

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00-8:00 YS * Vinyasa Yoga Robert Nguyen	7:00-8:00 YS * Vinyasa Yoga (HEATED) <i>Matt D'Amico</i>	6:00-6:45 YS * Sculpted Yoga™ Diane LaVon	6:45-7:30 MS * Stronger <i>Bonnie Flannery</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>	6:45-7:35 TR * Precision Run® <i>Kevin Scott</i>	7:00-8:00 YS * Power Vinyasa (HEATED) (L2) <i>Lindsay Carson</i>	7:30-8:15 MS * Tabata Max <i>KaRa Dizon</i>
7:45-8:30 MS * Stacked <i>Jeff Robinson</i>	7:45-8:30 CS * Beats Ride Michaela McGowan	7:15-8:15 YS * Pilates Mat (HEATED) <i>Khaleah London</i>	7:45-8:30 MS * Body Sculpt <i>Bonnie Flannery</i>	8:15-9:00 YS * Off the Barre (HEATED) <i>Jenny Hegarty</i>
8:30-8:45 MS * Best Abs Ever <i>Jeff Robinson</i>	8:15-9:05 YS * Pilates Rise (HEATED) <i>Alex Ware</i>	7:45-8:30 MS * Stacked <i>Kevin Scott</i>	8:00-8:45 CS * Precision Ride <i>Amanda Katz</i>	12:15-1:15 YS * Power Vinyasa (HEATED) <i>Team Equinox</i>
12:15-1:15 YS * Vinyasa Yoga <i>Elitza Dempsey</i>	12:15-1:00 MS * Athletic Conditioning <i>Ben Lauder-Dykes</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>	12:30-1:15 MS * MetCon3 <i>TomJohn Mershon</i>
12:30-1:15 MS * Stacked <i>Kevin Scott</i>	12:30-1:00 TR * Precision Run 30 <i>JP Prishwalko</i>	12:15-1:00 YS * Power Vinyasa (HEATED) <i>Lindsay Carson</i>	12:15-1:00 MS * Stronger <i>Dario Torres</i>	4:00-5:00 YS * Vinyasa Yoga <i>Jamison Goodnight</i>
1:30-2:15 YS * EQX Barre Burn <i>Lindsey Miller</i>	12:30-1:30 YS * Vinyasa Yoga (HEATED) <i>Stephanie Schwartz</i>	12:30-1:15 MS * Athletic Conditioning <i>Shaun Anthony</i>	12:30-1:00 TR * Precision Run 30 <i>Jason Strong</i>	5:15-6:00 MS * Athletic Conditioning <i>Tracy Gordon</i>
4:00-5:00 YS * Amplified Vinyasa (HEATED) (L2) <i>Rika Henry</i>	4:00-5:00 YS * Vinyasa Yoga (HEATED) <i>Colleen Murphy</i>	1:15-2:00 YS * Off the Barre (HEATED) <i>Connie Sousek</i>	12:30-1:30 YS * Vinyasa Yoga (HEATED) <i>Mary Horne</i>	5:30-6:15 YS * Pilates Mat <i>Khaleah London</i>
5:15-6:15 YS * Vinyasa Yoga <i>Jena Maenius</i>	5:15-6:05 MS * Circuit Training <i>TomJohn Mershon</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>	
5:30-6:15 MS * MetCon Monday <i>Bonnie Flannery</i>	5:30-6:15 YS * Pilates Mat <i>Will Taylor</i>	5:15-6:15 YS * Power Vinyasa (HEATED) <i>Team Equinox</i>	5:15-6:00 MS * Body Sculpt <i>Alex Ware</i>	
5:30-6:20 TR * Precision Run® <i>Khaled Zeidan</i>	6:15-7:00 CS * Beats Ride <i>TomJohn Mershon</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>	
6:30-7:00 MS * Best Abs Ever <i>Bonnie Flannery</i>	6:30-7:15 MS * Stacked <i>Kyle White</i>	5:45-6:30 CS * Beats Ride Ev Autio	6:15-7:00 CS * Precision Ride Megan Colford	
6:45-7:30 YS * Pilates Mat <i>Caroline Strong</i>	6:45-7:35 YS * Vinyasa Yoga <i>Matt D'Amico</i>	6:30-7:15 MS * Best Butt Ever <i>Tracy Gordon</i>	6:30-7:20 MS * Studio Dance: Contemporary Shayne Staley	
7:00-7:30 MS * Upper Body Pump <i>Bonnie Flannery</i>		6:45-7:35 YS * Pilates Rise (HEATED) <i>Mia Wenger</i>	6:30-7:30 YS * Sculpted Yoga™ <i>Michael J. Clark</i>	

EQUINOX

BRYANT PARK

129 West 41st Street
NEW YORK NY 10036
EQUINOX.COM
@EQUINOX

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 additive 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.

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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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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.

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.

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.

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 (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.

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

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.

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.