

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

EQUINOX

BROOKLYN HEIGHTS

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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 + 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® 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 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, Ilaria 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

Studio Dance A choreography-driven dance class. Learn a complete combination, improve technique, and unleash your inner dancer.

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.

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.

Stretch and Recovery

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.

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.

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.