

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
7:00-7:45 MS *	MetCon Monday <i>Adena Ershow</i>	6:45-7:30 MS *	Athletic Conditioning <i>Jeff Robinson</i>	7:00-7:45 MS *	<b>Tabata Max</b> <b>Luke Bernier</b>	6:45-7:30 MS *	Stronger <i>Kevin Scott</i>	7:00-7:50 YS *	Pilates Rise <i>Lipe</i>
7:15-8:00 YS *	Off The Barre <i>Pavee Kwun</i>	7:00-7:50 TR *	Precision Run® <i>Evan Wood</i>	7:15-8:15 YS *	Sculpted Yoga™ <i>Kristin Condon</i>	7:15-8:00 YS *	EQX Barre Burn <i>Angela Joy</i>	7:15-8:00 MS *	Stacked <i>Justin Flexen</i>
8:00-9:00 MS *	Rounds: Boxing <i>Champ Parris</i>	7:15-8:00 YS *	Pilates Fusion <i>Rachel Genise</i>	8:00-8:45 MS *	<b>Cardio Sculpt</b> <b>Luke Bernier</b>	7:45-8:35 TR *	Precision Run® <i>Kevin Scott</i>		
12:15-1:00 YS *	Barre Beyond <i>Robert Burke</i>	12:00-1:00 YS *	Vinyasa Yoga <i>Mary Horne</i>	12:15-1:00 YS *	Off The Barre <i>Melinda Porto</i>	12:00-12:50 YS *	Pilates Rise <i>Itsy Rachatasumrit</i>	12:15-1:05 YS *	Amplified Vinyasa <i>Rika Henry</i>
12:30-1:15 MS *	Whipped! <i>Jack McGowan</i>	12:15-1:00 MS *	Tabata Max <i>Matt Ortel</i>	12:30-1:15 MS *	Stronger <i>Carolann Valentino</i>	12:15-1:00 MS *	Athletic Conditioning <i>TomJohn Mershon</i>	12:30-1:15 MS *	Atletica <i>Ilaria Montagnani</i>
1:30-2:20 MS *	Switch Up: Run + Strength <i>Jack McGowan Zach Schanne</i>	12:30-1:15 CS *	<b>Beats Ride</b> <b>Candace Peterson</b>	4:00-4:50 YS *	Amplified Vinyasa <i>Rika Henry</i>	12:30-1:20 CS *	Precision Ride <i>Amanda Katz</i>	4:00-4:45 YS *	EQX Barre Burn <i>Kevin VerEecke</i>
4:30-5:15 YS *	<b>Pilates Mat</b> <b>Justin Flexen</b>	4:30-5:15 YS *	<b>Vinyasa Yoga</b> <b>Lori Brungard</b>	5:30-6:20 MS *	Athletic Conditioning <i>Amanda Butler</i>	5:30-6:15 YS *	Barre Beyond <i>Melinda Porto</i>	5:15-6:05 MS *	Stronger <i>Shanice Reyes</i>
5:30-6:15 MS *	Whipped! <i>TomJohn Mershon</i>	5:30-6:15 YS *	Pilates Mat <i>Caroline Strong</i>	5:45-6:45 YS *	Sculpted Yoga™ <i>Dorian Shorts</i>	5:45-6:30 MS *	MetCon3 <i>Bryce Vaewsorn</i>	5:30-6:30 YS *	Vinyasa Yoga <i>Dorian Shorts</i>
5:45-6:45 YS *	Power Vinyasa <i>Britney Shine</i>	5:45-6:30 MS *	Sculpt <i>Calvin Wiley</i>	6:00-6:45 CS *	<b>Beats Ride</b> <b>Javier Ortega</b>	6:30-7:20 CS *	<b>Precision Ride</b> <b>Sam Wolf</b>		
6:15-7:05 TR *	Precision Run® <i>Zach Schanne</i>	6:15-7:00 CS *	<b>Beats Ride</b> <b>Sam Wolf</b>	6:15-7:05 TR *	Precision Run® <i>Eddie Carrington</i>	6:30-7:30 YS *	Yin Yoga Meditation <i>Jessica Chin</i>		
6:30-7:15 CS *	<b>Beats Ride</b> <b>TomJohn Mershon</b>	6:30-7:30 YS *	Power Vinyasa <i>Melinda Abbott</i>	6:45-7:35 MS *	Rounds: Pro <i>Champ Parris</i>				
6:45-7:45 MS *	Muay Thai <i>Khaled Zeidan</i>	6:45-7:30 MS *	Stacked <i>Javier Ortega</i>	7:00-7:45 YS *	Bala Bangle Barre Burn <i>Kelley Norman-Rambin</i>				
7:00-7:45 YS *	Off The Barre <i>Britney Shine</i>								

# EQUINOX

## ROCKEFELLER CENTER

45 Rockefeller Plaza  
NEW YORK NY 10111  
EQUINOX.COM  
@EQUINOX

**MON-THU** 05:30 AM 09:00 PM

**FRI** 05:30 AM 07:00 PM

## GROUP FITNESS MANAGER

cooper.chou@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.

**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.

**Switch Up: Run + Strength** Flip the switch between cardio and strength with this full body workout that takes you from treadmill to studio. Alternate between Precision Run treadmill intervals and Main Studio strength work for the ultimate time efficient workout. An Equinox exclusive.

## Yoga

**Amplified Vinyasa** Improve physical and mental strength, flexibility, and stamina in this fast-paced flow class led by Rika Henry. Challenge yourself with arm balances and inversions seamlessly woven together with creative sequences set to the steady beats of electronic music. A familiarity with vinyasa is recommended.

**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.

**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.

**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.

**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.

**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

**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 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.

**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.

## 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.

**Muay Thai** Master the basic kickboxing strikes of Muay Thai and capture the essence of MMA fighting style in this martial-arts specialty class. Your heart will pound, your feet will fly, and your body will transform into a true fighter's figure. Boxing gloves required.

**Rounds: Boxing** Gloves on, guard up. Step into the ring with Rounds: Boxing, where every punch, every move, is a step towards mastering the art of boxing. Elevate your skill and power through expert-guided sessions and immersive rounds on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

**Rounds: Pro** Gloves on, skills up. Rounds Pro is the pinnacle of our boxing and kickboxing offerings. Led by our elite instructors, this advanced class refines your technique, hones your precision, and pushes your limits. Elevate your training, refine your craft, and step into the professional arena. An Equinox exclusive.

## Sculpt

**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.