

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
7:15-8:00 YS *	Pilates Fusion (Heated) <i>Erin Ginn</i>	7:00-7:30 MS *	Best Butt Ever <i>LR Davidson</i>	6:45-7:30 CS *	Beats Ride <i>D Gunnz</i>	7:00-7:45 MS *	True Barre: Bala Bangle <i>Alexis Campbell</i>	7:15-8:00 YS *	Vinyasa Yoga (Heated) <i>Robert Nguyen</i>
12:15-1:15 YS *	Sculpted Yoga™ <i>Dorian Shorts</i>	7:15-8:00 YS *	Power Vinyasa (Heated) <i>Alyssa Sarnoff</i>	7:00-7:45 MS *	Barefoot Sculpt <i>Kyla Owen</i>	7:15-8:00 YS *	Power Vinyasa (Heated) <i>Emily Naim</i>	12:15-1:00 YS *	Pilates Fusion <i>Abby Hogue</i>
12:30-1:15 MS *	<b>Superset Athlete</b> <b>TomJohn Mershon</b>	7:30-8:00 MS *	Upper Body Pump <i>LR Davidson</i>	7:15-8:00 YS *	Power Vinyasa (Heated) <i>Dylan Evans</i>	12:15-1:15 YS *	Power Vinyasa (Heated) <i>Serena Tom</i>	12:30-1:15 MS *	MetCon3 <i>KaRa Dizon</i>
4:15-5:15 YS *	Power Vinyasa (Heated) <i>Kyle Adam</i>	12:15-1:00 YS *	True Barre: Off the Barre (Heated) <i>Emily Naim</i>	12:15-1:00 YS *	Pilates Mat (Heated) <i>Bret Yamanaka</i>	12:30-1:15 MS *	Pure Strength <i>Alyssa Cerrachio</i>	4:00-4:45 YS *	True Barre: Off the Barre (Heated) <i>Jess Strohmyer</i>
5:15-6:00 MS *	MetCon Monday <i>Alyssa Cerrachio</i>	12:30-1:15 MS *	Stronger <i>Kevin Scott</i>	12:30-1:15 MS *	Core6 <i>Jess Strohmyer</i>	5:15-6:00 YS *	Pilates Mat <i>Ron Tal</i>	5:15-6:15 YS *	Vinyasa Yoga (Heated) <i>Jill Weinstein</i>
5:30-6:15 YS *	Barefoot Sculpt (Heated) <i>Melinda Porto</i>	4:15-5:00 YS *	True Barre: Off the Barre (Heated) <i>Jess Strohmyer</i>	4:15-5:00 YS *	Pilates Fusion (Heated) <i>Miriam Shestack</i>	5:30-6:15 MS *	<b>Stronger</b> <b>JP Prishwalko</b>		
6:15-7:00 CS *	Beats Ride <i>D Gunnz</i>	5:15-6:05 YS *	Pilates Rise (Heated) <i>Kylie Treacy</i>	5:30-6:15 MS *	MetCon3 <i>Adena Ershow</i>	6:30-7:30 YS *	Vinyasa Yoga (Heated) <i>Kyle Adam</i>		
6:15-7:00 MS *	Body Sculpt <i>Carolann Valentino</i>	5:30-6:15 MS *	Stronger <i>Isabelle Luongo</i>	5:30-6:30 YS *	Power Vinyasa (Heated) <i>James McCracken</i>				
6:30-7:30 YS *	Vinyasa Yoga (Heated) <i>Juan Gamboa</i>	6:15-7:00 CS *	Beats Ride <i>Brian Robinson</i>	6:30-7:15 MS *	True Barre: Bala Bangle <i>Jess Strohmyer</i>				
		6:30-7:15 MS *	<b>Core6</b> <b>Isabelle Luongo</b>	6:45-7:30 YS *	Pilates Fusion (Heated) <i>Jill Weinstein</i>				
		6:30-7:30 YS *	Power Vinyasa (Heated) <i>Taq Campbell</i>						

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# EQUINOX

## EAST 53RD STREET

10 East 53rd Street  
NEW YORK NY 10022  
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@EQUINOX

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

**FRI** 05:30 AM 08:00 PM

## GROUP FITNESS MANAGER

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## SIGNATURE CLASSES.

### ACCLAIMED INSTRUCTORS.

### TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

## 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.



## Yoga

**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.



## Hiit

**Core6** Train your center from every angle. Explore six distinct core pathways using SandBells and bodyweight. This structured interval flow with bursts of high intensity will build a stronger, more resilient foundation that supports your every movement inside and outside the club. 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.

**Superset Athlete** This strength and conditioning class by TomJohn Mershon is built on progressive supersets that drive performance. Work through powerful lifts, explosive movement drills, and isometric holds to build primed strength, speed, and control. Resistance, agility, and power combine to elevate your game.



## Barre

**True Barre: Bala Bangle** This sculpt 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.

**True Barre: Off the Barre** 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.



## 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.



## 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.



## Strength

**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.

**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.

**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.

**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.