

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>Team Equinox</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>	9:00-9:45 MS * Athletic Conditioning <i>Joey Ledonio</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 MS * Stronger <i>Diego Guevara</i>	7:00-7:45 MS * MetCon3 <i>Devin Symone</i>	8:00-8:45 MS * Atletica <i>Marie Jasmin</i>	9:45-10:45 YS * Vinyasa Yoga <i>Jacob Reynolds</i>	9:15-10:00 YS * Pilates Fusion <i>Shing Ong</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 TR * Precision Run@ <i>Isabelle Luongo</i>	7:30-8:20 YS * Amplified Vinyasa <i>Rika Henry</i>	8:45-9:45 YS * Vinyasa Yoga <i>Damien Alexander</i>	10:00-10:45 TR * Precision Run@ <i>Sara Hogrefe</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>	8:15-9:05 MS * Stronger <i>Isabelle Luongo</i>	9:00-9:45 YS * Pilates Mat <i>Caroline Strong</i>	8:15-9:00 MS * Athletic Conditioning <i>Alex Fitzgibbon</i>	12:15-1:00 TR * Precision Run@ <i>Jacob Reynolds</i>	10:15-11:00 MS * Body Sculpt <i>Genevieve Gordon</i>	10:00-10:45 MS * Rhythmic 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 YS * Bala Bangle Barre Burn <i>Genevieve Gordon</i>	11:00-11:50 CS * Precision Ride <i>Sara Hogrefe</i>	10:45-11:45 YS * Vinyasa Yoga <i>Ruah Bhay</i>
12:30-1:20 MS * Ropes and Rowers <i>Felix Ferreira</i>	9:15-10:00 MS * Powerstrike! <i>Erika Hearn</i>	12:15-1:00 CS * Beats Ride <i>Avery Washington</i>	9:15-10:00 MS * Rhythmic Sculpt <i>Taj Harris Lee</i>	1:15-2:15 YS * Vinyasa Yoga <i>Jacob Reynolds</i>	11:15-12:00 MS * Atletica <i>Erika Hearn</i>	11:15-11:45 MS * Best Butt Ever <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>	12:30-1:15 MS * Rhythmic Sculpt <i>Robert Burke</i>	12:00-12:45 YS * Pilates Fusion <i>Alexis Sweeney</i>	4:00-4:50 MS * Stronger <i>Bonnie Flannery</i>	11:30-12:20 YS * Pilates Rise <i>Genevieve Gordon</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>	4:15-5:15 YS * Sculpted Yoga™ <i>Kristin Bilella</i>	12:30-1:15 MS * Athletic Conditioning <i>Devin Symone</i>	5:00-6:00 YS * Sculpted Yoga™ <i>Kristin Condon</i>	12:15-1:00 MS * Cardio Dance <i>Terrence Carey</i>	12:00-12:45 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>Kristin Bilella</i>	5:30-6:15 MS * Body Sculpt <i>Genevieve Gordon</i>	1:00-2:00 YS * Vinyasa Yoga <i>Ruah Bhay</i>	5:30-6:15 MS * Powerstrike! <i>Erika Hearn</i>	12:45-1:45 YS * Power Vinyasa <i>Jessie Wren</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>	5:45-6:30 TR * Precision Run@ <i>Avery Washington</i>	4:30-5:15 MS * Best Stretch Ever <i>Kevin Bigger</i>	6:15-7:00 YS * Sonic Meditation <i>Kristin Condon</i>	2:00-3:00 MS * Muay Thai <i>Khaled Zeidan</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>	6:15-7:00 YS * Sonic Meditation <i>Kristin Condon</i>	2:15-3:00 YS * Sonic Meditation <i>Kevin Bigger</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>	6:30-7:20 MS * MetCon3 <i>Kyle White</i>	5:45-6:30 MS * Stacked <i>Natasha Ross</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>	6:45-7:45 CS * Endurance Ride 60 <i>Avery Washington</i>	6:00-6:45 CS * Beats Ride <i>Chris Vernon</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>			
	6:45-7:30 MS * Pure Strength <i>Natasha Ross</i>		6:45-7:35 MS * Studio Dance: Hip Hop <i>Rob Coglitore</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

Kids

MON-SUN 08:00 AM 12:00 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 addictive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

Endurance Ride 60 An extended cycling workout so you can ride those extra miles. A Stages Console measures your performance to motivate and challenge you while building strength, power, and endurance.

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.

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.

Powerstrike! An authentic martial arts based, rhythmic-cardio workout created by global fitness expert, Ilaria Montagnani. Punch and kick to improve speed, balance and coordination.

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

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.

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.

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.