

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:45 MS* MetCon3 Lauren Anthony	6:45-7:30 MS* MetCon3 <i>Lisa Bosalavage</i>	6:45-7:30 MS* Stronger <i>Sara Deberry</i>	7:00-7:50 TR* Precision Run® <i>Amy Amato</i>	7:00-7:45 CS* Beats Ride <i>Dyan Tsumis</i>	9:00-9:45 YS* 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>	7:30-8:15 BR* Rounds: Boxing Delida Torres	7:45-8:30 MS* Tabata Max <i>Dario Torres</i>	9:15-10:05 TR* Precision Run® <i>Khaleah London</i>	10:30-11:30 YS* Vinyasa Yoga <i>Kira McCarthy</i>
7:30-8:15 CS* Anthem Ride Jaclyn Michelle	7:30-8:15 YS* Barre (HEATED) <i>Melinda Porto</i>	8:00-8:45 MS* Body Sculpt <i>Sara Deberry</i>	7:30-8:15 YS* Power Vinyasa (HEATED) <i>Jena Maenius</i>	8:00-9:00 YS* Sculpted Yoga™ <i>Dyan Tsumis</i>	9:30-10:15 MS* Best Butt Ever Meghan Cox	11:15-12:00 MS* MetCon3 <i>Ginny King</i>
8:15-9:05 TR* Precision Walk: Elevate <i>Khaleah London</i>	8:00-8:45 BR* Rounds: Pro (L3) <i>Khaled Zeidan</i>	9:15-10:05 YS* Pilates Rise Alison Mathis	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 Michaela McGowan
9:15-10:00 YS* True Barre <i>Khaleah London</i>	8:00-8:45 MS* Tabata Max <i>John Cianca</i>	12:00-12:45 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>Emily Snuffer</i>	10:15-11:00 YS* True Barre <i>Khaleah London</i>	12:00-12:45 BR* Rounds: Pro (L3) <i>Khaled Zeidan</i>
11:45-12:15 TR* Precision Run 30 <i>John Cianca</i>	12:00-1:00 YS* Vinyasa Yoga <i>Jamison Goodnight</i>	12:30-1:15 MS* MetCon3 <i>Mara Gabrielle</i>	12:15-12:45 MS* Upper Body Pump Sara Deberry	12:30-1:20 MS* Whipped! <i>John Cianca</i>	10:45-11:30 MS* Tabata Max <i>Alexandra Vasile</i>	3:15-4:00 YS* Pilates Fusion <i>Elgin McCargo</i>
12:15-1:00 YS* True Barre <i>Kevin VerEecke</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 Sara Deberry	4:00-5:00 YS* Vinyasa Yoga (HEATED) <i>Kumiko Buckman</i>	11:00-11:45 CS* Beats + Bands Ride Ney Melo	5:00-6:00 YS* Vinyasa Yoga (HEATED) <i>Amy Norton</i>
12:30-1:15 MS* Tabata Max <i>John Cianca</i>	4:30-5:15 YS* Vinyasa Yoga <i>Alison O'Connor</i>	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* Body Sculpt <i>Kyla Lloyd</i>	12:00-1:00 YS* Vinyasa Yoga <i>Johan Montjano</i>	
4:30-5:15 YS* Pilates Mat (HEATED) <i>Beth Bardin</i>	5:30-6:20 YS* Pilates Rise <i>Sammy Tuchman</i>	5:45-6:30 MS* Best Butt Ever Shanice Reyes	5:30-6:30 YS* Vinyasa Yoga (HEATED) <i>Kira McCarthy</i>	6:00-6:45 YS* True Barre <i>Kyla Lloyd</i>	1:15-2:00 MS* Stronger <i>Peyton Royal</i>	
5:15-6:00 MS* Cardio Sculpt <i>Cindya Davis</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* Rounds: Boxing <i>Alexei Kuznietsov</i>	4:00-4:50 YS* Pilates Rise <i>Genevieve Gordon</i>	
5:30-6:15 YS* Best Stretch Ever (HEATED) <i>Rika Henry</i>	6:00-6:45 BR* Rounds: Boxing <i>Champ Farris</i>	6:30-7:15 BR* Rounds: Boxing Ahmad Simmons	6:00-6:45 BR* Rounds: Boxing <i>Alexei Kuznietsov</i>	6:15-7:00 CS* THEME RIDE: Hip Hop EXPLICIT D Gunnz		
6:15-7:05 TR* Precision Run® <i>Elizabeth Tretter</i>	6:15-7:00 CS* Anthem Ride <i>Jaclyn Michelle</i>	6:45-7:30 MS* Stronger <i>Shanice Reyes</i>	6:15-7:00 CS* Best Abs Ever <i>KaRa Dizon</i>	7:00-7:45 YS* Pilates Mat (HEATED) <i>Rachel King</i>		
6:30-7:15 MS* MetCon Monday <i>John Cianca</i>	6:45-7:45 YS* Amplified Vinyasa (HEATED) (L2) <i>Rika Henry</i>	7:00-7:45 YS* Best Stretch Ever <i>Rika Henry</i>				
6:45-7:45 YS* Vinyasa Yoga (HEATED) <i>Jill Green</i>	7:00-7:30 MS* Best Butt Ever <i>Diego Guevara</i>					
	7:30-8:00 MS* Upper Body Pump <i>Diego Guevara</i>					

EQUINOX

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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

kevin.scott@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.

THEME RIDE: Hip Hop EXPLICIT A cycling experience that exclusively explores a musical artist, genre, or decade -- with a playlist carefully curated by an Equinox instructor. All new, every time.

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 (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.

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 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.

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

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.

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.