

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
7:00-8:00 YS *	Sculpted Yoga™ <i>Elizabeth Richardson</i>	7:00-8:00 YS *	Vinyasa Yoga (HEATED) <i>Matt D'Amico</i>	6:45-7:35 TR *	Precision Run® Kevin Scott	7:00-8:00 YS *	Power Vinyasa (HEATED) (L2) <i>Lindsay Carson</i>	7:00-7:50 YS *	Pilates Rise (HEATED) <i>Kelsey Stalter</i>
7:15-8:05 TR *	Precision Run® <i>JP Prishwalko</i>	7:30-8:15 MS *	Stronger <i>Jacques Delaugere</i>	7:15-8:15 YS *	Pilates Mat (HEATED) <i>Khaleah London</i>	7:30-8:15 MS *	MetCon3 <i>Bonnie Flannery</i>	7:15-8:05 TR *	Precision Run® Eric Cobb
7:45-8:30 MS *	Stacked <i>Jeff Robinson</i>	8:00-8:45 CS *	Beats Ride Michaela McGowan	7:45-8:30 MS *	Stacked Kevin Scott	8:00-8:45 CS *	Precision Ride Amanda Katz	7:30-8:15 MS *	Tabata Max KaRa Dizon
8:15-9:00 YS *	Off The Barre Jess Strohmeyer	8:15-9:05 YS *	Pilates Rise (HEATED) <i>Alex Ware</i>	8:30-9:15 YS *	Off the Barre (HEATED) <i>Sarah Marchetti Gleim</i>	8:15-9:00 YS *	Pilates Fusion (HEATED) <i>Erin Giordano</i>	8:15-9:00 YS *	Off the Barre (HEATED) Jenny Hegarty
8:30-8:45 MS *	Best Abs Ever <i>Jeff Robinson</i>	<hr/>		<hr/>		<hr/>		<hr/>	
12:15-1:15 YS *	Vinyasa Yoga <i>Elitza Ivanova</i>	12:15-1:00 MS *	Athletic Conditioning Ben Lauder-Dykes	12:15-1:00 YS *	Power Vinyasa (HEATED) <i>Lindsay Carson</i>	12:15-1:00 MS *	Stronger <i>Dario Torres</i>	12:15-1:15 YS *	Power Vinyasa (HEATED) <i>Damien Alexander</i>
12:30-1:15 MS *	Stacked <i>Kevin Scott</i>	12:30-1:00 TR *	Precision Run 30 JP Prishwalko	12:30-1:15 MS *	Athletic Conditioning <i>Shaun Anthony</i>	12:30-1:00 TR *	Precision Run 30 Jason Strong	12:30-1:15 MS *	MetCon3 <i>TomJohn Mershon</i>
1:30-2:15 YS *	EQX Barre Burn Lindsey Miller	12:30-1:30 YS *	Vinyasa Yoga (HEATED) <i>Stephanie Schwartz</i>	1:15-2:00 YS *	Off the Barre (HEATED) Connie Sousek	12:30-1:30 YS *	Vinyasa Yoga (HEATED) <i>Mary Horne</i>	<hr/>	
4:00-5:00 YS *	Amplified Vinyasa (HEATED) (L2) <i>Rika Henry</i>	4:00-5:00 YS *	Vinyasa Yoga (HEATED) <i>Damien Alexander</i>	4:00-4:45 YS *	Pilates Mat (HEATED) <i>Kelley Norman-Rambin</i>	4:00-5:00 YS *	Power Vinyasa <i>Lindsay Carson</i>	4:00-5:00 YS *	Vinyasa Yoga <i>Jamison Goodnight</i>
5:15-6:15 YS *	Vinyasa Yoga <i>Jena Maenius</i>	5:15-6:00 MS *	Whipped! <i>TomJohn Mershon</i>	5:15-6:15 YS *	Power Vinyasa (HEATED) <i>Colleen Murphy</i>	5:15-6:00 MS *	MetCon3 <i>Alexander</i>	5:15-6:00 MS *	Athletic Conditioning <i>Tracy Gordon</i>
5:30-6:15 MS *	MetCon Monday <i>Bonnie Flannery</i>	5:30-6:15 YS *	Pilates Mat <i>Will Taylor</i>	5:30-6:20 MS *	Stronger <i>Maddie Myers</i>	5:30-6:15 YS *	Bala Bangle Barre Burn <i>Michael J. Clark</i>	5:30-6:15 YS *	Pilates Mat <i>Khaleah London</i>
6:30-7:00 MS *	Best Abs Ever Bonnie Flannery	6:15-7:00 CS *	Beats Ride TomJohn Mershon	5:30-6:20 TR *	Precision Run® Alison O'Connor	6:15-7:00 CS *	Beats Ride Megan Colford	<hr/>	
6:45-7:30 YS *	Pilates Mat <i>Caroline Strong</i>	6:30-7:15 MS *	Stacked <i>Kyle White</i>	5:45-6:30 CS *	Precision Ride Ev Autio	6:15-7:00 MS *	Ultimate Resistance <i>Alexander</i>	<hr/>	
7:00-7:30 MS *	Upper Body Pump Bonnie Flannery	6:45-7:35 YS *	Vinyasa Yoga <i>Matt D'Amico</i>	6:30-7:15 MS *	Best Butt Ever <i>Tracy Gordon</i>	6:30-7:30 YS *	Sculpted Yoga™ <i>Michael J. Clark</i>	<hr/>	
				6:45-7:35 YS *	Pilates Rise (HEATED) <i>Mia Wenger</i>			<hr/>	

EQUINOX

BRYANT PARK

129 West 41st Street
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MON-THU 05:30 AM 09:00 PM

FRI 05:30 AM 07:00 PM

GROUP FITNESS MANAGER

tracey.grossman@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 30 An express version of our signature interval-based treadmill program, created by running expert, David Siik. Perfectly balanced speeds and inclines will have you crushing goals while having fun. An Equinox exclusive, welcome to the express lane. Bring headphones.

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

Amplified Vinyasa (HEATED) 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.

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.

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.

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.

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.

Ultimate Resistance An intense integrated-strength workout created by fitness expert, Alexander Charles using a single weight and resistance tubing. Ignite metabolic burn through a series of strength and core conditioning.

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.

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.

Off the Barre (HEATED) This heated 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 (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 (HEATED) 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.

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.

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.