

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| 7:00-8:00 YS * | 6:45-7:30 MS * | 6:00-6:45 YS * | 6:45-7:30 MS * | 7:00-7:50 YS * |
| Vinyasa Yoga <i>Robert Nguyen</i> | Rhythmic Sculpt <i>Jess Strohmeyer</i> | Barefoot Sculpt (HEATED) <i>Diane LaVon</i> | MetCon3 <i>Bonnie Flannery</i> | Pilates Rise (HEATED) <i>Manon Hallay</i> |
| 7:15-8:05 TR * | 7:00-8:00 YS * | 6:45-7:35 YS * | 7:00-8:00 YS * | 7:30-8:15 MS * |
| Precision Run® <i>JP Prishwalko</i> | Vinyasa Yoga (HEATED) <i>Matt D'Amico</i> | Precision Run® <i>Kevin Scott</i> | Power Vinyasa (HEATED) (L2) <i>Lindsay Carson</i> | Tabata Max <i>KaRa Dizon</i> |
| 7:45-8:30 MS * | 7:45-8:30 CS * | 7:15-8:15 YS * | 7:45-8:30 MS * | |
| Best Butt Ever <i>Jeff Robinson</i> | Beats Ride <i>Michaela McGowan</i> | Pilates Mat (HEATED) <i>Khaleah London</i> | Body Sculpt <i>Bonnie Flannery</i> | |
| 8:15-9:00 YS * | 7:45-8:30 MS * | 7:45-8:30 MS * | 8:00-8:45 CS * | 12:15-1:15 YS * |
| Pilates Fusion <i>Rachel Genise</i> | MetCon3 <i>Wyatt Slone</i> | Stacked <i>Kevin Scott</i> | Precision Ride <i>Amanda Katz</i> | Power Vinyasa (HEATED) <i>Jamie Bonelli</i> |
| 8:30-8:45 MS * | 8:15-9:05 YS * | 8:30-9:15 YS * | 8:15-9:00 YS * | 12:30-1:15 MS * |
| Best Abs Ever <i>Jeff Robinson</i> | Pilates Rise (HEATED) <i>Alex Ware</i> | Off the Barre (HEATED) <i>Sarah Marchetti Gleim</i> | Pilates Fusion (HEATED) <i>Erin Giordano</i> | MetCon3 <i>TomJohn Mershon</i> |
| | | | | |
| 12:15-1:15 YS * | 12:30-1:15 MS * | 12:15-1:00 YS * | 12:30-1:15 MS * | 4:00-5:00 YS * |
| Vinyasa Yoga <i>Elitza Dempsey</i> | Stronger <i>TomJohn Mershon</i> | Power Vinyasa (HEATED) <i>Lindsay Carson</i> | Ropes and Rowers <i>Dario Torres</i> | Weekend Wind Down Yoga <i>Andrea Borrero</i> |
| 12:30-1:15 MS * | 12:30-1:00 TR * | 12:30-1:15 MS * | 12:30-1:00 TR * | 5:15-6:00 MS * |
| Stacked <i>Kevin Scott</i> | Precision Run 30 <i>JP Prishwalko</i> | MetCon3 <i>Shaun Anthony</i> | Precision Run 30 <i>Jason Strong</i> | Athletic Conditioning <i>Tracy Gordon</i> |
| | 12:30-1:30 YS * | 1:15-2:00 YS * | 12:30-1:30 YS * | 5:30-6:15 YS * |
| 4:00-5:00 YS * | Vinyasa Yoga (HEATED) <i>Stephanie Schwartz</i> | Off the Barre (HEATED) <i>Connie Sousek</i> | Vinyasa Yoga (HEATED) <i>Mary Horne</i> | Pilates Mat <i>Khaleah London</i> |
| Amplified Vinyasa (HEATED) (L2) <i>Rika Henry</i> | | | | |
| 5:15-6:15 YS * | 4:00-5:00 YS * | 4:00-4:45 YS * | 4:00-5:00 YS * | |
| Vinyasa Yoga <i>Jena Maenius</i> | Vinyasa Yoga (HEATED) <i>Colleen Murphy</i> | Pilates Mat <i>Kelley Norman-Rambin</i> | Power Vinyasa (HEATED) <i>Lindsay Carson</i> | |
| 5:30-6:15 MS * | 5:15-6:05 MS * | 5:15-6:15 YS * | 5:15-6:00 MS * | |
| MetCon Monday <i>Bonnie Flannery</i> | Circuit Training <i>TomJohn Mershon</i> | Power Vinyasa (HEATED) <i>VR Colletti</i> | Rhythmic Sculpt <i>Alex Ware</i> | |
| 5:30-6:20 TR * | 5:30-6:15 YS * | 5:30-6:20 MS * | 5:30-6:15 YS * | |
| Precision Run® <i>Khaled Zeidan</i> | Pilates Mat <i>Bret Yamanaka</i> | Stronger <i>Maddie Myers</i> | Bala Bangle Barre Burn <i>Michael J. Clark</i> | |
| 6:30-7:15 MS * | 6:15-7:00 CS * | 5:45-6:30 CS * | 6:00-6:45 CS * | |
| Body Sculpt <i>Bonnie Flannery</i> | Beats Ride <i>TomJohn Mershon</i> | Beats Ride <i>Ev Autio</i> | Precision Ride <i>Megan Colford</i> | |
| 7:00-7:45 YS * | 6:30-7:15 MS * | 6:30-7:15 MS * | 6:30-7:20 MS * | |
| Pilates Mat <i>Caroline Strong</i> | Stacked <i>Kyle White</i> | Best Butt Ever <i>Tracy Gordon</i> | Studio Dance: Contemporary <i>Shayne Staley</i> | |
| | 6:45-7:35 YS * | 7:00-7:45 YS * | 6:30-7:30 YS * | |
| | Vinyasa Yoga <i>Matt D'Amico</i> | Pilates Fusion (HEATED) <i>Mia Wenger</i> | Sculpted Yoga™ <i>Michael J. Clark</i> | |

EQUINOX

BRYANT PARK

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MON-THU 05:30 AM 09:00 PM

FRI 05:30 AM 07:00 PM

GROUP FITNESS MANAGER

jessica.davis@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 (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.

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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.

HIIT

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.

Circuit Training Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

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.

Ropes and Rowers Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. 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.

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.

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 An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a fusion of practices.

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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.

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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.

Dance

Studio Dance: Contemporary A choreography-driven dance class incorporating styles from jazz to lyrical. Learn a complete combination, improve technique, and unleash your inner dancer.

Sculpt

Barefoot Sculpt (HEATED) 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.

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.