

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:45 MS * MetCon3 <i>Jaclyn Michelle</i>	6:30-7:15 MS * <b>Stacked</b> <b>Lisa Bosalavage</b>	7:00-7:45 MS * Body Sculpt <i>Sara Deberry</i>	6:45-7:30 MS * <b>Tabata Max</b> <b>Delida Torres</b>	6:45-7:30 MS * <b>Stronger</b> <b>Dyan Tsiumis</b>	9:00-9:45 Amplified Vinyasa (HEATED) <i>Rika Henry</i>	9:30-10:15 YS * True Barre <i>Angela Joy</i>
7:15-8:00 YS * Pilates Mat (HEATED) <i>Khaleah London</i>	7:00-7:50 TR * Precision Run® <i>John Cianca</i>	7:15-8:00 YS * True Barre <i>Kyla Lloyd</i>	7:00-7:50 TR * Precision Run® <i>Amy Amato</i>	7:45-8:45 YS * Sculpted Yoga™ <i>Dyan Tsiumis</i>	9:15-10:05 TR * Precision Run® <i>Khaleah London</i>	10:30-11:30 YS * Vinyasa Yoga <i>Kira McCarthy</i>
8:15-9:05 TR * Precision Walk: Elevate <i>Khaleah London</i>	7:30-8:15 YS * Barre (HEATED) <i>Melinda Porto</i>	8:00-8:45 MS * Stronger <i>Sara Deberry</i>	7:30-8:15 YS * Power Vinyasa (HEATED) <i>Jena Maenius</i>	8:00-8:45 MS * Stacked <i>Dario Torres</i>	9:30-10:15 MS * Best Butt Ever <i>Meghan Cox</i>	11:15-12:00 MS * MetCon3 <i>Ginny King</i>
9:15-10:00 YS * True Barre <i>Khaleah London</i>	7:45-8:30 BR * Rounds: Pro (L3) <i>Khaled Zeidan</i>	9:15-10:05 YS * Pilates Rise <i>Alison Mathis</i>	8:00-8:45 MS * MetCon3 <i>TomJohn Mershon</i>	11:45-12:15 TR * Precision Run 30 <i>John Cianca</i>	10:00-10:45 BR * Rounds: Boxing <i>Ahmad Simmons</i>	11:30-12:15 CS * Beats Ride <i>Michaela McGowan</i>
11:45-12:15 TR * Precision Run 30 <i>John Cianca</i>	8:00-8:45 MS * Tabata Max <i>John Cianca</i>	12:15-1:00 YS * Bala Bangle Barre Burn <i>Lucas Blankenhorn</i>	12:00-12:45 YS * Amplified Vinyasa (HEATED) <i>Rika Henry</i>	12:15-1:00 YS * Pilates Fusion (HEATED) <i>Sammy Tuchman</i>	10:15-11:00 YS * True Barre <i>Khaleah London</i>	12:00-12:45 BR * Rounds: Pro (L3) <i>Khaled Zeidan</i>
12:15-1:00 YS * True Barre <i>Kevin VerEecke</i>	12:00-12:45 YS * Vinyasa Yoga <i>Alison O'Connor</i>	12:30-1:15 MS * MetCon3 <i>Mara Gabrielle</i>	12:15-12:45 MS * Upper Body Pump <i>Sara Deberry</i>	12:30-1:15 MS * Whipped! <i>John Cianca</i>	10:30-11:15 MS * <b>Rhythmic Sculpt</b> <b>Marissa Myers</b>	3:15-4:00 YS * Pilates Fusion <i>Elgin McCargo</i>
12:30-1:15 MS * Tabata Max <i>John Cianca</i>	12:15-1:00 MS * Stronger <i>Esteban Deleon</i>	4:30-5:15 YS * True Barre <i>Paige Bodnar</i>	12:45-1:15 MS * Best Butt Ever <i>Sara Deberry</i>	4:00-5:00 YS * Vinyasa Yoga (HEATED) <i>Kumiko Buckman</i>	11:15-12:00 CS * Beats + Bands Ride <i>Ney Melo</i>	5:00-6:00 YS * Vinyasa Yoga (HEATED) <i>Amy Norton</i>
4:30-5:15 YS * Pilates Mat (HEATED) <i>Beth Bardin</i>	4:30-5:15 YS * <b>Barefoot Sculpt</b> <b>Alison O'Connor</b>	5:30-6:30 YS * Vinyasa Yoga <i>Mardi Sykes</i>	4:30-5:15 YS * Pilates Mat (HEATED) <i>Beth Bardin</i>	5:00-5:45 MS * <b>Rhythmic Sculpt</b> <b>Kyla Lloyd</b>	12:00-1:00 YS * Vinyasa Yoga <i>Johan Montijano</i>	
5:15-6:00 MS * Cardio Sculpt <i>Cindy Davis</i>	5:30-6:20 YS * Pilates Rise <i>Sammy Tuchman</i>	5:45-6:30 MS * Best Butt Ever <i>Shanice Reyes</i>	5:30-6:30 YS * Vinyasa Yoga (HEATED) <i>Kira McCarthy</i>	5:15-6:00 YS * Yin Yoga Meditation <i>Kumiko Buckman</i>	1:15-2:00 MS * Stronger <i>Story VonHolzhausen</i>	
5:30-6:15 MS * Best Stretch Ever (HEATED) <i>Rika Henry</i>	5:45-6:30 MS * MetCon3 <i>Michelle Koenigsknecht</i>	6:00-6:50 TR * Precision Walk: Elevate <i>Amy Amato</i>	5:45-6:30 MS * Stacked <i>KaRa Dizon</i>	6:00-6:45 MS * Bala Bangle Barre Burn <i>Kyla Lloyd</i>	2:15-3:05 CS * <b>Precision Ride</b> <b>Story VonHolzhausen</b>	
6:15-7:05 TR * Precision Run® <i>Elizabeth Tretter</i>	6:00-6:45 BR * Rounds: Boxing <i>Champ Parris</i>	6:15-7:00 CS * <b>Beats + Bands Ride</b> <b>Ney Melo</b>	6:00-6:45 BR * Rounds: Boxing <i>Alexei Kuznietsov</i>		4:00-4:50 YS * Pilates Rise <i>Genieve Gordon</i>	
6:30-7:15 MS * MetCon Monday <i>John Cianca</i>	6:30-7:15 CS * Anthem Ride <i>Jaclyn Michelle</i>	6:30-7:15 BR * Rounds: Boxing <i>Ahmad Simmons</i>	6:15-7:00 CS * Beats Ride <i>D Gunnz</i>			
6:45-7:45 YS * Vinyasa Yoga (HEATED) <i>Jill Green</i>	6:45-7:45 YS * Amplified Vinyasa (HEATED) (L2) <i>Rika Henry</i>	6:45-7:30 MS * Stronger <i>Shanice Reyes</i>	6:30-6:45 MS * Best Abs Ever <i>KaRa Dizon</i>			
	7:00-7:30 MS * Best Butt Ever <i>Diego Guevara</i>	7:00-8:00 YS * <b>Amplified Vinyasa</b> <b>Rika Henry</b>	7:00-7:45 YS * Pilates Mat (HEATED) <i>Rachel King</i>			
	7:30-8:00 MS * Upper Body Pump <i>Diego Guevara</i>					

# EQUINOX

## BROOKFIELD PLACE

225 Liberty Street

NEW YORK NY 10281

EQUINOX.COM

@EQUINOX

**MON-THU** 05:30 AM 10:00 PM

**FRI** 05:30 AM 09:00 PM

**SAT-SUN** 08:00 AM 07:00 PM

**Kids**

**FRI-SUN** 08:00 AM 02:00 PM

## GROUP FITNESS MANAGER

ney.melo@equinox.com

## SIGNATURE CLASSES.

### ACCLAIMED INSTRUCTORS.

### TRANSFORMED BODIES.

## STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

BR Boxing Studio

## CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

## Cycling

**Anthem Ride** Let the music move you! Vibe, flow, and sweat to the beat in our Signature "all music, no metrics" ride. An Equinox Exclusive.

**Beats + Bands Ride** Beats + Bands combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving Equinox exclusive.

**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.

**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

**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.

**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.

**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.

**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

**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.

**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 (HEATED)** A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

**True Barre** This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle 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 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 (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** 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

**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.

## Stretch and Recovery

**Best Stretch Ever (HEATED)** 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.

## Sculpt

**Barefoot Sculpt** 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.

**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, 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.

**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.