

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 BA * Pilates Fusion <i>Tory Asmus</i>	6:30-7:15 MS * MetCon3 <i>Katie Thrasher</i>	6:15-7:05 MS * Stronger <i>Carolann Valentino</i>	6:15-7:05 MS * MetCon3 <i>Erin Puskar</i>	6:15-7:05 MS * Stronger <i>Katie Thrasher</i>	8:00-8:45 CS * Beats Ride Shweky	8:30-9:15 BA * Pilates Fusion <i>Kylie Traeacy</i>
6:45-7:35 TR * Precision Run® <i>Chelsea Amengual</i>	7:00-7:45 CS * Beats Ride Serena DiLiberto	6:30-7:15 BA * True Barre <i>Mel Gallo</i>	6:45-7:30 CS * Beats Ride Angela Rice	6:15-7:00 TR * Precision Run® <i>Margaret Schwarz</i>	8:30-9:15 BA * Barre Lindsey Miller	9:00-9:45 MS * Sculpt <i>Jeff Robinson</i>
7:00-8:00 PG * Playground Experience - PGX <i>Felix Ferreira Jevone Watt</i>	7:15-8:05 BA * Pilates Rise <i>Mia Wenger</i>	7:00-8:00 YS * Vinyasa Yoga <i>Lauren Harris</i>	7:15-8:00 BA * Barre <i>Cindya Davis</i>	7:05-8:00 YS * Vinyasa Yoga <i>Margaret Schwarz</i>	9:00-9:45 MS * Stacked <i>Abbey Hunt</i>	9:30-10:15 CS * Beats Ride D Gunnz
7:30-8:15 MS * Athletic Conditioning <i>Diego Guevara</i>	7:15-7:30 MS * Best Abs Ever <i>Katie Thrasher</i>	7:15-8:00 CS * Beats Ride Leah Clark	7:30-8:20 MS * Whipped! <i>Alison O'Connor</i>	7:15-8:00 CS * Beats Ride Brandon Green	9:30-10:15 CS * Beats Ride Brandon Green	9:45-10:30 BA * True Barre <i>Justine Ayala</i>
7:45-8:35 BA * True Barre <i>Mel Gallo</i>	7:30-8:30 YS * Vinyasa Yoga (HEATED) <i>Izzy VanHall</i>	7:30-8:15 MS * Cardio Sculpt <i>Mel Gallo</i>	7:30-8:30 YS * Vinyasa Yoga (HEATED) <i>Lipe</i>	7:30-8:15 MS * Athletic Conditioning <i>Katie Thrasher</i>	10:00-11:15 YS * Vinyasa Yoga <i>Esco Wilson</i>	9:45-10:00 MS * Best Abs Ever <i>Jeff Robinson</i>
8:00-9:00 YS * Vinyasa Yoga <i>Annette Vetere</i>	9:00-9:45 BA * Barre <i>Mia Wenger</i>	7:45-8:40 TR * Precision Run® <i>Taj Harris Lee</i>	8:30-9:15 MS * Best Butt Ever <i>Cindya Davis</i>	9:15-10:00 MS * MetCon3 <i>Shanice Reyes</i>	10:15-11:00 BA * Pilates Fusion <i>Kayla Prestel</i>	10:00-11:00 YS * Slow Flow Yoga <i>Aarti Ruparell</i>
9:15-10:00 MS * The Cut <i>Eddie Carrington</i>	9:30-10:20 MS * Stronger <i>Carolann Valentino</i>	8:45-9:35 BA * Barre <i>Elgin McCargo</i>	9:00-9:45 BA * Pilates Fusion <i>Elgin McCargo</i>	9:15-10:15 YS * Sculpted Yoga™ <i>Jess Anson</i>	10:30-11:15 MS * Cardio Sculpt Melissa Birnbaum	10:15-11:05 MS * MetCon3 <i>Jeff Robinson</i>
9:45-10:45 YS * Sculpted Yoga™ <i>Diane LaVon</i>	10:30-11:30 YS * Vinyasa Yoga <i>Johan Montijano</i>	9:00-9:45 MS * Rounds: Boxing Circuit <i>Christian Reyes</i>	9:30-10:15 MS * Athletic Conditioning Ben Lauder-Dykes	10:15-11:00 BA * Barre <i>Emily Naim</i>	11:15-12:00 CS * Beats Ride D Gunnz	11:00-11:45 BA * Barre <i>Lucas Blankenhorn</i>
10:30-11:15 BA * Barre <i>James Ervin</i>	12:15-1:00 BA * Barre <i>Jenny Hegarty</i>	10:00-10:50 BA * Trilogy Barre <i>Elgin McCargo</i>	10:30-11:30 YS * Vinyasa Yoga <i>Serena Tom</i>	12:00-1:00 YS * Vinyasa Yoga <i>Kristin Bilella</i>	11:45-12:45 BA * True Barre <i>James Ervin</i>	11:45-12:45 YS * Vinyasa Yoga Dylan Evans
11:00-11:45 MS * Best Stretch Ever <i>Diane LaVon</i>	1:45-2:45 YS * Restorative Yoga <i>Mary Aranas</i>	10:15-10:45 MS * Best Butt Ever <i>Bryna Carracino</i>	12:15-1:05 BA * Pilates Rise <i>Genevieve Gordon</i>	4:30-5:30 YS * Yin Yoga Meditation <i>Jessica Metz</i>	12:15-1:15 YS * Vinyasa Yoga <i>Jessica Metz</i>	12:00-12:45 MS * Zumba® <i>Monique Alhaddad</i>
12:00-1:00 YS * Vinyasa Yoga Rosie DeAngelo	4:30-5:15 BA * Barre <i>Rachel Bonet</i>	10:45-11:00 MS * Upper Body Pump <i>Bryna Carracino</i>	4:30-5:15 BA * Pilates Fusion <i>Alex Dill</i>	5:00-5:50 BA * Pilates Rise Laeticia Emmanuel	12:30-1:15 MS * Rounds: Boxing Circuit Alexei Kuznietsov	1:00-1:45 MS * Best Stretch Ever <i>Monique Alhaddad</i>
5:15-6:15 YS * Power Vinyasa (HEATED) <i>Serena Tom</i>	5:15-6:05 MS * Stronger <i>Shanice Reyes</i>	12:00-1:00 YS * Power Vinyasa (HEATED) <i>Esco Wilson</i>	5:15-6:00 MS * Rounds: Boxing Circuit <i>Christian Reyes</i>	5:15-6:10 TR * Precision Run® <i>Shweky</i>	1:00-2:00 PG * Playground Experience - PGX <i>Felix Ferreira Dario Torres</i>	2:00-3:00 YS * Power Vinyasa (HEATED) <i>Serena Tom</i>
5:30-6:20 BA * True Barre <i>James Ervin</i>	5:30-6:30 YS * Sculpted Yoga™ Randi Cerini	5:15-6:15 YS * Yin Yoga Meditation <i>Emily Naim</i>	5:30-6:30 YS * Vinyasa Yoga <i>Jenny Mendez</i>	5:45-6:30 MS * Sculpt <i>Jeff Robinson</i>	PG * Felix Ferreira Dario Torres	4:15-5:05 BA * True Barre <i>Maureen Duke</i>
5:45-6:30 MS * MetCon Monday <i>Isabelle Luongo</i>	5:45-6:30 BA * Pilates Fusion <i>Erin Ginn</i>	5:30-6:15 BA * Barre <i>Lindsey Miller</i>	5:45-6:35 BA * Trilogy Barre <i>Kevin VerEecke</i>	6:15-7:00 BA * Barre <i>Laeticia Emmanuel</i>	1:30-2:15 BA * Trilogy Barre <i>James Ervin</i>	5:00-6:00 YS * Weekend Wind Down Yoga <i>Alicia Morris</i>
6:00-6:45 CS * Beats Ride Brandon Green	6:30-7:20 MS * Whipped! <i>Alison O'Connor</i>	5:45-6:35 MS * Ropes and Rowers <i>Dario Torres</i>	6:00-7:00 PG * Playground Experience - PGX <i>Miriam Shestack Dario Torres</i>	6:15-7:15 YS * Vinyasa Yoga (HEATED) <i>Andrea Borrero</i>	2:00-3:00 YS * Slow Flow Yoga Kristina Erikson	5:30-6:20 BA * Pilates Rise <i>Maureen Duke</i>
6:45-7:35 TR * Precision Run® <i>Isabelle Luongo</i>	6:45-7:30 CS * Beats Ride Shweky	7:00-8:00 YS * Vinyasa Yoga <i>Andrea Borrero</i>	6:30-7:15 CS * Beats Ride Marirose Aleardi		4:00-5:00 YS * Restorative Yoga <i>Anubha Elaine Boudouris</i>	
7:00-8:00 YS * Vinyasa Yoga <i>Serena Tom</i>	7:00-7:50 BA * True Barre <i>James Ervin</i>	7:15-8:00 MS * Stacked <i>Chris Yeoh</i>	6:45-7:45 MS * DANCEology <i>James Ervin</i>			
7:15-8:05 MS * Stronger <i>Brian Ahn</i>	7:30-8:30 YS * Vinyasa Yoga (HEATED) <i>Evan Perry</i>	7:30-8:15 BA * Barre <i>Nicole Kinzel</i>	7:00-7:50 BA * True Barre <i>Kevin VerEecke</i>			
7:30-8:15 BA * Barre <i>Emily Naim</i>		7:30-8:20 CS * Precision Ride Ev Autio	7:30-8:30 YS * Power Vinyasa <i>Lipe</i>			

EQUINOX

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MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 08:00 PM

SAT-SUN 07:00 AM 07:00 PM

GROUP FITNESS MANAGER

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SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

BA Barre Studio

TR Treadmill Area

PG The Playground

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® An interval-based, treadmill running workout created by running expert, David Sikk. 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

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.

Restorative Yoga A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

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.

Slow Flow Yoga A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.

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.

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.

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

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.

Playground Experience - PGX Team up for this challenging circuit-training program. Catapult through cycles of timed rounds and intervals. Increase power, strength, agility, core, and 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.

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

Barre 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.

Trilogy Barre A Pilates reformer and barre-inspired workout at the triple-barre that uses custom-designed resistance bands to strengthen, sculpt, and tone. Increase flexibility while building muscle definition. An Equinox exclusive.

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 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.

Dance

DANCEology An advanced choreographed dance class created by Broadway veteran dancer and fitness expert James Ervin. Improve your technique, challenge your inhibitions and allow your spirit to soar.

Zumba® A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

Boxing and Kickboxing

Rounds: Boxing Circuit Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in an authentic boxing circuit as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

The Cut A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. 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.

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.

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.

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.