

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:50 YS * Pilates Rise <i>Mia Wenger</i>	6:30-7:20 TR * Precision Run® <i>Jason Strong</i>	6:30-7:15 CS * Beats Ride <i>Kyle O'Brien</i>	6:30-7:30 P3 * PURE: Vinyasa Yoga <i>Jennifer Carlin</i>	6:30-7:30 P3 * PURE: Vinyasa Yoga <i>Jennifer Carlin</i>	6:30-7:30 MS * Sculpt <i>Lisa Raphael</i>	8:45-9:35 MS * Off The Barre <i>Kelsey Whallon</i>
7:15-8:15 P3 * PURE: Vinyasa Yoga Fundamentals <i>Rebecca Sandlin</i>	6:45-7:30 CS * Anthem Ride <i>Eric Cobb</i>	6:30-7:30 P1 * PURE: Figure 4 Barre <i>Michelle Siegel</i>	6:45-7:35 CS * Precision Ride <i>Coco Cohen</i>	7:00-7:50 TR * Precision Run® <i>Loi Jordan</i>	8:30-9:30 P1 * PURE: Vinyasa Yoga Hot <i>Christina Broccolo</i>	9:00-9:45 CS * Anthem Ride <i>Cara Leggio</i>
7:30-8:15 MS * Stronger <i>Kelsey Stalter</i>	7:00-7:45 MS * Athletic Conditioning <i>David Miller</i>	7:00-7:45 P2 * PURE: Figure 4 Barre Forty-Five <i>Carolina Rivera</i>	7:00-7:45 P2 * PURE: Figure 4 Barre Forty-Five <i>Jenny Hegarty</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>	9:15-10:15 P4 * PURE: Vinyasa Yoga <i>Rebecca Sandlin</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>	7:15-8:15 YS * Vinyasa Yoga <i>Natasha Augoustopoulos</i>	7:00-7:45 YS * Pilates Mat <i>Mia Wenger</i>	7:30-8:20 MS * Whipped! <i>LR Davidson</i>	8:45-9:45 P2 * Barre <i>Kelsey Whallon</i>	10:00-10:45 MS * Athletic Conditioning <i>Abby Goldenberg</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>	7:30-9:30 P4 * PURE: Mysore Style Ashtanga Yoga <i>Lori Brungard</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>	10:00-11:00 P1 * PURE: Power Yoga Advanced Hot <i>Stephanie Schwartz</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>	8:00-8:45 CS * Beats Ride <i>Marie Jasmin</i>	8:00-8:30 MS * Best Butt Ever <i>Mia Wenger</i>	8:00-9:00 P1 * PURE: Vinyasa Yoga Hot <i>Kyle Adam</i>	9:15-10:00 MS * MetCon3 <i>James Donegan</i>	10:15-11:15 YS * Power Vinyasa <i>Karen Kassover</i>
8:15-9:15 P2 * PURE: Figure 4 Barre <i>Connie Sousek</i>	7:30-8:00 P4 * PURE: Mysore Yoga Intro <i>Lori Brungard</i>	8:15-9:15 P2 * Sousek <i>Michelle Siegel</i>	8:00-9:00 P3 * PURE: Figure 4 Barre <i>Jon Witt</i>	8:15-9:15 P2 * Beats + Bands Ride <i>Sarah Cucuzzella</i>	9:15-10:15 CS * PURE: Vinyasa Yoga Fundamentals <i>Kyle Adam</i>	10:30-11:45 P3 * Best Butt Ever <i>Diego Guevara</i>
9:15-10:00 MS * Cardio Sculpt <i>Jessica Davis</i>	8:00-8:45 MS * Jump Rope Plus <i>Libby Lloyd</i>	9:00-10:00 YS * Slow Flow Yoga <i>Kevin Bigger</i>	8:15-9:15 P2 * PURE: Figure 4 Barre <i>Jon Witt</i>	8:30-9:15 MS * Jump Rope Plus <i>Kevin Bigger</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>
9:30-10:30 P1 * PURE: Vinyasa Yoga Advanced Hot <i>Molly Elson</i>	8:15-9:15 P2 * PURE: Figure 4 Barre <i>Carolina Rivera</i>	9:15-10:15 P3 * PURE: Vinyasa Yoga <i>Matthew Lombardo</i>	8:30-9:00 MS * Upper Body Pump <i>Mia Wenger</i>	8:45-9:15 P4 * PURE: Mysore Yoga Intro <i>Lori Brungard</i>	10:15-11:00 MS * EQX Barre Burn <i>Kevin VerEecke</i>	11:30-12:00 MS * Upper Body Pump <i>Diego Guevara</i>
9:45-10:45 P2 * PURE: Figure 4 Barre <i>Connie Sousek</i>	9:00-9:45 YS * Pilates Fusion <i>Rachel Genise</i>	9:30-10:15 MS * Atletica <i>Marie Jasmin</i>	9:15-10:15 P1 * PURE: Power Yoga Advanced Hot <i>VR Colletti</i>	9:00-9:45 YS * Pilates Fusion <i>Rachel Genise</i>	10:30-11:45 P4 * PURE: Iyengar Yoga <i>Kavi Patel</i>	11:30-12:30 P4 * PURE: Alignment Yoga Basics <i>Rebecca Sandlin</i>
10:30-11:15 YS * Pilates Mat <i>Caroline Strong</i>	9:15-10:00 MS * Sculpt <i>James Ervin</i>	9:30-10:30 P1 * PURE: Power Yoga Hot <i>Jade Alexis</i>	9:30-10:30 P3 * PURE: Vinyasa Yoga Advanced <i>Andrea Borrero</i>	9:30-10:15 MS * Stacked <i>Sarah Cucuzzella</i>	10:30-11:30 YS * Vinyasa Yoga <i>Jennifer Carlin</i>	12:00-1:00 YS * Pilates Mat <i>Alex Dill</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>	9:45-10:45 P2 * PURE: Figure 4 Barre <i>Michelle Siegel</i>	9:45-10:45 P2 * PURE: Figure 4 Barre <i>Jenny Hegarty</i>	9:30-10:30 P1 * PURE: Vinyasa Yoga Advanced <i>Rebecca Sandlin</i>	11:15-12:00 MS * Stronger <i>Maddie Myers</i>	12:15-1:00 MS * Rounds: Boxing Circuit <i>Diego Guevara</i>
11:00-11:50 MS * Powerstrike! <i>Sabrina Cohen</i>	9:45-10:45 P2 * PURE: Figure 4 Barre <i>Carolina Rivera</i>	10:30-11:20 YS * Pilates Rise <i>Kelley Norman-Rambin</i>	10:30-11:20 YS * Pilates Mat <i>Dara Adler</i>	11:00-11:50 MS * Cardio Dance <i>Shmulk Stell</i>	12:30-1:30 P1 * PURE: Vinyasa Yoga Hot <i>Molly Elson</i>	12:30-1:30 TR * Precision Run® <i>Sarah Cucuzzella</i>
12:15-1:00 MS * Best Butt Ever <i>Miriam Shestack</i>	10:00-10:50 CS * Precision Ride <i>Amanda Katz</i>	11:00-11:45 MS * Zumba® <i>Diego Chauca</i>	10:45-11:30 MS * MetCon3 <i>Luke Bernier</i>	12:15-1:00 MS * EQX Barre Burn <i>Kyla Lloyd</i>	12:30-1:30 P1 * PURE: Vinyasa Yoga Hot <i>Jennifer Carlin</i>	2:30-3:30 P1 * PURE: Vinyasa Yoga Hot <i>James Donegan</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>	12:15-1:15 P4 * PURE: Yin Yoga <i>Kelly Raspberry</i>	10:45-12:00 P4 * PURE: Iyengar Yoga <i>Tzahi Moskovitz</i>	12:30-1:30 P1 * PURE: Vinyasa Yoga Hot <i>Jennifer Carlin</i>	1:30-2:15 MS * Atletica <i>Ilaria Montagnani</i>	
4:15-5:05 YS * Pilates Rise <i>Maureen Duke</i>	12:30-1:30 P1 * PURE: Vinyasa Yoga Hot <i>Andrea Borrero</i>	12:30-1:30 P1 * PURE: Yin/Yang Yoga <i>Kyle Adam</i>	12:15-1:00 MS * Stronger <i>Diego Guevara</i>	12:30-1:30 P1 * PURE: Vinyasa Yoga Hot <i>Jennifer Carlin</i>	2:30-3:15 MS * Impact! <i>Ilaria Montagnani</i>	4:00-5:30 P3 * PURE: Ashtanga Yoga Led <i>Evan Perry</i>
4:30-5:30 P1 * PURE: Vinyasa Yoga Hot <i>James McCracken</i>	4:30-5:30 P1 * PURE: Ashtanga Yoga Hot <i>Evan Perry</i>	12:30-1:30 P1 * PURE: Vinyasa Yoga Hot <i>Matthew Lombardo</i>	12:30-1:30 P1 * PURE: Power Yoga Hot <i>Christina Broccolo</i>	4:00-4:50 YS * EQX Barre Burn <i>Kyla Lloyd</i>	2:30-3:30 P3 * PURE: Upside Down Yoga <i>Matt Boylin</i>	5:00-6:00 P4 * PURE: Meditation Yoga <i>Nidra</i>
5:00-6:00 P4 * PURE: Slow Flow Yoga <i>Dana Slamp</i>	5:15-6:15 YS * Vinyasa Yoga <i>Emma Poole</i>	4:30-5:30 P1 * PURE: Slow Flow Yoga <i>Dana Slamp</i>	4:30-5:30 P1 * PURE: Power Yoga Hot <i>Kyle Adam</i>	4:30-5:30 P1 * PURE: Power Yoga Hot <i>Molly Elson</i>	3:45-4:45 P1 * PURE: Vinyasa Yoga Advanced Hot <i>Matt Boylin</i>	5:15-6:15 YS * Weekend Wind Down Yoga <i>Rhana Harris</i>
5:00-5:50 TR * Precision Run® <i>Anne Berhe</i>	5:30-6:15 MS * Atletica <i>Erika Heam</i>	5:00-5:45 TR * Precision Run® <i>Eric Cobb</i>	5:30-6:30 P4 * PURE: Vinyasa Yoga <i>VR Colletti</i>	5:00-6:00 P4 * PURE: Slow Flow Yoga <i>Shelley McPherson</i>	4:00-5:00 P3 * PURE: Restorative Yoga <i>Mary Aranas</i>	
5:15-6:00 MS * EQX Barre Burn <i>Sarah May Epstein</i>	6:00-7:00 P3 * PURE: Yin Yoga <i>Frank Camacho</i>	6:00-6:30 MS * Best Butt Ever <i>Bryce Vaesworn</i>	6:00-6:45 MS * Tabata Max <i>Tracy Gordon</i>	5:15-6:15 YS * Vinyasa Yoga <i>Katey Lewis</i>	5:15-6:00 P4 * PURE: Meditation Sound <i>Mary Aranas</i>	
5:30-6:30 YS * Vinyasa Yoga <i>Katey Lewis</i>	6:15-7:00 CS * PURE: Yin Yoga <i>Frank Camacho</i>	6:00-7:00 P3 * PURE: Alignment Yoga Basics <i>Dana Slamp</i>	6:00-7:00 P3 * PURE: Yin Yoga <i>Frank Camacho</i>	5:30-6:20 MS * Vinyasa Yoga <i>Katey Lewis</i>		
6:15-7:00 MS * MetCon Monday <i>Luke Bernier</i>	6:30-7:15 MS * Powerstrike! <i>Erika Heam</i>	6:15-7:30 P3 * PURE: Figure 4 Barre Advanced <i>Molly Elson</i>	6:30-7:30 P1 * PURE: Figure 4 Barre Advanced Hot <i>Matt Boylin</i>	5:45-6:35 TR * Precision Run® <i>Jason Strong</i>		
6:15-7:30 P3 * Advanced <i>Dana Slamp</i>	6:30-7:15 MS * PURE: Power Yoga Advanced Hot <i>Molly Elson</i>	6:15-7:30 P4 * PURE: Vinyasa Yoga Advanced <i>Molly Elson</i>	6:30-7:30 P2 * PURE: Figure 4 Barre <i>Michelle Siegel</i>	6:00-7:00 P1 * PURE: Vinyasa Yoga Hot <i>Molly Elson</i>		
6:30-7:15 CS * Beats + Bands Ride <i>Cara Leggio</i>	6:30-7:30 P2 * PURE: Figure 4 Barre <i>Jess Strohmeyer</i>	6:30-7:20 CS * Precision Ride <i>Alex Kerber</i>	6:30-7:20 P2 * PURE: Figure 4 Barre <i>Michelle Siegel</i>	6:15-7:00 P2 * PURE: Figure 4 Barre Forty-Five <i>Lindsey Miller</i>		
6:30-7:30 P1 * PURE: Ashtanga Yoga Hot <i>Christina Broccolo</i>	7:00-7:45 YS * Pilates Mat <i>Alex Dill</i>	6:30-7:00 MS * Upper Body Pump <i>Bryce Vaesworn</i>	6:30-7:20 TR * Precision Run® <i>Andrew Briedis</i>	6:30-7:30 P2 * Restorative Yoga <i>Katey Lewis</i>		
6:45-7:45 P2 * PURE: Figure 4 Barre <i>Jess Strohmeyer</i>	7:30-8:15 MS * MetCon3 <i>Shanice Reyes</i>	6:30-7:30 P1 * PURE: Power Yoga Hot <i>James Donegan</i>	7:00-7:50 MS * Cardio Sculpt <i>Taylor Habershaw</i>			
7:00-8:00 YS * NYC Dance Project <i>Abby Goldenberg</i>	8:15-8:30 MS * Best Abs Ever <i>Shanice Reyes</i>	6:45-7:45 P2 * PURE: Figure 4 Barre <i>Connie Sousek</i>	7:15-8:10 YS * Pilates Rise <i>Erin Giordano</i>			
7:15-8:00 P4 * PURE: Meditation Sound <i>Donald Johnston</i>		7:00-8:00 YS * Sculpted Yoga™ <i>Jenny Mendez</i>				
		7:15-8:00 MS * Stronger <i>Maddie Myers</i>				
		7:15-8:00 MS * PURE: Meditation Yoga <i>Nidra</i>				
		7:15-8:00 P3 * PURE: Meditation Yoga <i>Frank Camacho</i>				

# EQUINOX

## WEST 76TH STREET

344 Amsterdam Avenue

NEW YORK NY 10024

EQUINOX.COM

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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, Iliaria 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.

**Jump Rope Plus** Jump Rope conditioning has never been more fun! Alternate jump rope challenges with signature Equinox HIIT intervals to build stamina, endurance, and strength. Looking for a fun, exciting way to integrate jump rope and HIIT for the ultimate calorie burner? This is it. 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.

## ◇ 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.

**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!

**Studio Dance** A choreography-driven dance class. Learn a complete combination, improve technique, and unleash your inner dancer.

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

## ◇ 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.

**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.

**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.

**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.