

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|---|--|---|--|
| 6:15-7:00 YS * Bala Bangle Barre Burn <i>Lucas Blankenhorn</i> | 6:15-7:05 CS * Precision Ride Renee Pesante | 6:15-7:00 YS * Off The Barre Kelsey Whallon | 6:30-7:15 YS * Pilates Fusion <i>Anna Ciabrone</i> | 7:00-8:00 YS * Vinyasa Yoga <i>Josh Mathew-Meier</i> | 8:30-9:15 YS * Pilates Fusion <i>Emily Snouffer</i> | 9:45-10:30 YS * Bala Bangle Barre Burn <i>Emily Naim</i> |
| 6:30-7:20 MS * Stronger <i>Bransen Gates</i> | 6:30-7:15 YS * Pilates Fusion <i>Laura Hanlon</i> | 6:30-7:15 MS * MetCon3 <i>Makena Diehl</i> | 6:45-7:30 MS * Tabata Max <i>Molly Day</i> | 7:30-8:20 TR * Precision Walk: Elevate <i>Amy Amato</i> | 8:45-9:05 CS * Precision Ride LR Davidson | 10:00-10:45 TR * Precision Walk: Elevate <i>Amy Amato</i> |
| 7:15-8:00 YS * Pilates Mat <i>Jake Thereault</i> | 6:45-7:30 MS * Tabata Max <i>Amy Amato</i> | 7:15-8:00 YS * Pilates Mat <i>Caroline Strong</i> | 7:30-8:20 TR * Precision Run@ <i>Jaimie Austin</i> | 7:45-8:30 MS * MetCon3 <i>John Cianca</i> | 9:00-9:45 MS * Sculpt <i>Michelle Sim</i> | 10:15-11:00 MS * Stronger <i>Isabelle Luongo</i> |
| 7:30-8:20 TR * Precision Run@ <i>Evan Wood</i> | 7:30-8:20 TR * Precision Run@ <i>Ally Raisian</i> | 7:30-8:20 TR * Precision Run@ <i>Amy Amato</i> | 7:30-8:15 YS * EQX Barre Burn <i>Andy Santana</i> | 8:00-8:45 CS * Beats Ride Fred Smith | 9:45-11:00 YS * Vinyasa Yoga <i>Jill Weinstein</i> | 10:30-11:30 CS * Beats Ride 60 Frank Louis |
| 7:45-8:30 MS * MetCon Monday <i>Annalise Northway</i> | 7:30-8:15 YS * Bala Bangle Barre Burn <i>Kyla Lloyd</i> | 7:45-8:30 MS * Stronger <i>Dyan Tsiumis</i> | 8:00-8:45 MS * MWM: Cardio Sculpt <i>Molly Day</i> | 8:45-9:30 YS * Pilates Mat <i>Caroline Strong</i> | 10:00-10:45 CS * Beats Ride Jaimie Austin | 10:45-11:45 YS * Power Vinyasa <i>Babette Godefroy</i> |
| 8:45-9:30 PD * Aqua Sculpt <i>Lisa Raphael</i> | 8:00-8:45 MS * Cardio Sculpt <i>Annalise Northway</i> | 8:45-9:30 YS * Barefoot Sculpt <i>Dyan Tsiumis</i> | 8:45-9:45 YS * Sculpted Yoga™ <i>Jaimie Austin</i> | 9:00-9:50 MS * Stronger <i>Renee Pesante</i> | 10:15-11:05 MS * Knockout <i>Michelle Sim</i> | 11:30-12:15 MS * Sculpt Isabelle Luongo |
| 8:45-9:30 YS * EQX Barre Burn <i>Cindy Davis</i> | 8:45-9:30 YS * Off The Barre <i>Alisha Wickering</i> | 9:00-9:45 MS * Dance/Sculpt <i>Makena Diehl</i> | 9:15-10:00 MS * Sculpt <i>Isabelle Luongo</i> | 10:45-11:30 YS * Off The Barre <i>Johnny Anzalone</i> | 10:30-11:20 TR * Precision Run@ <i>LR Davidson</i> | 12:00-12:45 YS * Pilates Fusion <i>Dara Adler</i> |
| 9:00-9:45 MS * Sculpt <i>Alex Ware</i> | 9:15-10:00 MS * Stronger <i>Sarah Cucuzzella</i> | 9:15-10:00 CS * Beats Ride Jaimie Austin | 10:15-11:00 YS * Best Stretch Ever <i>Jaimie Austin</i> | 12:15-1:15 YS * Vinyasa Yoga <i>Mardi Sykes</i> | 11:15-12:00 YS * Barefoot Sculpt <i>Jill Weinstein</i> | 1:00-1:50 YS * Pilates Rise <i>Dara Adler</i> |
| 9:45-10:00 MS * Best Abs Ever <i>Alex Ware</i> | 10:15-11:00 YS * Best Stretch Ever <i>Sarah Cucuzzella</i> | 10:30-11:15 YS * Pilates Mat <i>Ron Tal</i> | 11:15-12:15 YS * Vinyasa Yoga <i>Elitza Ivanova</i> | 2:00-2:45 YS * EQX Barre Burn <i>Jill Weinstein</i> | 11:30-12:00 MS * Best Butt Ever <i>LR Davidson</i> | 2:15-3:15 YS * Vinyasa Yoga <i>Mindy Bacharach</i> |
| 10:30-11:20 YS * Pilates Rise Alex Ware | 11:15-12:15 YS * Sculpted Yoga™ <i>Annalise Northway</i> | 10:45-11:30 PD * H2shO™ <i>Erwin Gonzalez</i> | 12:30-1:20 YS * Bala Bangle Barre Burn <i>Alisha Wickering</i> | 3:00-3:45 YS * Pilates Fusion <i>Emily Snouffer</i> | 12:00-12:20 MS * Best Abs Ever <i>LR Davidson</i> | 4:00-5:15 YS * Weekend Wind Down Yoga <i>Mindy Bacharach</i> |
| 12:15-1:30 YS * Vinyasa Yoga <i>Jaimie Austin</i> | 12:30-1:15 YS * Pilates Fusion <i>Genieve Gordon</i> | 12:15-1:15 YS * Vinyasa Yoga <i>Kristin Billella</i> | 2:00-2:45 YS * Pilates Fusion <i>Dara Adler</i> | 4:00-5:00 YS * Sculpted Yoga™ Dyan Tsiumis | 12:15-1:00 YS * EQX Barre Burn <i>Zach Eisenberg</i> | |
| 2:00-2:45 YS * Pilates Mat <i>Caroline Strong</i> | 4:15-5:00 YS * Barefoot Sculpt Maureen Duke | 4:00-4:45 YS * Bala Bangle Barre Burn Katye Stanzak | 4:15-5:00 YS * Pilates Fusion <i>Laura Hanlon</i> | 4:15-5:00 MS * Cardio Sculpt Zach Eisenberg | 1:00-1:50 MS * Stronger <i>Sara Deberry</i> | |
| 4:00-4:45 YS * Pilates Fusion Laura Hanlon | 5:30-6:30 YS * Vinyasa Yoga Rosie DeAngelo | 5:15-6:00 YS * Barefoot Sculpt <i>Alisha Wickering</i> | 5:30-6:45 YS * Vinyasa Yoga <i>Ali Cramer</i> | 5:30-6:15 MS * Sculpt <i>Dyan Tsiumis</i> | 1:30-2:30 YS * Power Vinyasa <i>Bee Bosnak</i> | |
| 5:15-6:00 YS * EQX Barre Burn <i>Laetitia Emmanuel</i> | 6:00-6:45 MS * Sculpt <i>Kyla Lloyd</i> | 5:30-6:15 MS * Stronger Isabelle Luongo | 6:00-6:50 MS * Stronger <i>Justin Goldman</i> | 5:45-6:45 YS * Vinyasa Yoga <i>Johan Montijano</i> | 3:00-3:45 YS * Sonic Meditation Ali Cramer | |
| 5:30-6:15 MS * Tabata Max <i>Molly Day</i> | 6:15-7:00 CS * Beats Ride Michaela McGowan | 5:45-6:35 TR * Precision Run@ <i>Ally Raisian</i> | 6:15-7:00 PD * H2shO™ Erwin Gonzalez | | | |
| 5:45-6:30 TR * Precision Run@ <i>Jaimie Austin</i> | 6:45-7:30 YS * EQX Barre Burn <i>Angela Joy</i> | 6:00-6:45 CS * Beats Ride <i>Chris Vernon</i> | 7:15-8:00 YS * Sonic Meditation Suzanne Taylor | | | |
| 6:00-6:45 CS * Beats Ride Alex Lyons | 7:00-7:50 MS * MetCon3 <i>Kyla Lloyd</i> | 6:15-7:00 YS * Pilates Fusion <i>Laura Hanlon</i> | | | | |
| 6:15-7:15 YS * Sculpted Yoga™ <i>Kristin Condon</i> | 7:45-8:45 YS * Stow Flow Yoga <i>Lisa Landphair</i> | 6:45-7:30 MS * Cardio Sculpt <i>Alisha Wickering</i> | | | | |
| 6:45-7:30 MS * MWM: Cardio Sculpt <i>Molly Day</i> | | 7:15-8:15 YS * Vinyasa Yoga <i>Jamison Goodnight</i> | | | | |
| 7:30-8:30 YS * Special Event: Yin Yoga + Sound Meditation Kristin Condon | | | | | | |

EQUINOX

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EQUINOX.COM

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MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 08:00 PM

SAT-SUN 08:00 AM 07:00 PM

GROUP FITNESS MANAGER

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SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

PD Pool Deck

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.

Beats Ride 60 An extended rhythmic cycling class so you can ride those extra miles to 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.

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.

Special Event: Yin Yoga + Sound Meditation Relax and rejuvenate with a healing mix of yin yoga along with a live sound bath. You'll experience restorative yoga poses, designed to open hips, pelvis and lower back, combined with the therapeutic sounds of crystal singing bowls to bring you a much deeper mind-body connection.

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

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.

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.

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.

Dance

Dance/Sculpt Cardio dance meets full body sculpting. Alternate between blocks of fun, easy-to-follow cardio dance, and rhythmic body sculpt—using high reps at light resistance. An Equinox Exclusive.

Boxing and Kickboxing

Knockout Challenge yourself with Erika Hammond's boxing-forward, full-body strength class integrating non-rhythmic shadow boxing combos with targeted strength training. This high energy class will leave you feeling empowered to take on any fight. An Equinox exclusive.

Pool

Aqua Sculpt A non-stop, full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with a program that is gentle on the joints. Swim cap required. **H2sho™ H2sho™**, created by Erwin González, integrates traditional movements of aqua fitness with the performance elements of musical theater. Minimal impact on your joints. Maximal impact on your wellbeing. Swim cap required.

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.

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.

MWM: Cardio Sculpt Moves With Molly, created by Molly Day, is a rhythmic workout using light-medium dumbbells and gliders where each new song has its own individual choreography. Challenge yourself both physically and mentally, losing yourself in the music. Get ready to join the movement!

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.