

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS* True Barre: Bala Bangle <i>Lipe</i>	6:30-7:15 YS* Pilates Fusion <i>Cameron Norsworthy</i>	6:15-7:00 YS* Barefoot Sculpt <i>Kelsey Whallon</i>	6:30-7:20 YS* Pilates Rise <i>Becca Wood</i>	6:30-7:15 MS* Body Sculpt <i>Kyla Owen</i>	8:15-9:00 YS* Pilates Fusion <i>Ash Kaya</i>	8:45-9:30 YS* Barefoot Sculpt <i>Lipe</i>
7:15-8:15 YS* Sunrise Vinyasa Yoga <i>Evan Pery</i>	6:45-7:30 MS* Tabata Max <i>Amy Amato</i>	6:30-7:15 MS* Stronger <i>Dyan Tsiumis</i>	6:45-7:30 MS* Cardio Sculpt <i>Kyla Owen</i>	7:15-8:15 YS* Sunrise Vinyasa Yoga <i>Josh Mathew-Meier</i>	9:00-9:45 MS* Stronger <i>LR Davidson</i>	9:45-10:30 MS* True Barre: Bala Bangle <i>Emily Naim</i>
7:30-8:15 MS* Core6 <i>Carolann Valentino</i>	7:15-8:05 TR* Precision Run® <i>Ally Raisian</i>	7:00-7:45 CS* <b>Beats Ride</b> <i>Ary Nunez</i>	7:30-8:15 YS* Pilates Fusion <i>Elyse Cowles</i>	7:30-8:15 MS* MetCon3 <i>John Cianca</i>	9:45-10:45 YS* Vinyasa Yoga <i>Jill Weinstein</i>	10:00-10:50 TR* Precision Walk: Elevate <i>Amy Amato</i>
7:30-8:20 TR* Precision Run® <i>Evan Wood</i>	7:30-8:15 YS* Barefoot Sculpt <i>Ana Boiangiu</i>	7:15-8:00 YS* Pilates Mat <i>Samantha Paulik</i>	7:45-8:30 MS* True Barre: Off the Barre <i>Andy Santana</i>	7:30-8:20 TR* Precision Walk: Elevate <i>Amy Amato</i>	10:00-10:50 CS* Beats Ride <i>LR Davidson</i>	10:15-11:15 YS* Power Vinyasa <i>Katelyn Thelemaque</i>
9:00-9:45 MS* Body Sculpt <i>Alex Ware</i>	7:45-8:30 MS* True Barre: Bala Bangle <i>Cameron Norsworthy</i>	7:30-8:15 MS* Body Sculpt <i>Dyan Tsiumis</i>	9:15-10:00 MS* Body Sculpt <i>Isabelle Luongo</i>	8:00-8:45 CS* Beats Ride <i>Siercia O'Brien</i>	10:15-11:00 MS* Body Sculpt <i>Michelle Sim</i>	10:30-11:30 CS* Beats Ride 60 <i>Frank Louis</i>
9:45-10:00 MS* Best Abs Ever <i>Alex Ware</i>	8:45-9:30 YS* Pilates Mat <i>Caroline Strong</i>	7:30-8:20 TR* Precision Run® <i>Amy Amato</i>	10:15-11:15 YS* Slow Flow Yoga <i>Kevin Bigger</i>	8:45-9:30 YS* Pilates Mat <i>Caroline Strong</i>	10:30-11:20 TR* Precision Run® <i>Gerard Thelemaque</i>	11:00-11:50 MS* MetCon3 <i>Molly Day</i>
10:30-11:20 YS* Pilates Rise <i>Alex Ware</i>	9:15-10:00 MS* Stronger <i>Sarah Cucuzzella</i>	8:30-9:15 MS* True Barre: Bala Bangle <i>Claire Crause</i>	12:30-1:15 MS* True Barre: Bala Bangle <i>Paige Bodnar</i>	9:00-9:50 MS* Stronger <i>Renee Pesante</i>	11:00-11:45 YS* Pilates Fusion <i>Jill Weinstein</i>	11:45-12:30 YS* Pilates Fusion <i>Gabe Villanueva</i>
12:30-1:15 MS* True Barre: Bala Bangle <i>Jose Rivera Jr.</i>	10:15-11:00 MS* Best Stretch Ever <i>Sarah Cucuzzella</i>	9:15-10:05 CS* Beats Ride <i>Jaimie Austin</i>	1:30-2:15 YS* Pilates Fusion <i>Dara Adler</i>	10:30-11:15 MS* Barefoot Sculpt <i>Paige Bodnar</i>	11:30-12:15 MS* Core6 <i>Gerard Thelemaque</i>	12:00-12:45 MS* Best Stretch Ever <i>Ev Autio</i>
4:00-4:45 YS* Pilates Fusion <i>Sammy Tuchman</i>	12:30-1:15 MS* Body Sculpt <i>Genieve Gordon</i>	10:15-11:00 MS* Body Sculpt <i>Jose Rivera Jr.</i>	4:00-4:45 MS* <b>True Barre: Off the Barre</b> <i>Rosie Fiedelman</i>	12:30-1:30 YS* Vinyasa Yoga <i>Mardi Sykes</i>	12:15-1:15 YS* <b>Power Vinyasa</b> <i>Bee Bosnak</i>	1:00-1:50 YS* Pilates Rise <i>Dara Adler</i>
4:30-5:15 MS* Stronger <i>Michelle Sim</i>	4:00-4:45 YS* Barefoot Sculpt <i>Kyla Lloyd</i>	12:30-1:15 YS* Pilates Fusion <i>Jose Rivera Jr.</i>	5:00-5:45 MS* Body Sculpt <i>Gerard Thelemaque</i>	4:00-4:45 YS* Barefoot Sculpt <i>Isabelle Luongo</i>	12:30-1:15 MS* True Barre: Off the Barre <i>Zach Eisenberg</i>	2:30-3:30 YS* Slow Flow Yoga <i>Mindy Bacharach</i>
5:15-6:00 YS* Pilates Mat <i>Bianca Crystal</i>	5:00-5:45 MS* <b>True Barre: Bala Bangle</b> <i>Jose Rivera Jr.</i>	4:00-5:00 YS* <b>Sculpted Yoga™</b> <i>Kristin Bilella</i>	5:30-6:30 YS* Vinyasa Yoga <i>Ali Cramer</i>	5:15-6:00 CS* Beats Ride <i>Frank Louis</i>	1:30-2:20 MS* Stronger <i>Sara Deberry</i>	4:00-5:15 YS* Weekend Wind Down Yoga <i>Mindy Bacharach</i>
5:30-6:15 MS* MetCon Monday <i>Molly Day</i>	5:30-6:30 YS* Vinyasa Yoga <i>Alexa Kerner</i>	4:15-5:00 MS* True Barre: Bala Bangle <i>Zach Eisenberg</i>	6:00-6:50 MS* Stronger <i>Kyle White</i>	5:30-6:15 MS* Body Sculpt <i>Isabelle Luongo</i>	2:45-3:30 YS* Pilates Mat <i>Richel Ruiz</i>	
5:45-6:35 TR* Precision Run® <i>Candace Peterson</i>	6:00-6:45 MS* Body Sculpt <i>Kyla Lloyd</i>	5:15-6:00 YS* Barefoot Sculpt <i>Monica Colino</i>	6:45-7:35 YS* Pilates Rise <i>Rosie Fiedelman</i>	5:45-6:45 YS* Vinyasa Yoga <i>Johan Montijano</i>	3:45-4:45 YS* Yin Yoga + Sound Meditation <i>Jamison Goodnight</i>	
6:00-6:45 CS* Beats Ride <i>Jenny Sun</i>	6:30-7:15 CS* Beats Ride <i>Megan Colford</i>	5:30-6:15 MS* Stronger <i>Isabelle Luongo</i>	7:00-7:45 MS* <b>Body Sculpt</b> <i>Kyle White</i>		4:00-4:45 MS* True Barre: Bala Bangle <i>Team Equinox</i>	
6:15-7:05 YS* Sculpted Yoga™ <i>Kristin Condon</i>	7:00-7:45 MS* True Barre: Off the Barre <i>Minga Prather</i>	6:15-7:00 YS* Pilates Fusion <i>Erica Robinson</i>				
6:30-7:15 MS* Cardio Sculpt <i>Molly Day</i>	7:15-8:15 YS* Slow Flow Yoga <i>Lisa Landphair</i>	6:30-7:15 CS* <b>Beats Ride</b> <i>Michael MacNeal</i>				
7:15-8:00 YS* Sonic Meditation <i>Kristin Condon</i>	8:00-8:45 MS* Stronger <i>Vincent Ruiz</i>	6:30-7:15 MS* Rhythmic Sculpt <i>LaDarius Lee</i>				
		7:15-8:15 YS* Vinyasa Yoga <i>Jessie Wren</i>				

# EQUINOX

## PRINTING HOUSE

421 Hudson St.

NEW YORK NY 10014

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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

jose.rivera01@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

**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.

## 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.

**Sunrise Vinyasa Yoga** Awaken your body and mind with this energizing morning flow designed to start your day with intention. This class combines gentle movement, breath work, and mindful stretches to improve circulation, increase flexibility, and set a grounded tone for the day ahead.

**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.

**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.

## Hiit

**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.

**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.

## Regeneration

**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.

**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, light-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.

## Strength

**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.

**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.