

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:15 MS* Firestarter <i>Marina Colonna</i>	6:30-7:15 MS* MetCon3 <i>Coco Cohen</i>	6:30-7:20 TR* Precision Run® <i>Amanda Katz</i>	6:30-7:15 MS* Athletic Conditioning <i>LR Davidson</i>	6:45-7:30 MS* Tabata Max <i>Lisa Raphael</i>	8:00-8:50 CS* Precision Ride <i>Michael Keeney</i>	8:30-9:15 MS* Athletic Conditioning <i>Amanda Katz</i>
7:00-8:00 YS* Vinyasa Yoga <i>Mardi Sykes</i>	6:45-7:30 CS* Beats Ride <i>Taj Harris Lee</i>	6:45-7:30 MS* Cardio Sculpt <i>Bransen Gates</i>	7:15-8:05 BA* Pilates Rise <i>Itsy Rachatasumrit</i>	7:00-7:45 PD* Swim Team Pro <i>Hilary Hebrank</i>	8:15-9:00 MS* Best Butt Ever <i>Luke Bernier</i>	8:45-9:45 YS* Gentle Yoga <i>Rhana Harris</i>
7:15-7:45 MS* Best Abs Ever <i>Marina Colonna</i>	7:15-8:00 BA* True Barre <i>Kevin VerEecke</i>	7:00-8:00 YS* Vinyasa Yoga <i>Jennifer Carlin</i>	8:00-8:45 MS* Stronger <i>Shaun Anthony</i>	7:15-8:15 YS* Vinyasa Yoga <i>Whitney Chapman</i>	8:30-9:45 YS* Ashtanga Yoga <i>Evan Perry</i>	9:15-10:15 PD* Swim Team Pro <i>Torello Cabrol</i>
9:00-9:45 BR* Rounds: Boxing <i>Ahmad Simmons</i>	8:00-8:45 MS* Cardio Sculpt <i>Jessica Davis</i>	7:30-8:15 CS* Beats Ride <i>Amanda Katz</i>	8:45-9:35 TR* Precision Walk: Elevate <i>Margaret Schwarz</i>	8:15-9:00 MS* Cardio Dance <i>Anastasiia Gavriukhova</i>	8:45-9:45 BA* Barre <i>Sarah Marchetti Gleim</i>	9:30-10:20 CS* Precision Ride <i>Amanda Katz</i>
9:15-10:15 BA* True Barre <i>Louisa Plous</i>	9:00-9:50 MS* ViPR Sculpt <i>Stephen Bel Davies</i>	9:00-10:00 BA* True Barre <i>Pamela Newkirk</i>	9:00-10:00 MS* Cardio Sculpt <i>Peyton Bryant</i>	9:00-10:00 YS* Vinyasa Yoga <i>Robert Nguyen</i>	9:15-10:00 MS* MetCon3 <i>Maddie Myers</i>	10:00-10:45 BA* Pilates Mat <i>Caroline Strong</i>
9:30-10:30 MS* Studio Dance: Calvinography <i>Calvin Wiley</i>	9:15-10:15 YS* Vinyasa Yoga <i>Jade Alexis</i>	9:30-10:15 MS* MetCon3 <i>Amanda Katz</i>	9:15-10:15 YS* Iyengar Yoga <i>Kavi Patel</i>	9:30-10:15 CS* Beats Ride <i>Candace Peterson</i>	10:00-10:45 BA* Athletic Stretch <i>Claudia Brown</i>	10:15-11:00 MS* Impact! <i>Ilaria Montagnani</i>
9:45-10:45 YS* Vinyasa Yoga <i>Lori Brungard</i>	9:30-10:15 CS* Precision Ride <i>Coco Cohen</i>	9:45-10:45 PD* Aqua Sport <i>Coco Cohen</i>	10:00-10:45 BA* Pilates Fusion <i>Terrence Carey</i>	9:45-10:35 MS* Rhythmic Sculpt <i>Bransen Gates</i>	10:15-11:45 YS* Vinyasa Yoga <i>Suzanne Taylor</i>	10:30-11:45 YS* Vinyasa Yoga (L2) <i>Melinda Abbott</i>
10:00-10:45 CS* Beats Ride <i>Kristin Kenney</i>	10:15-11:15 PD* Aqua Sport <i>Torello Cabrol</i>	10:00-11:15 YS* Ashtanga Yoga (L2) <i>Evan Perry</i>	10:00-10:45 CS* Beats Ride <i>Javier Ortega</i>	10:45-11:30 BA* Pilates Mat <i>Caroline Strong</i>	10:30-11:30 MS* Cardio Sculpt <i>Peyton Bryant</i>	11:15-12:05 MS* Atletica <i>Ilaria Montagnani</i>
10:45-11:30 MS* Cardio Sculpt <i>Calvin Wiley</i>	10:30-11:15 MS* Stacked <i>Waz Ashayer</i>	10:15-11:00 BR* Rounds: Boxing <i>Ugo Peter-Obiagwu</i>	10:15-11:15 PD* Aqua Sculpt <i>Peyton Bryant</i>	11:00-11:50 MS* Atletica <i>Ilaria Montagnani</i>	11:00-11:45 CS* Anthem Ride <i>Michael Keeney</i>	11:30-12:15 CS* Beats Ride <i>Coco Cohen</i>
11:00-11:45 BA* Pilates Mat <i>Erin Ginn</i>	10:45-11:45 YS* Iyengar Yoga <i>Cheryl Malter</i>	10:45-11:30 MS* Cardio Sculpt <i>Calvin Wiley</i>	10:30-11:15 MS* Pure Strength <i>Coco Cohen</i>	12:00-12:45 MS* Powerstrike! <i>Sabrina Cohen</i>	11:15-12:15 BA* Pilates Mat <i>Kelley Norman-Rambin</i>	12:15-1:00 MS* Powerstrike! <i>Ilaria Montagnani</i>
11:15-12:00 PD* Swim Team <i>Ester Kim</i>	12:15-1:00 MS* Athletic Conditioning <i>LR Davidson</i>	12:15-1:00 BA* Pilates Fusion <i>Kayla Prestel</i>	10:45-11:45 YS* Vinyasa Yoga <i>Mindy Frenkel</i>	12:30-1:30 YS* Power Vinyasa <i>Erica Chen</i>	11:30-12:15 PD* Aqua Sport <i>Lisa Raphael</i>	12:30-1:20 TR* Precision Run® <i>Paula Calabrese</i>
12:15-1:15 YS* Vinyasa Yoga <i>Kristin Kenney</i>	12:30-1:15 BA* Pilates Mat <i>Terrence Carey</i>	12:30-1:30 YS* Vinyasa Yoga <i>Karen Kassover</i>	12:15-1:00 MS* Stacked <i>Javier Ortega</i>	1:00-1:45 MS* Forza! <i>Sabrina Cohen</i>	12:00-12:50 MS* Whipped! <i>Monique Alhaddad</i>	12:45-1:35 BA* True Barre <i>Alexis Campbell</i>
12:30-1:20 MS* Rhythmic Sculpt <i>Monique Alhaddad</i>	5:30-6:15 MS* Cardio Sculpt <i>Johnnie P</i>	1:00-2:00 PD* Swim Team <i>Hilary Hebrank</i>	1:00-1:45 BA* Athletic Stretch <i>Claudia Brown</i>	1:00-1:45 MS* Forza! <i>Sabrina Cohen</i>	12:45-1:45 BA* Pilates Rise <i>Laetitia Emmanuel</i>	1:00-1:45 PD* Aqua Sculpt <i>Robin Mandel</i>
4:00-5:00 YS* Vinyasa Yoga <i>Jade Alexis</i>	5:45-6:30 CS* Beats Ride <i>Candace Peterson</i>	5:15-6:05 TR* Precision Run® <i>Andrew Briedis</i>	5:00-6:00 MS* Studio Dance: Calvinography <i>Calvin Wiley</i>	5:30-6:15 BA* Ballet by Equinox x ABT <i>Abbey Hunt</i>	1:15-2:00 MS* Cardio Dance: Zumba® <i>Monique Alhaddad</i>	1:30-2:15 MS* Body Sculpt <i>Paula Calabrese</i>
5:15-6:05 TR* Precision Run® <i>Corky Corkum</i>	6:00-7:00 YS* Sculpted Yoga™ <i>James Donegan</i>	5:45-6:30 MS* Impact! <i>Paula Calabrese</i>	5:15-6:15 PD* Swim Team Pro <i>Hilary Hebrank</i>	5:30-6:15 YS* Sonic Meditation <i>Kelly Raspberry</i>	3:00-3:45 PD* EQX H2O: Swim Basics <i>Ester Kim</i>	4:00-4:45 MS* Stacked <i>Lisa Raphael</i>
5:30-6:15 MS* Pure Strength <i>Coco Cohen</i>	6:30-7:30 BA* Athletic Stretch <i>Johnnie P</i>	5:45-6:45 YS* Yin Yoga Meditation <i>Suzanne Taylor</i>	5:45-6:35 CS* Precision Ride <i>Lisa Raphael</i>	5:45-6:35 PD* H2shO™ <i>Erwin Gonzalez</i>	4:00-5:15 YS* Weekend Wind Down Yoga <i>Kelly Raspberry</i>	4:45-5:00 MS* Best Abs Ever <i>Lisa Raphael</i>
5:45-6:35 PD* H2shO™ <i>Erwin Gonzalez</i>	6:45-7:35 MS* Whipped! <i>Jacques Delaugere</i>	6:00-7:00 BA* Pilates Mat <i>Whitney Chapman</i>	5:45-6:35 CS* Precision Ride <i>Lisa Raphael</i>	6:15-7:00 BR* Rounds: Boxing <i>Ahmad Simmons</i>		5:00-6:15 YS* Iyengar Yoga <i>Kavi Patel</i>
6:00-7:00 BA* Trilogy Barre <i>Kevin VerEecke</i>	7:00-8:00 PD* Swim Team Pro (L2) <i>Mary Grace Costello</i>	6:45-7:30 CS* Beats Ride <i>Michaela McGowan</i>	6:00-6:45 YS* Best Stretch Ever <i>Robert Nguyen</i>	6:30-7:00 MS* Best Butt Ever <i>Abbey Hunt</i>		
6:30-7:15 MS* MetCon Monday <i>Tracy Gordon</i>	7:30-8:15 YS* Sonic Meditation <i>Rosie DeAngelo</i>	6:45-7:30 CS* Beats Ride <i>Mary Grace Costello</i>	6:15-7:00 BA* Trilogy Barre <i>Genieve Gordon</i>	7:00-7:30 MS* Best Abs Ever <i>Abbey Hunt</i>		
6:45-7:35 BR* Rounds: Boxing <i>Alexei Kuznietsov</i>	7:45-8:30 MS* Stronger <i>Jacques Delaugere</i>	6:45-7:35 MS* Atletica <i>Paula Calabrese</i>	6:30-7:15 MS* Pure Strength <i>Andrew Slane</i>			
7:00-8:15 YS* Vinyasa Yoga <i>Suzanne Taylor</i>		7:15-8:15 YS* Vinyasa Yoga <i>Lipe</i>	7:00-8:00 YS* Power Vinyasa (L2) <i>James Donegan</i>			
7:15-8:00 BA* Pilates Mat <i>Gabe Villanueva</i>		7:45-8:45 MS* Studio Dance: Contemporary <i>Patrick McCollum</i>	7:15-8:05 BA* Pilates Fusion <i>Genieve Gordon</i>			
7:30-8:20 MS* Studio Dance: Hip Hop <i>Rob Coglitore</i>						

# EQUINOX

## SPORTS CLUB NEW YORK

160 Columbus Ave

NEW YORK NY 10023

EQUINOX.COM

@EQUINOX

MON-THU 05:30 AM 11:00 PM

FRI 05:30 AM 10:00 PM

SAT-SUN 07:00 AM 09:00 PM

## GROUP FITNESS MANAGER

coco.cohen@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

BA Barre Studio

TR Treadmill Area

BR Boxing Studio

PD Pool Deck

## 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 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.

**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

**Ashtanga Yoga** Developed by K. Pattabhi Jois, this challenging class integrates breath with a specific sequence of poses designed to focus and build strength.

**Gentle Yoga** A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.

**Iyengar Yoga** An open class focusing on precision and physical alignment of the body. Named after B.K.S. Iyengar and therapeutic in approach, props are used to increase awareness and understand the nuance of each pose.

**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.

**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.

**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.

**Firestarter** A 30-minute, non-stop cardio challenge that demands everything you've got. Blaze through innovative sequences then switch to active recovery without ever stopping.

**Forza!** Created by global fitness expert, Ilaria Montagnani, this intense martial arts workout uses wooden swords. Learn the strikes and perform fluid movements that train precision, agility, and strength.

**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.

**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

**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 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

**Ballet by Equinox x ABT** Created in exclusive partnership with American Ballet Theatre, this class incorporates fundamentals of ballet with an exhilarating series of turns, jumps, combinations, and Thera-band sequences.

**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.

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

**Studio Dance: Calvingraphy** Experience international fitness expert and choreographer Calvin Wiley's signature dance workout. Channel your inner dancer, and bring the dance floor to your cardio workout!

**Studio Dance: Contemporary** A choreography-driven dance class incorporating styles from jazz to lyrical. Learn a complete combination, improve technique, and unleash your inner dancer.

**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

**Impact!** Gloves on in this intense freestanding bag class created by global fitness expert, Ilaria Montagnani. Punch and kick a target to improve form and technique, increase stamina, speed and agility. Participants must bring their own gloves.

**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.

**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.

## Pool

**Aqua Sculpt** A non-stop, full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with a program that is gentle on the joints. Swim cap required.

**Aqua Sport** Increase power in this aquatic strength and conditioning class. Push, pull, and press against water resistance with cardio and strength exercises designed to maximize your power. Swim cap required.

**EQX H2O: Swim Basics** An entry level swim class designed to teach the fundamentals of swimming that focuses specifically on freestyle. Swim Basics features skills and drills that develop technique, confidence and efficiency in the water. An Equinox exclusive. Swim cap and goggles required.

**H2sho™ H2sho™**, created by Erwin González, integrates traditional movements of aqua fitness with the performance elements of musical theater. Minimal impact on your joints. Maximal impact on your wellbeing. Swim cap required.

**Swim Team** Build your skills in this team-based class where the basics are reviewed and reinforced. Focus on drills, technique, stamina, strength and form. Swim cap and goggles required.

**Swim Team Pro** Challenge your skills in an intermediate/advanced team-based swim class. Train like a pro with focus on drills, technique, stamina, strength and form. Must be able to swim 100 yards freestyle for the hour. Swim cap and goggles required.

## Stretch and Recovery

**Athletic Stretch** Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

**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

**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.

**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.

**ViPR Sculpt** A moderate intensity, rhythmic workout, exclusively utilizing the ViPR in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.