CS *<br>Endurance Ride 60<br><i>Jason Strong</i>          |
| 7:30-8:15<br>CS *<br>Beats Ride<br><i>Jaclyn Michelle</i>                     | 7:15-8:00<br>BR *<br>Rounds: Boxing<br><i>Team Equinox</i>                     | 7:15-8:00<br>YS *<br>Rounds: Boxing<br><i>Thomas Heath</i>                     | 7:15-8:15<br>YS *<br>Vinyasa Yoga<br><i>Josh Mathew-Meier</i>                | 8:45-9:30<br>YS *<br>True Barre: Off the Barre<br><i>Erin Giordano</i>    | 9:00-9:45<br>YS *<br>True Barre: Off the Barre<br><i>Leah Hulgin</i>       | 10:00-10:50<br>TR *<br>True Barre: Bala Bangle<br><i>Anne Berhe</i>     |
| 8:45-9:35<br>YS *<br>Pilates Rise<br><i>Mia Wenger</i>                        | 7:15-8:05<br>YS *<br>Vinyasa Yoga<br><i>Margaret Schwarz</i>                   | 7:15-8:05<br>TR *<br>Precision Run®<br><i>Cooper Chou</i>                      | 7:30-8:20<br>TR *<br>Precision Run®<br><i>Chelsea Amengual</i>               | 9:15-10:00<br>MS *<br>MetCon3<br><i>Shaun Anthony</i>                     | 9:15-10:00<br>CS *<br>Beats Ride<br><i>Candace Peterson</i>                | 10:15-11:00<br>YS *<br>True Barre: Bala Bangle<br><i>Cindya Davis</i>   |
| 9:00-9:45<br>MS *<br>Limited Series: Stronger Women<br><i>Jaclyn Michelle</i> | 7:30-8:20<br>TR *<br>Precision Run®<br><i>Candace Peterson</i>                 | 8:00-8:45<br>CS *<br>Beats Ride<br><i>Brett Gordon</i>                         | 8:00-8:45<br>MS *<br>The Cut<br><i>Eddie Carrington</i>                      | 10:15-11:05<br>TR *<br>Precision Run®<br><i>Shaun Anthony</i>             | 10:00-10:45<br>MS *<br>Stacked<br><i>Chaz Jackson</i>                      | 10:30-11:20<br>MS *<br>360 Strength<br><i>Alexei Kuznietsov</i>         |
| 10:00-10:50<br>TR *<br>Precision Walk: Elevate<br><i>Evan Wood</i>            | 8:00-8:45<br>MS *<br>Athletic Conditioning<br><i>Carolann Valentino</i>        | 8:00-8:45<br>MS *<br>Cardio Sculpt<br><i>Melissa Birnbaum</i>                  | 8:30-9:15<br>CS *<br>Beats Ride<br><i>Meghan Cox</i>                         | 10:30-11:30<br>YS *<br>Vinyasa Yoga<br><i>Mary Horne</i>                  | 10:15-11:00<br>MS *<br>True Barre: Off the Barre<br><i>Michelle Rubich</i> | 10:45-11:30<br>CS *<br>Beats Ride<br><i>Lauren Berman</i>               |
| 10:30-11:15<br>BR *<br>Rounds: Boxing<br><i>Ahmad Simmons</i>                 | 8:30-9:15<br>CS *<br>Beats Ride<br><i>Candace Peterson</i>                     | 8:45-9:45<br>YS *<br>Vinyasa Yoga<br><i>Robert Nguyen</i>                      | 9:15-10:00<br>YS *<br>Pilates Fusion<br><i>Bianca Crystal</i>                | 10:45-11:30<br>CS *<br>Beats Ride<br><i>Lucas Blankenhorn</i>             | 10:30-11:15<br>CS *<br>Beats Ride<br><i>Candace Peterson</i>               | 11:30-12:15<br>BR *<br>Rounds: Boxing<br><i>Alexei Kuznietsov</i>       |
| 10:45-11:30<br>YS *<br>True Barre: Bala Bangle<br><i>Carolina Rivera</i>      | 9:15-10:00<br>YS *<br>True Barre: Off the Barre<br><i>Michelle Rubich</i>      | 9:00-9:45<br>MS *<br>MetCon3<br><i>Lauren Anthony</i>                          | 9:30-10:15<br>MS *<br>Stacked<br><i>Meghan Cox</i>                           | 12:00-12:45<br>MS *<br>Body Sculpt<br><i>Zach Bergfelt</i>                | 11:00-11:45<br>MS *<br>Athletic Conditioning<br><i>Kyle White</i>          | 11:45-12:35<br>MS *<br>Stronger<br><i>Jeff Robinson</i>                 |
| 12:30-1:15<br>MS *<br>MetCon Monday<br><i>Team Equinox</i>                    | 9:30-10:15<br>MS *<br>Core6<br><i>Diego Guevara</i>                            | 10:00-10:50<br>TR *<br>Precision Run®<br><i>Lauren Anthony</i>                 | 10:45-11:30<br>YS *<br>Barefoot Sculpt<br><i>Mel Gallo</i>                   | 12:30-1:15<br>MS *<br>True Barre: Off the Barre<br><i>Michelle Rubich</i> | 11:15-12:00<br>YS *<br>Pilates Fusion<br><i>Kimberly Bridgewater</i>       | 11:45-12:45<br>YS *<br>Vinyasa Yoga<br><i>Erica Mather</i>              |
| 12:45-1:30<br>YS *<br>Pilates Fusion<br><i>Lilianne Gering</i>                | 10:30-11:15<br>MS *<br>Cardio Sculpt<br><i>Stephanie Levinson</i>              | 10:30-11:15<br>YS *<br>True Barre: Off the Barre<br><i>Michelle Rubich</i>     | 12:00-12:45<br>YS *<br>True Barre: Off the Barre<br><i>Lucas Blankenhorn</i> | 12:30-1:00<br>MS *<br>Best Butt Ever<br><i>Zach Schanne</i>               | 11:30-12:20<br>TR *<br>Precision Walk: Elevate<br><i>Candace Peterson</i>  | 1:15-2:00<br>YS *<br>Pilates Mat<br><i>Adele Carlson</i>                |
| 2:00-3:00<br>YS *<br>Vinyasa Yoga<br><i>Dorian Shorts</i>                     | 10:30-11:15<br>YS *<br>Gentle Yoga<br><i>Robert Nguyen</i>                     | 11:30-12:15<br>YS *<br>Re-formation Pilates<br><i>Zach Bergfelt</i>            | 1:00-1:30<br>MS *<br>Upper Body Pump<br><i>Zach Schanne</i>                  | 12:30-1:00<br>MS *<br>Best Butt Ever<br><i>Zach Schanne</i>               | 12:00-12:45<br>BR *<br>Rounds: Boxing<br><i>Ahmad Simmons</i>              | 2:30-3:30<br>YS *<br>Ignite Flow Yoga<br><i>Kat Suda</i>                |
| 3:15-4:00<br>YS *<br>True Barre: Off the Barre<br><i>Melinda Porto</i>        | 12:15-1:00<br>YS *<br>Pilates Mat<br><i>Karen Hyland Monteith</i>              | 12:30-1:15<br>MS *<br>Atletica<br><i>Alyssa Cerrachio</i>                      | 1:00-1:30<br>MS *<br>Upper Body Pump<br><i>Zach Schanne</i>                  | 4:30-5:15<br>YS *<br>Pilates Mat<br><i>Lauren Berman</i>                  | 12:00-12:45<br>MS *<br>Stronger<br><i>Kyle White</i>                       | 3:45-4:30<br>YS *<br>True Barre: Off the Barre<br><i>Lindsey Miller</i> |
| 4:30-5:15<br>YS *<br>Pilates Mat<br><i>Adele Carlson</i>                      | 12:30-1:15<br>MS *<br>Body Sculpt<br><i>Miriam Shestack</i>                    | 1:30-2:30<br>YS *<br>Vinyasa Yoga<br><i>Alison O'Connor</i>                    | 4:15-5:00<br>YS *<br>Pilates Fusion<br><i>Miriam Shestack</i>                | 5:30-6:30<br>YS *<br>Vinyasa Yoga<br><i>Esco Wilson</i>                   | 12:15-1:15<br>YS *<br>Vinyasa Yoga<br><i>Kristina Erikson</i>              | 5:00-5:45<br>YS *<br>Sonic Meditation<br><i>Lindsey Miller</i>          |
| 5:00-5:45<br>MS *<br>Core6<br><i>Alison O'Connor</i>                          | 1:15-2:00<br>YS *<br>True Barre: Off the Barre<br><i>Karen Hyland Monteith</i> | 3:15-4:00<br>YS *<br>True Barre: Off the Barre<br><i>Erin Monteione</i>        | 4:30-5:20<br>TR *<br>Precision Walk: Elevate<br><i>Margaret Schwarz</i>      | 5:45-6:30<br>MS *<br>Athletic Conditioning<br><i>Melissa Chisholm</i>     | 1:45-2:30<br>YS *<br>True Barre: Off the Barre<br><i>Zach Williams</i>     |   |
| 5:45-6:30<br>YS *<br>True Barre: Off the Barre<br><i>Maureen Duke</i>         | 4:15-5:00<br>YS *<br>Pilates Mat<br><i>Bret Yamanaka</i>                       | 4:30-5:15<br>YS *<br>Pilates Mat<br><i>Cindya Davis</i>                        | 5:15-6:00<br>MS *<br>True Barre: Bala Bangle<br><i>Zach Williams</i>         | 6:45-7:30<br>YS *<br>True Barre: Off the Barre<br><i>Nikki Rosenbloom</i> | 3:00-4:00<br>YS *<br>Power Vinyasa<br><i>Lori Brungard</i>                 |   |
| 6:00-6:50<br>MS *<br>MetCon Monday<br><i>Kyle White</i>                       | 4:30-5:20<br>TR *<br>Precision Run®<br><i>Margaret Schwarz</i>                 | 5:45-6:30<br>YS *<br>True Barre: Off the Barre<br><i>Cindya Davis</i>          | 5:30-6:30<br>YS *<br>Vinyasa Yoga<br><i>Margaret Schwarz</i>                 |   | 4:30-5:30<br>YS *<br>Weekend Wind Down Yoga<br><i>Suzanne Taylor</i>       |   |
| 6:15-7:05<br>TR *<br>Precision Run®<br><i>Cooper Chou</i>                     | 5:15-6:00<br>MS *<br>MetCon3<br><i>Miriam Shestack</i>                         | 6:00-6:45<br>MS *<br>Athletic Conditioning<br><i>Zach Schanne</i>              | 6:15-7:00<br>CS *<br>Beats Ride<br><i>Zach Williams</i>                      |   |  |   |
| 6:30-7:15<br>CS *<br>Beats Ride<br><i>Lauren Berman</i>                       | 5:30-6:30<br>YS *<br>Vinyasa Yoga<br><i>Carly Hunter</i>                       | 6:30-7:15<br>CS *<br>Beats Ride<br><i>Brett Gordon</i>                         | 6:45-7:35<br>MS *<br>Stronger<br><i>Mia Wenger</i>                           |   |  |   |
| 7:00-8:00<br>YS *<br>Vinyasa Yoga<br><i>Josh Mathew-Meier</i>                 | 5:45-6:30<br>BR *<br>Rounds: Boxing<br><i>Team Equinox</i>                     | 7:00-7:50<br>TR *<br>Precision Run + Strength<br><i>Zach Schanne</i>           | 7:00-7:45<br>BR *<br>Rounds: Boxing<br><i>Ahmad Simmons</i>                  |   |  |   |
| 7:15-8:00<br>BR *<br>Rounds: Boxing<br><i>Jermaine Bailey</i>                 | 6:15-7:00<br>MS *<br>Body Sculpt<br><i>Miriam Shestack</i>                     | 7:00-8:00<br>YS *<br>Vinyasa Yoga<br><i>Lauren Harris</i>                      | 7:30-8:15<br>YS *<br>True Barre: Off the Barre<br><i>Lucas Blankenhorn</i>   |   |  |   |
| 8:15-9:00<br>YS *<br>Pilates Fusion<br><i>Ash Kaya</i>                        | 6:30-7:20<br>TR *<br>Precision Run®<br><i>Evan Wood</i>                        | 8:15-9:00<br>YS *<br>Restorative Yoga<br><i>Suzanne Taylor</i>                 |  |   |  |   |
|   | 6:45-7:30<br>CS *<br>Beats Ride<br><i>Team Equinox</i>                         |  |  |   |  |   |
|   | 7:00-7:45<br>YS *<br>Pilates Mat<br><i>Brian Slaman</i>                        |  |  |   |  |   |
|   | 7:15-8:00<br>MS *<br>Atletica<br><i>Alyssa Cerrachio</i>                       |  |  |   |  |   |
|   | 8:15-9:00<br>YS *<br>True Barre: Off the Barre<br><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.



## Running

**Precision Run + Strength** A track and field circuit-based workout, created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

**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

**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.

**Ignite Flow Yoga** Join Kat Suda for a powerful new yoga experience. Feel muscles fire you didn't know existed and move with full head-to-toe connection. Using the MIA (Myofascial Integrated Alignment) technique by global yoga educator Dylan Werner, Ignite Flow builds strength, mobility, and flexibility.

**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.

**Restorative Yoga** A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

**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.

**Core6** Train your center from every angle. Explore six distinct core pathways using SandBells and bodyweight. This structured interval flow with bursts of high intensity will build a stronger, more resilient foundation that supports your every movement inside and outside the club. 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.

**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.



## Barre

**True Barre: Bala Bangle** This sculpt 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.

**True Barre: Off the Barre** 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.



## 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.

**Re-formation Pilates** A contemporary Pilates-based, high-intensity, low-impact workout by Zach Bergfelt, fusing strength and mobility into one electric, high-energy flow. Build power, elevate movement, and boost flexibility through intentional, full-body sequencing, lighting up every muscle to create an athletic burn.



## Boxing

**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.

**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.



## Strength

**360 Strength** Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, ViPR, and dynamic full-body exercises. An Equinox exclusive.

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

**Limited Series: Stronger Women** Introducing Stronger Women. Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women's performance program. Optimized for women, but open to all.

**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.

**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.