

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * MetCon Monday <i>Alison O'Connor</i>	6:00-6:45 YS * Barre (HEATED) <i>Lucas Blankenhorn</i>	6:30-7:15 MS * Barre Beyond <i>Genieve Gordon</i>	6:00-6:50 YS * Pilates Rise <i>Genieve Gordon</i>	6:30-7:15 MS * True Barre (HEATED) <i>Angela Joy</i>	9:15-9:45 MS * Best Abs Ever <i>Elsa Saatela</i>	9:15-10:05 MS * Stronger <i>Zach Schanne</i>
7:00-7:45 CS * Beats Ride <i>Nadia Wilemski</i>	6:30-7:15 MS * Athletic Conditioning <i>Elsa Saatela</i>	6:45-7:45 YS * Vinyasa Yoga <i>Kristina Erikson</i>	6:30-7:15 MS * Body Sculpt <i>Isabelle Luongo</i>	6:45-7:30 MS * Best Butt Ever <i>Diane LaVon</i>	9:30-10:30 YS * Vinyasa Yoga (HEATED) <i>Kristina Erikson</i>	9:30-10:15 YS * Pilates Mat <i>Beth Bardin</i>
7:15-8:00 YS * Power Vinyasa (HEATED) <i>Rika Henry</i>	6:45-7:30 CS * Beats Ride <i>Brandon Green</i>	7:00-7:45 CS * Anthem Ride <i>Jenny Sun</i>	7:00-7:45 CS * Beats Ride <i>Mariose Aleardi</i>	7:00-7:45 CS * Beats Ride <i>Marc Daigle</i>	9:45-10:30 CS * Beats Ride <i>Adam Jenkins</i>	10:00-10:45 CS * Beats Ride <i>Brandon Green</i>
7:30-8:15 MS * Stacked <i>Alison O'Connor</i>	7:15-8:00 YS * Pilates Mat (HEATED) <i>Cindya Davis</i>	7:45-8:30 MS * Stronger <i>Daniel Neale</i>	7:15-8:00 YS * True Barre <i>Kyla Lloyd</i>	7:30-8:30 YS * Power Vinyasa (HEATED) <i>Kumiko Buckman</i>	10:00-10:50 TR * Precision Run@ <i>Elsa Saatela</i>	10:30-11:15 MS * Whipped! <i>Zach Schanne</i>
8:30-9:15 YS * Pilates Mat <i>Caroline Strong</i>	7:30-8:20 TR * Precision Run@ <i>Elsa Saatela</i>	8:00-8:50 YS * Pilates Rise <i>Lipe</i>	7:45-8:30 MS * Rhythmic Sculpt <i>Robert Burke</i>	7:45-8:30 MS * Cardio Sculpt <i>Alisha Wickering</i>	10:15-11:00 MS * MetCon3 <i>Natasha Ross</i>	10:45-11:45 YS * Vinyasa Yoga <i>Johan Montijano</i>
8:45-9:35 MS * Stronger <i>Lauren Anthony</i>	7:45-8:30 MS * MetCon3 <i>Maddie Myers</i>	8:15-9:00 CS * Beats Ride <i>Gater</i>	8:30-9:15 CS * Beats Ride <i>Gater</i>	8:45-9:30 MS * Tabata Max <i>Alisha Wickering</i>	10:45-11:30 YS * Pilates Fusion (HEATED) <i>Lipe</i>	11:30-12:15 MS * Body Sculpt <i>Nicky Venditti</i>
9:45-10:30 YS * Barefoot Sculpt <i>Alison O'Connor</i>	8:00-8:45 CS * Beats Ride <i>Brandon Green</i>	9:00-9:45 MS * Cardio Sculpt <i>Isabelle Luongo</i>	8:30-9:30 YS * Power Vinyasa (HEATED) (L2) <i>Serena Tom</i>	9:30-10:30 YS * Vinyasa Yoga <i>Kristin Billella</i>	11:15-12:00 CS * Beats Ride <i>Brandon Green</i>	11:45-12:35 CS * Precision Ride <i>Ev Auto</i>
12:15-1:00 YS * True Barre <i>Khaleah London</i>	8:45-9:30 MS * Body Sculpt <i>Cindya Davis</i>	9:15-10:00 YS * True Barre <i>Diane LaVon</i>	8:45-9:30 MS * Barre Beyond <i>Robert Burke</i>	11:00-11:45 YS * True Barre <i>Richel Ruiz</i>	11:30-12:15 MS * Pure Strength <i>Natasha Ross</i>	12:00-12:45 YS * True Barre <i>Cindya Davis</i>
1:15-2:05 TR * Precision Walk: Elevate <i>Khaleah London</i>	9:00-9:45 YS * True Barre <i>Rosie Fiedelman</i>	10:15-11:00 YS * Power Vinyasa <i>Johan Montijano</i>	10:00-10:45 YS * Pilates Mat (HEATED) <i>Sammy Tuchman</i>	12:00-12:45 MS * Body Sculpt <i>Bonnie Flannery</i>	12:00-12:45 YS * True Barre <i>Kyla Lloyd</i>	12:30-1:20 MS * Studio Dance: Hip Hop <i>Shmulik Stell</i>
4:00-4:45 YS * Barre (HEATED) <i>Manon Hallay</i>	9:30-9:45 MS * Best Abs Ever <i>Cindya Davis</i>	12:15-1:00 YS * Pilates Fusion (HEATED) <i>Maria Martinez</i>	12:00-1:00 YS * Vinyasa Yoga (HEATED) <i>Kristin Billella</i>	2:00-2:45 YS * Barefoot Sculpt <i>Pavee Kwun</i>	12:30-1:15 MS * Best Stretch Ever <i>Lipe</i>	1:15-2:15 YS * Power Vinyasa (HEATED) <i>Kumiko Buckman</i>
5:15-6:00 MS * Cardio Sculpt <i>Calvin Wiley</i>	10:15-11:15 YS * Sculpted Yoga™ <i>Diane LaVon</i>	1:15-1:45 MS * Best Butt Ever <i>Cindya Davis</i>	12:30-1:15 MS * Stronger <i>Miriam Shestack</i>	4:30-5:15 YS * Bala Bangle Barre Burn <i>Lucas Blankenhorn</i>	1:15-2:00 YS * Pilates Mat <i>Jeffrey Morris</i>	2:00-2:45 MS * Best Stretch Ever <i>Rika Henry</i>
5:30-6:20 TR * Precision Run@ <i>Miriam Shestack</i>	12:00-1:00 YS * Vinyasa Yoga <i>Mardi Sykes</i>	1:45-2:15 MS * Upper Body Pump <i>Cindya Davis</i>	4:15-5:00 YS * Barefoot Sculpt <i>Stephen Bel Davies</i>	5:30-6:15 MS * Athletic Conditioning <i>Justin Goldman</i>	1:30-2:15 MS * Rhythmic Sculpt <i>Lipe</i>	2:45-3:30 YS * Sonic Meditation <i>Kumiko Buckman</i>
5:45-6:45 YS * Power Vinyasa <i>Felipe Gonzalez</i>	12:30-1:15 MS * Body Sculpt <i>Nicky Venditti</i>	4:00-4:50 YS * Slow Flow Yoga <i>Mardi Sykes</i>	5:15-6:00 YS * Pilates Mat <i>Caroline Strong</i>	5:45-6:45 YS * Vinyasa Yoga <i>Babette Godefroy</i>	1:52-2:00 YS * Pilates Mat <i>Jeffrey Morris</i>	3:00-3:45 MS * Tabata Max <i>Cindya Davis</i>
6:00-6:45 CS * Beats Ride <i>Ev Auto</i>	4:00-4:45 YS * Pilates Fusion <i>Itsy Rachatasumrit</i>	5:15-6:00 MS * Body Sculpt <i>Bonnie Flannery</i>	5:30-6:15 MS * MetCon3 <i>Sarah Esser</i>	6:00-6:45 CS * Beats Ride <i>Lucas Blankenhorn</i>	3:00-3:45 MS * Stronger <i>Dario Torres</i>	4:00-4:45 MS * Athletic Conditioning <i>Kyle White</i>
6:15-7:15 MS * Studio Dance: Calvinography <i>Calvin Wiley</i>	5:15-6:00 YS * Silhouette <i>Alexis Sweeney</i>	5:15-6:00 TR * Precision Run@ <i>Lauren Anthony</i>	6:00-6:45 CS * Beats + Bands Ride <i>Amy Chiu</i>	7:15-8:15 YS * Yin Yoga Meditation <i>Mardi Sykes</i>	4:15-5:15 YS * Weekend Wind Down Yoga <i>Jessica Metz</i>	4:15-5:05 YS * Trilogy Barre <i>Lucas Blankenhorn</i>
7:15-8:00 YS * Pilates Rise <i>Jill Weinstein</i>	5:30-6:15 MS * Athletic Conditioning <i>Matt Ortel</i>	5:30-6:30 YS * Vinyasa Yoga (L2) <i>Megna Paula</i>	6:30-7:15 MS * Athletic Conditioning <i>Stephen Bel Davies</i>			5:30-6:30 YS * Vinyasa Yoga (HEATED) <i>Johan Montijano</i>
7:30-8:15 MS * MetCon3 <i>Michelle Sim</i>	6:00-6:45 CS * Beats Ride <i>Mario Martinez</i>	6:15-7:00 CS * Beats Ride <i>Mario Martinez</i>	6:45-7:45 YS * Sculpted Yoga™ <i>Dee Holliday</i>			
8:15-9:00 YS * Vinyasa Yoga <i>Jill Weinstein</i>	6:30-7:20 MS * Stronger <i>Matt Ortel</i>	6:30-7:15 MS * Pure Strength <i>Lauren Anthony</i>	7:30-8:15 MS * Best Stretch Ever <i>Rika Henry</i>			
	6:45-7:45 YS * Power Vinyasa <i>Seth Barron</i>	7:00-7:45 YS * True Barre (HEATED) <i>JP Maddock</i>	8:15-9:05 YS * Pilates Rise <i>Sammy Tuchman</i>			
	8:15-9:00 YS * Pilates Mat <i>Shing Ong</i>	7:30-8:15 MS * Cardio Dance <i>Esteban Deleon</i>				
		8:15-9:00 YS * Vinyasa Yoga (HEATED) <i>Kristin Billella</i>				

# EQUINOX

## ORCHARD STREET

200 Orchard Street

NEW YORK NY 10002

EQUINOX.COM

@EQUINOX

**MON-THU** 05:30 AM 11:00 PM

**FRI** 05:30 AM 10:00 PM

**SAT-SUN** 08:00 AM 08:00 PM

## GROUP FITNESS MANAGER

lauren.anthony@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

**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.

**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

**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.

**Power Vinyasa (HEATED)** 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.

**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.

**Vinyasa Yoga (HEATED)** 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.

**Yin Yoga Meditation** A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.

## 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.

**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.

**Pure Strength** Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. 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.

**Barre (HEATED)** 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.

**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.

**Trilogy Barre** A Pilates reformer and barre-inspired workout at the triple-barre that uses custom-designed resistance bands to strengthen, sculpt, and tone. Increase flexibility while building muscle definition. An Equinox exclusive.

**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.

**True Barre (HEATED)** 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 Fusion (HEATED)** 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 Mat (HEATED)** 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.

**Studio Dance: Calvigraphy** Experience international fitness expert and choreographer Calvin Wiley's signature dance workout. Channel your inner dancer, and bring the dance floor to your cardio workout!

**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.

## Stretch and Recovery

**Best Stretch Ever** Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. An Equinox Exclusive.

**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.

**Silhouette** Silhouette by NYC fitness pro Alexis Sweeney offers a contemporary take on a low impact, high-intensity Barre class that boosts muscular endurance, balance, stamina, strength, and flexibility. Alexis's seamless moves and creative sequencing provides a distinct challenge leaving you eager for more.

**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.