

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:50 YS * Pilates Rise <i>Mia Wenger</i>	6:30-7:30 P1 * PURE: Vinyasa Yoga Hot <i>Jennifer Carlin</i>	6:30-7:15 CS * Beats Ride <i>Kyle O'Brien</i>	6:30-7:30 P1 * PURE: Vinyasa Yoga Hot <i>Jennifer Carlin</i>	6:30-7:30 P1 * PURE: Vinyasa Yoga Hot <i>Stephanie Schwartz</i>	8:00-8:45 MS * Body Sculpt <i>Lisa Raphael</i>	8:30-9:30 P1 * PURE: Vinyasa Yoga Hot <i>Jennifer Carlin</i>
7:15-8:15 P3 * PURE: Vinyasa Yoga Fundamentals <i>Rebecca Sandlin</i>	6:30-7:20 TR * Precision Run® <i>Jason Strong</i>	7:00-7:45 P2 * PURE: Figure 4 Barre <i>Michelle Siegel</i>	6:30-7:20 TR * Precision Run® <i>Lisa Raphael</i>	7:00-7:50 TR * Precision Run® <i>Lisa Raphael</i>	8:30-9:30 P1 * PURE: Vinyasa Yoga Hot <i>Christina Broccolo</i>	8:45-9:35 MS * Off The Barre <i>Kelsey Whallon</i>
7:30-8:15 MS * Athletic Conditioning <i>Taylor Cooley</i>	7:00-7:50 MS * Rounds: Boxing Circuit <i>Alexei Kuznietsov</i>	7:15-8:15 P3 * Vinyasa Yoga <i>Robert Nguyen</i>	6:45-7:35 CS * Precision Ride <i>Coco Cohen</i>	7:15-8:15 P3 * PURE: Vinyasa Yoga <i>Rebecca Sandlin</i>	8:45-9:00 MS * Best Abs Ever <i>Lisa Raphael</i>	9:00-9:45 CS * Anthem Ride <i>Cara Leggio</i>
7:30-9:30 P4 * PURE: Mysore Style Ashtanga Yoga <i>Lori Brungard</i>	7:00-7:45 P2 * PURE: Figure 4 Barre Forty- Five <i>Carolina Rivera</i>	7:30-8:15 MS * Stacked <i>Or Artzi</i>	7:00-7:45 P2 * PURE: Figure 4 Barre Forty- Five <i>Team Equinox</i>	7:30-8:20 MS * Whipped! <i>LR Davidson</i>	8:45-9:45 P2 * True Barre <i>Rosie Fiedelman</i>	9:15-10:15 P4 * PURE: Vinyasa Yoga <i>Rebecca Sandlin</i>
8:00-8:45 CS * Beats Ride <i>Candace Peterson</i>	7:15-8:15 YS * Vinyasa Yoga <i>Natasha Augoustopoulos</i>	7:30-9:30 P4 * PURE: Mysore Style Ashtanga Yoga <i>Evan Perry</i>	7:00-7:45 YS * Pilates Mat <i>Mia Wenger</i>	7:30-9:30 P4 * PURE: Mysore Style Ashtanga Yoga <i>Lori Brungard</i>	9:00-10:00 YS * Pilates Fusion <i>Taylor Habershaw</i>	10:00-10:45 MS * Athletic Conditioning <i>Abby Goldenberg</i>
8:00-9:00 P1 * PURE: Power Yoga Hot <i>Stephanie Schwartz</i>	7:30-9:30 P4 * PURE: Mysore Style Ashtanga Yoga <i>Lori Brungard</i>	8:15-9:15 P2 * PURE: Figure 4 Barre <i>Michelle Siegel</i>	7:30-9:30 P4 * PURE: Mysore Style Ashtanga Yoga <i>Lori Brungard</i>	8:00-9:00 P1 * PURE: Vinyasa Yoga Hot <i>Kyle Adam</i>	9:15-10:00 MS * MetCon3 <i>James Donegan</i>	10:00-11:00 P1 * PURE: Power Yoga <i>Stephanie Schwartz</i>
8:15-9:15 P2 * PURE: Figure 4 Barre <i>Connie Sousek</i>	8:15-9:15 P2 * PURE: Figure 4 Barre <i>Carolina Rivera</i>	9:00-10:00 YS * Slow Flow Yoga <i>Kevin Bigger</i>	8:00-8:30 MS * Best Butt Ever <i>Mia Wenger</i>	8:15-9:15 P2 * PURE: Figure 4 Barre <i>Lindsey Miller</i>	9:15-10:15 P3 * PURE: Yin/Yang Yoga <i>Kyle Adam</i>	10:15-11:15 YS * Power Vinyasa <i>Karen Kassover</i>
9:15-10:00 MS * Cardio Sculpt <i>Jessica Davis</i>	8:45-9:30 P4 * PURE: Mysore Yoga Intro <i>Lori Brungard</i>	9:15-10:15 P3 * PURE: Vinyasa Yoga <i>Matthew Lombardo</i>	8:00-9:00 P3 * PURE: Hatha Yoga <i>Jon Witt</i>	8:30-9:15 CS * Beats + Bands Ride <i>Sarah Cucuzzella</i>	9:30-10:20 CS * Precision Ride <i>Lisa Raphael</i>	10:30-11:45 P3 * PURE: Iyengar Yoga <i>Kavi Patel</i>
9:30-10:30 P1 * PURE: Vinyasa Yoga Advanced Hot <i>Molly Elson</i>	9:00-9:45 YS * Pilates Fusion <i>Rachel Genise</i>	9:30-10:15 MS * Atletica <i>Marie Jasmin</i>	8:15-9:15 P2 * PURE: Figure 4 Barre <i>Team Equinox</i>	8:30-9:20 MS * Rhythmic Sculpt <i>Liphe</i>	10:00-11:00 P1 * PURE: Power Yoga Hot <i>VR Colletti</i>	11:00-11:30 MS * Best Butt Ever <i>Diego Guevara</i>
9:45-10:45 P2 * PURE: Figure 4 Barre <i>Connie Sousek</i>	9:15-10:00 MS * Body Sculpt <i>James Ervin</i>	9:30-10:30 P1 * PURE: Power Yoga Hot <i>Jade Alexis</i>	8:30-9:00 MS * Upper Body Pump <i>Mia Wenger</i>	9:00-9:45 YS * Pilates Fusion <i>Rachel Genise</i>	11:15-11:00 MS * EQX Barre Burn <i>Kevin VerEecke</i>	11:00-12:00 P2 * PURE: Figure 4 Barre <i>Lindsey Miller</i>
10:30-11:15 YS * Pilates Mat <i>Caroline Strong</i>	9:15-10:15 P3 * PURE: Slow Flow Yoga <i>Dana Stamp</i>	9:45-10:45 P2 * PURE: Figure 4 Barre <i>Michelle Siegel</i>	9:15-10:15 MS * Tai Sculpt <i>James Ervin</i>	9:15-10:15 P3 * PURE: Slow Flow Yoga <i>Victoria Greene</i>	10:30-11:45 P4 * PURE: Iyengar Yoga <i>Kavi Patel</i>	11:30-12:00 MS * Upper Body Pump <i>Diego Guevara</i>
10:45-11:45 P3 * PURE: Alignment Yoga Basics <i>Jon Witt</i>	9:30-10:30 P1 * PURE: Vinyasa Yoga Advanced Hot <i>Rebecca Sandlin</i>	10:30-11:20 YS * Pilates Rise <i>Kelley Norman-Rambin</i>	9:15-10:15 P1 * PURE: Power Yoga Advanced Hot <i>VR Colletti</i>	9:30-10:15 P3 * Stacked <i>Sarah Cucuzzella</i>	10:30-11:30 YS * Vinyasa Yoga <i>Jennifer Carlin</i>	11:30-12:30 MS * PURE: Alignment Yoga Basics <i>Rebecca Sandlin</i>
11:00-11:50 MS * Powerstrike! <i>Sabrina Cohen</i>	9:45-10:45 P2 * PURE: Figure 4 Barre <i>Carolina Rivera</i>	11:00-11:50 MS * Cardio Dance <i>Mitchell Wayne</i>	9:30-10:30 P3 * PURE: Vinyasa Yoga Advanced <i>Andrea Borrero</i>	9:30-10:30 P1 * PURE: Vinyasa Yoga Advanced <i>Rebecca Sandlin</i>	11:15-12:00 MS * Stronger <i>Maddie Myers</i>	12:00-1:00 YS * Pilates Mat <i>Alex Dill</i>
12:15-1:00 MS * Best Butt Ever <i>Miriam Shestack</i>	10:00-10:50 CS * Precision Ride <i>Amanda Katz</i>	12:15-1:15 P4 * PURE: Yin Yoga <i>Kelly Rasperry</i>	9:45-10:45 P2 * PURE: Figure 4 Barre <i>Connie Sousek</i>	9:45-10:45 P2 * PURE: Figure 4 Barre <i>Lindsey Miller</i>	12:15-1:15 MS * Studio Dance: Hip Hop <i>Rob Coglitore</i>	12:15-1:05 MS * Rhythmic Sculpt <i>Connie Sousek</i>
12:30-1:30 P1 * PURE: Power Yoga Hot <i>VR Colletti</i>	10:45-12:00 P4 * PURE: Iyengar Yoga <i>Tzahi Moskovitz</i>	12:30-1:30 P1 * PURE: Vinyasa Yoga Hot <i>Matthew Lombardo</i>	10:30-11:20 YS * Pilates Mat <i>Dara Adler</i>	11:00-11:45 MS * Cardio Dance: Zumba® <i>Carolann Valentino</i>	12:30-1:30 P1 * PURE: Vinyasa Yoga Hot <i>Molly Elson</i>	12:30-1:30 P1 * PURE: Vinyasa Yoga Advanced Hot <i>Rebecca Sandlin</i>
4:15-5:05 YS * Pilates Rise <i>Maureen Duke</i>	12:15-1:15 P3 * PURE: Yin/Yang Yoga <i>Kyle Adam</i>	4:30-5:30 P1 * PURE: Vinyasa Yoga Hot <i>Serena Tom</i>	10:45-11:30 MS * MetCon3 <i>Isabelle Luongo</i>	12:15-1:00 MS * EQX Barre Burn <i>Kyla Lloyd</i>	12:45-1:45 P4 * Vinyasa Yoga <i>Emma Poole</i>	12:30-1:20 TR * Precision Run® <i>Team Equinox</i>
4:30-5:30 P1 * PURE: Vinyasa Yoga Hot <i>James McCracken</i>	12:30-1:30 P1 * PURE: Vinyasa Yoga Hot <i>Andrea Borrero</i>	5:30-6:20 YS * Pilates Fusion <i>Andre Rivera</i>	10:45-12:00 P4 * PURE: Iyengar Yoga <i>Tzahi Moskovitz</i>	12:30-1:30 P4 * PURE: Vinyasa Yoga <i>Jennifer Carlin</i>	1:30-2:15 MS * Atletica <i>Iliaria Montagnani</i>	2:30-3:30 P1 * PURE: Vinyasa Yoga Hot <i>James Donegan</i>
5:00-6:00 P4 * PURE: Slow Flow Yoga <i>Dana Stamp</i>	4:30-5:30 P1 * PURE: Ashtanga Yoga Hot <i>Evan Perry</i>	5:45-6:35 TR * Precision Run® <i>Anne Berhe</i>	4:00-4:50 YS * Stronger <i>Diego Guevara</i>	4:00-4:50 YS * Pilates Rise <i>Kelley Norman-Rambin</i>	2:00-3:00 YS * Pilates Mat <i>Jennifer Tarentino</i>	3:00-4:00 YS * Pilates Mat <i>Christina Cervenka</i>
5:15-6:05 P2 * True Barre <i>Sarah May Epstein</i>	5:15-6:15 YS * Vinyasa Yoga <i>Emma Poole</i>	6:00-6:30 MS * Best Butt Ever <i>Bryce Vaesworn</i>	12:30-1:30 P1 * PURE: Power Yoga Hot <i>Christina Broccolo</i>	4:30-5:30 P1 * PURE: Power Yoga Hot <i>Kyle Adam</i>	2:30-3:15 MS * Impact! <i>Iliaria Montagnani</i>	4:00-5:30 P3 * PURE: Ashtanga Yoga Led <i>Evan Perry</i>
5:30-6:30 YS * Vinyasa Yoga <i>Katey Lewis</i>	5:30-6:15 MS * Atletica <i>Erika Heam</i>	6:00-7:00 P3 * PURE: Slow Flow Yoga <i>Dana Stamp</i>	4:30-5:30 P4 * PURE: Vinyasa Yoga <i>VR Colletti</i>	5:00-6:00 P4 * PURE: Slow Flow Yoga <i>Shelley McPherson</i>	2:30-3:30 P3 * PURE: Upside Down Yoga <i>Matt Boylin</i>	5:00-6:00 P4 * PURE: Meditation Yoga <i>Nidra Frank Camacho</i>
5:45-6:35 TR * Precision Run® <i>Andrew Briedis</i>	6:00-7:00 P3 * PURE: Yin Yoga <i>Frank Camacho</i>	6:15-7:30 P4 * PURE: Vinyasa Yoga Advanced <i>Molly Elson</i>	5:30-6:30 P4 * PURE: Vinyasa Yoga <i>VR Colletti</i>	5:15-6:15 YS * Vinyasa Yoga <i>Katey Lewis</i>	3:45-4:45 P1 * PURE: Hatha Yoga Advanced Hot <i>Matt Boylin</i>	5:15-6:15 YS * Weekend Wind Down Yoga <i>Rhana Harris</i>
6:15-7:00 MS * MetCon Monday <i>Luke Bernier</i>	6:15-7:00 CS * Beats Ride <i>Kate Girlich</i>	6:30-7:00 MS * Upper Body Pump <i>Bryce Vaesworn</i>	6:00-6:45 MS * Tabata Max <i>Tracy Gordon</i>	5:30-6:20 MS * Rounds: Boxing Circuit <i>Diego Guevara</i>	4:00-5:00 P3 * PURE: Restorative Yoga <i>Mary Aranas</i>	
6:15-7:30 P3 * PURE: Vinyasa Yoga Advanced <i>Dana Stamp</i>	6:30-7:15 MS * Powerstrike! <i>Erika Heam</i>	6:30-7:30 P1 * PURE: Power Yoga Hot <i>James Donegan</i>	6:00-7:00 P3 * PURE: Yin Yoga <i>Frank Camacho</i>	6:00-7:00 P4 * Precision Run® <i>Jason Strong</i>	5:15-6:00 P4 * PURE: Meditation Sound <i>Mary Aranas</i>	
6:30-7:15 CS * Beats + Bands Ride <i>Cara Leggio</i>	6:30-7:30 P1 * PURE: Figure 4 Barre <i>Molly Elson</i>	6:45-7:45 P2 * PURE: Figure 4 Barre <i>Connie Sousek</i>	6:30-7:30 P2 * Barre <i>Kat Steers</i>	6:15-7:00 P1 * PURE: Candle Light Yoga Hot <i>Molly Elson</i>		
6:30-7:30 P1 * PURE: Ashtanga Yoga Hot <i>Christina Broccolo</i>	6:30-7:30 P2 * PURE: Figure 4 Barre <i>Jess Strohmeyer</i>	7:00-8:00 YS * Sculpted Yoga™ <i>Jenny Mendez</i>	6:45-7:45 P1 * PURE: Hatha Yoga Advanced Hot <i>Matt Boylin</i>	6:15-7:00 P2 * PURE: Figure 4 Barre Forty- Five <i>Lindsey Miller</i>		
6:45-7:45 P2 * PURE: Figure 4 Barre <i>Jess Strohmeyer</i>	6:45-7:45 P4 * PURE: Upside Down Yoga <i>Matt Boylin</i>	7:15-8:00 MS * Stronger <i>Maddie Myers</i>	7:00-7:50 MS * Rhythmic Sculpt <i>Jess Strohmeyer</i>	6:30-7:30 YS * Restorative Yoga <i>Katey Lewis</i>		
7:00-8:00 YS * Sculpted Yoga™ <i>Nicky Venditti</i>	7:00-7:45 YS * Pilates Mat <i>Alex Dill</i>	7:15-8:00 MS * PURE: Meditation Yoga <i>Nidra Basak Gunaydin</i>	7:15-8:10 YS * Pilates Rise <i>Erin Giordano</i>			
7:15-8:15 MS * Studio Dance: NYC Dance Project <i>Abby Goldenberg</i>	7:30-8:15 MS * MetCon3 <i>Ash Halpin</i>					
7:15-8:00 P4 * PURE: Meditation Sound <i>Donald Johnston</i>	8:15-8:30 MS * Best Abs Ever <i>Ash Halpin</i>					

EQUINOX

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MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 09:00 PM

SAT-SUN 07:00 AM 08:00 PM

Kids

MON-SUN 08:00 AM 02:00 PM

GROUP FITNESS MANAGER

jessica.davis@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

P1 Pure 1

P2 Pure 2

P3 Pure 3

P4 Pure 4

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 + 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

PURE: Alignment Yoga Basics This therapeutic class is designed to develop ease, healthy alignment, and body awareness. Props and mindful adjustments in posture are used to aid body awareness and focus. It's yoga without the "om."

PURE: Ashtanga Yoga Hot This heated traditional sequence combines power and flexibility with movement and breath to produce an energetic practice. The heat allows for deeper exploration as the body opens up.

PURE: Ashtanga Yoga Led This class covers the Primary Series of Ashtanga Yoga, counted with the traditional vinyasa. Students will be led through half primary (navasana), after which the teacher may determine a safe stopping point for the majority of the class.

PURE: Candle Light Yoga Hot Hot Candle Light Flow is characterized by flowing poses and sequences that are linked to the breath. In a candle lit room this class is a mindful approach to Vinyasa flow.

PURE: Hatha Yoga Hatha yoga explores the traditional asanas (or "poses") of yoga connecting the body to the mind. The practice is designed to increase awareness and stability through controlled grounding movements with a focus on breath, and stretching to deepen each posture.

PURE: Hatha Yoga Advanced Hot Hatha yoga explores the traditional poses of yoga connecting the body to the mind. The practice is designed to increase awareness and stability through controlled grounding movements with a focus on breath, and stretching to deepen each posture.

PURE: Iyengar Yoga Based on the principles of B.K.S. Iyengar, this class emphasizes attention to detail and precise alignment of postures. Poses are held longer and the use of props is encouraged to modify poses, if needed.

PURE: Meditation Sound A deeply immersive experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.

PURE: Meditation Yoga Nidra Yoga Nidra is the art of conscious relaxation. A powerful practice where the body and mind are liberated from their tensions and anxiety. Learn how to put the body into sleep while the mind remains fully awake. Deep levels of healing takes place on the emotional, mental, and physical planes.

PURE: Mysore Style Ashtanga Yoga Mysore refers to the way Ashtanga Yoga is traditionally taught in its home city of Mysore, India. Learn individually within a supportive group setting, progressing at your own pace under the guidance of an expert teacher. Students may enter any time during the block of time (up until an hour before the end of class), however beginners are encouraged to arrive at the start time of class.

PURE: Mysore Yoga Intro Students will be guided through small sections of the Ashtanga sequence, and then asked to repeat what they learned in order to internalize by connecting the movement and poses with their own breath patterns. This practice encourages a quiet, meditative state.

PURE: Power Yoga Advanced Hot This is a power yoga class taught in a room heated to 102 degrees. The heat will provide for a detoxifying sweat while you flow through an athletic and dynamic sequence of postures. This level is for the student who has a basic knowledge of the Asanas as well as navigating in and out of postures.

PURE: Power Yoga Hot This is a power yoga class taught in a room heated to 102 degrees. The heat will provide for a detoxifying sweat while you flow through an athletic and dynamic sequence of postures. Cueing will gear towards more progressive alignment as well as deepening within postures.

PURE: Restorative Yoga Restorative yoga is a deeply relaxing way of practicing yoga. Given props, the student achieves poses without much muscular strength, facilitating deep release in the connective tissue and calming the nervous system. Teachers may offer a meditative focus.

PURE: Slow Flow Yoga Take it slow with this gentle, but deep approach to Vinyasa yoga. This practice links poses to breath to reveal body awareness, inner strength, and opening.

PURE: Upside Down Yoga This class is primarily focused on the main inversion asanas of different ways of entry and exit allow students to practice in a safe and open environment. Upside-down is suitable for students of all levels.

PURE: Vinyasa Yoga Vinyasa is characterized by flowing poses and sequences that are linked to the breath and is a vigorous, more athletic approach to yoga. Students should have a basic understanding of arm balancing with the expectation of inversion preparation and progressive back bending.

PURE: Vinyasa Yoga Advanced Vinyasa is characterized by flowing poses and sequences linked to the breath. This class is diverse and sequencing will vary with instructor philosophy and in general is a vigorous, more athletic approach to yoga. Intricate sequencing, full inversion/arm balancing offerings and deep backbending.

PURE: Vinyasa Yoga Advanced Hot Taught in a room heated to 104 degrees, Vinyasa is characterized by flowing poses and sequences that are linked to the breath. This class is diverse and sequencing will vary with instructor philosophy and in general is a vigorous, more athletic approach to yoga.

PURE: Vinyasa Yoga Fundamentals Vinyasa is characterized by flowing poses and sequences that are linked to the breath. This class is diverse and sequencing will vary with instructor philosophy and in general is a vigorous, more athletic approach to yoga. Build a foundation with a focus on expanding practice knowledge.

PURE: Vinyasa Yoga Hot This class done in a heated room, is characterized by flowing poses and sequences that are linked to the breath and is a vigorous, more athletic approach to yoga. Students should have a basic understanding of arm balancing with the expectation of inversion preparation and progressive back bending.

PURE: Yin Yoga Yin yoga is characterized by poses supported by props (blanket, block, bolster). To differentiate it from a restorative class, yin will get deep into the soft tissue of the body. It's less restful, and geared more towards a functional release of deep muscle tissue.

PURE: Yin/Yang Yoga This class begins with a fiery Yang (Vinyasa) practice to build heat in the body. This heat prepares the body to then melt deeply into 30 minutes of Yin yoga (restorative, deep release).

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.

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.

Slow Flow Yoga A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions: Balance effort with ease, link breath with movement, and rejuvenate body and mind.

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.

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

Barre A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

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.

PURE: Figure 4 Barre Figure 4 is the most challenging barre experience out there, infusing dance based techniques with foundational strength training. Through high energy choreography, Figure 4 keeps your pulse pounding while forging a lean, sculpted physique focusing on the thighs, arms, abs, and glutes. Socks with grips or bare feet for class.

PURE: Figure 4 Barre Forty-Five Take the express route in the 45 minute class designed for those who want to achieve the benefits of Figure 4's all-around approach in minimal time.

True Barre This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle 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.

◇ 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: Zumba® A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

Studio Dance: Hip Hop A choreography-driven dance class using the latest street dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.

Studio Dance: NYC Dance Project Leave all your inhibitions at the door! Abby's class has the pulse of NYC, where dance is provocative, fun and flashy. Dare yourself to be truthful and expressive, and dare yourself to really dance!

◇ Boxing and Kickboxing

Impact! Gloves on in this intense freestanding bag class created by global fitness expert, Ilaria Montagnani. Punch and kick a target to improve form and technique, increase stamina, speed and agility. Participants must bring their own gloves.

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 Circuit Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in an authentic boxing circuit as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

◇ Sculpt

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.

Tai Sculpt A flowing barefoot workout that blends sculpting, Pilates and barre with elements of tai chi created by NYC fitness expert, James Ervin. Strengthen your body from the ground up, and challenge your mind in deep focused movement.

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.