

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:45 CS * Beats Ride <i>Taj Harris Lee</i>	6:30-7:15 YS * Barefoot Sculpt <i>Annalise Northway</i>	7:00-7:45 CS * Beats Ride <i>Ney Melo</i>	6:30-7:15 YS * Pilates Fusion <i>Jennifer Tarentino</i>	6:45-7:30 CS * Beats Ride <i>Lisa Bosalavage</i>	8:45-9:30 YS * EQX Barre Burn <i>Genevieve Gordon</i>	9:00-9:45 MS * MetCon3 <i>Lisa Bosalavage</i>
7:15-8:00 MS * Athletic Conditioning <i>Natasha Ross</i>	7:00-7:45 MS * MetCon3 <i>Isabelle Luongo</i>	7:15-8:05 TR * Precision Run@ <i>Isabelle Luongo</i>	7:00-7:50 MS * Ropes and Rowers <i>Felix Ferreira</i>	7:15-8:20 TR * Precision Run@ <i>Linette Guelen</i>	9:00-9:45 MS * Cardio Sculpt <i>Alex Fitzgibbon</i>	9:15-10:00 YS * Pilates Fusion <i>Richel Ruiz</i>
8:15-9:00 MS * Body Sculpt <i>Sara Deberry</i>	7:30-8:30 YS * Sculpted Yoga™ <i>Kristin Condon</i>	7:30-8:20 MS * Stronger <i>Diego Guevara</i>	7:30-8:20 YS * Amplified Vinyasa <i>Rika Henry</i>	8:00-8:45 MS * Atletica <i>Marie Jasmin</i>	9:45-10:45 YS * Vinyasa Yoga <i>Jacob Reynolds</i>	10:00-10:45 CS * Beats Ride <i>Lisa Bosalavage</i>
9:00-9:45 YS * Bala Bangle Barre Burn <i>Kevin VerEecke</i>	8:15-9:00 MS * Best Butt Ever <i>Isabelle Luongo</i>	9:00-9:45 YS * Pilates Mat <i>Caroline Strong</i>	8:15-9:00 MS * MetCon3 <i>Felix Ferreira</i>	9:00-10:00 YS * Vinyasa Yoga <i>Damien Alexander</i>	10:00-10:45 TR * Precision Run@ <i>Sara Hogrefe</i>	10:00-10:45 MS * Cardio Sculpt <i>Marissa Myers</i>
12:00-12:45 YS * Pilates Mat <i>Claire Danese</i>	8:45-9:30 YS * Silhouette <i>Alexis Sweeney</i>	12:00-12:45 YS * Bala Bangle Barre Burn <i>Jennifer Benesch</i>	8:45-9:30 YS * EQX Barre Burn <i>Angela Joy</i>	12:15:1:00 TR * Precision Run@ <i>Jacob Reynolds</i>	10:15-11:00 MS * MetCon3 <i>Genevieve Gordon</i>	10:45-11:45 YS * Vinyasa Yoga <i>Ruah Bhay</i>
12:30-1:20 MS * Ropes and Rowers <i>Felix Ferreira</i>	9:15-10:05 MS * Stronger <i>Isabelle Luongo</i>	12:15-1:00 CS * Beats Ride <i>Avery Washington</i>	9:15-10:00 MS * Body Sculpt <i>Taj Harris Lee</i>	12:15-1:00 YS * Bala Bangle Barre Burn <i>Genevieve Gordon</i>	11:00-11:50 CS * Precision Ride <i>Sara Hogrefe</i>	11:15-11:45 MS * Tabata Cardio 30 <i>Jenna Matroni</i>
1:15-2:15 YS * Vinyasa Yoga <i>Kevin Bigger</i>	12:15-1:05 YS * Pilates Rise <i>Lilly Joergensen</i>	12:30-1:00 MS * Best Butt Ever <i>Robert Burke</i>	12:00-12:45 YS * Pilates Fusion <i>Alexis Sweeney</i>	1:15-2:15 YS * Vinyasa Yoga <i>Jacob Reynolds</i>	11:15-12:00 MS * Atletica <i>Erika Hearn</i>	11:45-12:15 MS * Upper Body Pump <i>Jenna Matroni</i>
4:15-5:05 YS * Barre Beyond <i>Pavee Kwun</i>	12:30-1:15 MS * Stacked <i>Jeff Robinson</i>	1:00-1:30 MS * Upper Body Pump <i>Robert Burke</i>	12:30-1:20 MS * Stronger <i>David Miller</i>	4:00-4:50 MS * Stronger <i>Bonnie Flannery</i>	11:30-12:20 YS * Pilates Rise <i>Genevieve Gordon</i>	12:15-1:00 YS * Pilates Mat <i>Caroline Strong</i>
5:30-6:15 YS * Pilates Fusion <i>Katherine Menna</i>	1:15-2:15 YS * Vinyasa Yoga <i>Patrick Millard</i>	4:15-5:15 YS * Sculpted Yoga™ <i>Kristin Bilella</i>	1:00-2:00 YS * Vinyasa Yoga <i>Ruah Bhay</i>	5:00-6:00 YS * Sculpted Yoga™ <i>Kristin Condon</i>	12:15-1:00 MS * Cardio Dance <i>Team Equinox</i>	12:45-1:35 MS * Circuit Training <i>Jeff Robinson</i>
5:45-6:30 MS * Whipped! <i>Justin Goldman</i>	4:30-5:15 YS * Pilates Mat <i>Shing Ong</i>	5:30-6:15 MS * Body Sculpt <i>Genevieve Gordon</i>	4:00-4:45 MS * Best Stretch Ever <i>Kevin Bigger</i>	6:15-7:00 YS * Sonic Meditation <i>Kristin Condon</i>	12:45-1:45 YS * Power Vinyasa <i>Jessie Wren</i>	1:15-2:15 YS * Vinyasa Yoga <i>Evan Perry</i>
5:45-6:30 TR * Precision Run@ <i>Sara Hogrefe</i>	5:30-6:15 MS * Atletica <i>Nora Bisharat</i>	5:45-6:45 YS * Vinyasa Yoga <i>Julie Dohrman</i>	5:30-6:15 YS * Pilates Fusion <i>Jennifer Benesch</i>	6:00-6:45 MS * Pilates Mat <i>Kristin Condon</i>	2:00-3:00 MS * Muay Thai <i>Khaled Zeidan</i>	3:00-3:45 YS * Off The Barre <i>Angela Joy</i>
6:45-7:35 CS * Precision Ride <i>Sara Hogrefe</i>	5:45-6:30 YS * EQX Barre Burn <i>Lucas Blankenhorn</i>	6:00-6:45 CS * Beats Ride <i>Sarah Madaus</i>	5:45-6:30 MS * Stacked <i>Natasha Ross</i>	6:00-6:45 CS * Beats Ride <i>Chris Vernon</i>	3:00-3:45 YS * Sonic Meditation <i>Kevin Bigger</i>	4:00-5:00 YS * Weekend Wind Down Yoga <i>Brent LaFlam</i>
6:45-7:30 MS * MetCon Monday <i>Justin Goldman</i>	6:00-6:45 CS * Beats Ride <i>Avery Washington</i>	6:30-7:20 MS * MetCon3 <i>Kyle White</i>	6:00-6:45 CS * Beats Ride <i>Chris Vernon</i>	6:30-7:30 YS * Vinyasa Yoga <i>Erica Chen</i>		
7:00-8:00 YS * Vinyasa Yoga <i>Julie Dohrman</i>	6:30-7:20 TR * Precision Run@ <i>Nora Bisharat</i>	7:00-7:45 YS * Pilates Mat <i>Jennifer Tarentino</i>	6:30-7:30 YS * Vinyasa Yoga <i>Erica Chen</i>	6:45-7:35 MS * Studio Dance: Hip Hop <i>Rob Coglitore</i>		
	6:45-7:30 MS * Pure Strength <i>Natasha Ross</i>					
	7:00-8:00 YS * Vinyasa Yoga <i>Jessie Wren</i>					

# EQUINOX

## BROOKLYN HEIGHTS

194 Joralemon Street  
BROOKLYN NY 11201  
EQUINOX.COM  
@EQUINOX

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

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

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

## GROUP FITNESS MANAGER

felix.ferreira@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**® 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

**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.

**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.

**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.

**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.

## 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.

**Atletica** A weight training workout using traditional power moves created by global fitness expert, Iliaria Montagnani. Build and sculpt muscle and solidify a strong core.

**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.

**Pure Strength** Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. 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 Cardio 30** A 30-minute cardio-only challenge that demands everything you've got. Fire up your heart rate with 20-second bodyweight exercises, where your rest is always shorter than your work. 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

**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 Beyond** Level up your barre experience with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. 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** This 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.

**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 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

**Cardio Dance** A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

**Studio Dance: Hip Hop** A choreography-driven dance class using the latest street dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.

## Boxing and Kickboxing

**Muay Thai** Master the basic kickboxing strikes of Muay Thai and capture the essence of MMA fighting style in this martial-arts specialty class. Your heart will pound, your feet will fly, and your body will transform into a true fighter's figure. Boxing gloves required.

## 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.

**Sonic Meditation** Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. 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.

**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.

**Silhouette** Silhouette by NYC fitness pro Alexis Sweeney offers a contemporary take on a low impact, high-intensity Barre class that boosts muscular endurance, balance, stamina, strength, and flexibility. Alexis's seamless moves and creative sequencing provides a distinct challenge leaving you eager for more.

**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.