

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * MetCon Monday <i>Allison Rowland</i>	7:45-8:30 MS * Body Sculpt <i>Monique Dash</i>	6:30-7:15 MS * Athletic Conditioning <i>Olivia Menezes</i>	7:45-8:30 MS * Body Sculpt <i>Carolann Valentino</i>	7:15-8:00 CS * Beats Ride <i>Michaela McGowan</i>	9:00-9:45 MS * Cardio Dance: Zumba® <i>Jose Ozuna</i>	8:45-9:45 YS * Iyengar Yoga <i>Kavi Patel</i>
9:00-9:45 YS * Pilates Mat <i>Erin Ginn</i>	8:45-9:30 YS * Off The Barre <i>Alison O'Connor</i>	7:00-7:45 CS * Beats Ride <i>Michaela McGowan</i>	8:45-9:35 YS * Pilates Rise <i>Rachel King</i>	7:15-8:00 YS * Bala Bangle Barre Burn <i>Kevin VerEecke</i>	9:00-9:45 YS * EQX Barre Burn <i>Laeticia Emmanuel</i>	9:30-10:15 CS * Beats Ride <i>Zach Williams</i>
9:30-10:15 MS * Cardio Sculpt <i>Stephanie Levinson</i>	9:00-9:45 PD * Aqua Sculpt <i>Erwin Gonzalez</i>	9:00-10:00 YS * Slow Flow Yoga <i>Kristina Erikson</i>	9:00-9:45 PD * Aqua Sculpt <i>Erwin Gonzalez</i>	9:00-10:00 YS * Vinyasa Yoga <i>Sage Hall</i>	9:30-10:15 PD * Aqua Sport <i>Edmee Cherdieu</i>	9:30-10:20 MS * Cardio Sculpt <i>Monique Dash</i>
9:45-10:30 CS * Beats Ride <i>Matt Stevenson</i>	9:30-10:15 CS * Beats Ride <i>Avery Washington</i>	9:30-10:15 MS * MetCon3 <i>Shaun Anthony</i>	9:30-10:15 CS * Precision Ride <i>Danielle Wettan</i>	9:30-10:15 MS * Cardio Sculpt <i>Jeff Robinson</i>	9:45-10:30 CS * Beats Ride <i>Danielle Wettan</i>	10:30-11:30 YS * Vinyasa Yoga <i>Lauren Solomon</i>
10:45-11:45 YS * Vinyasa Yoga <i>Josh Mathew-Meier</i>	10:30-11:30 YS * Vinyasa Yoga <i>Margaret Schwarz</i>	10:45-11:30 YS * Pilates Mat <i>Caroline Strong</i>	10:30-11:15 YS * EQX Barre Burn <i>Genieve Gordon</i>	10:00-10:45 CS * Beats Ride <i>D Gunnz</i>	10:00-10:45 YS * Pilates Mat <i>Laeticia Emmanuel</i>	11:00-11:45 MS * Cardio Dance <i>Anastasiia Gavriukhova</i>
12:15-1:30 YS * Ashtanga Yoga <i>Evan Perry</i>	5:30-6:15 YS * EQX Barre Burn <i>Johnny Anzalone</i>	12:15-1:15 YS * Sculpted Yoga™ <i>Dorian Shorts</i>	5:45-6:30 MS * Kickbox Burn <i>Akin</i>	10:15-11:05 YS * Pilates Rise <i>Genieve Gordon</i>	10:45-11:30 MS * Stacked <i>Danielle Wettan</i>	11:30-12:15 BR * Rounds: Boxing Circuit <i>Delida Torres</i>
12:30-1:15 MS * Tabata Max <i>Alyssa Cerrachio</i>	5:45-6:30 MS * Athletic Conditioning <i>Eddie Carrington</i>	12:30-12:45 MS * Upper Body Pump <i>Genieve Gordon</i>	5:45-6:45 YS * Vinyasa Yoga <i>Donald Johnston</i>	12:15-1:15 YS * Vinyasa Yoga <i>Jamison Goodnight</i>	11:00-11:45 YS * EQX Barre Burn <i>Laeticia Emmanuel</i>	12:00-12:45 YS * EQX Barre Burn <i>Kevin VerEecke</i>
1:15-1:30 MS * Best Abs Ever <i>Alyssa Cerrachio</i>	6:30-7:15 CS * Beats Ride <i>Kerry Aissa</i>	12:45-1:15 MS * Best Butt Ever <i>Genieve Gordon</i>	6:45-7:30 MS * Cardio Dance: Zumba® <i>Joanna Romero</i>	12:30-1:15 BR * Rounds: Boxing Circuit <i>Jermaine Bailey</i>	12:30-1:30 YS * Vinyasa Yoga <i>Taj Harris Lee</i>	1:00-1:50 MS * Stronger <i>Shanice Reyes</i>
5:15-6:00 YS * Pilates Mat <i>Caroline Strong</i>	6:45-7:30 MS * Cardio Dance: Zumba® <i>Monique Alhaddad</i>	1:15-1:30 MS * Best Abs Ever <i>Genieve Gordon</i>	7:00-7:45 YS * Sonic Meditation <i>Donald Johnston</i>	5:15-6:00 MS * MetCon3 <i>Sarah Esser</i>	1:45-2:45 YS * Weekend Wind Down Yoga <i>Taj Harris Lee</i>	2:30-3:15 YS * Sonic Meditation <i>Dana Slamp</i>
6:00-6:45 BR * Rounds: Boxing Circuit <i>Jermaine Bailey</i>	7:00-8:00 YS * Vinyasa Yoga <i>Sage Hall</i>	5:30-6:20 YS * Pilates Mat <i>Laeticia Emmanuel</i>		5:30-6:30 YS * Vinyasa Yoga <i>Lauren Harris</i>	2:30-3:30 BR * Rounds: Boxing Circuit <i>Thomas Heath</i>	4:00-5:00 YS * Vinyasa Yoga <i>Donald Johnston</i>
6:15-7:00 CS * Beats Ride <i>Chris Vernon</i>	7:45-8:30 MS * Best Stretch Ever <i>Monique Alhaddad</i>	6:00-6:45 BR * Rounds: Boxing Circuit <i>Christian Reyes</i>			4:00-4:45 MS * MetCon3 <i>Jeff Robinson</i>	
6:30-7:00 MS * Best Butt Ever <i>Diego Guevara</i>		6:15-7:00 CS * Beats Ride <i>Lucas Biankenhorn</i>				
7:00-7:20 MS * Best Abs Ever <i>Diego Guevara</i>		6:30-7:15 MS * Tabata Max <i>Miriam Shestack</i>				
7:00-8:00 YS * Vinyasa Yoga <i>Brent LaFlam</i>		7:00-8:00 YS * Vinyasa Yoga <i>Iyala Berley</i>				
7:30-8:15 MS * Best Stretch Ever <i>Diego Guevara</i>						

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WED-SUN 09:00 AM 01:00 PM

GROUP FITNESS MANAGER

monique.dash@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

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

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.

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.

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.

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.

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.

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.

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.

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.

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 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.

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

Boxing and Kickboxing

Kickbox Burn Kickbox Burn, led by martial arts expert Akinwale, offers a fast and fun take on cardio kickboxing. From beginners to black belts, this class will guide you through precise movements and challenging combinations to train your body and mind together.

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.

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.

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

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.

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.