

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15-8:00 YS *	7:00-7:45 MS *	7:00-7:45 MS *	6:45-7:35 TR *	7:15-8:00 YS *
Pilates Fusion (HEATED) <i>Erin Ginn</i>	Tabata Max <i>LR Davidson</i>	Atletica <i>Stephen Bel Davies</i>	Precision Run® <i>Cooper Chou</i>	Off the Barre (HEATED) <i>Lucas Blankenhorn</i>
12:15-1:15 YS *	7:15-8:00 YS *	7:15-8:00 YS *	7:00-7:45 MS *	12:15-1:00 YS *
Sculpted Yoga™ <i>Dorian Shorts</i>	Power Vinyasa (HEATED) <i>Alyssa Sarnoff</i>	Barre Beyond <i>Alexis Campbell</i>	MetCon3 <i>Phillippe Bowgen</i>	Pilates Fusion <i>Rachel Genise</i>
12:30-1:15 MS *	12:15-1:00 YS *	12:30-1:15 MS *	7:15-8:15 YS *	12:30-1:15 MS *
Tabata Max <i>Ben Lauder-Dykes</i>	Off the Barre (HEATED) <i>Emily Naim</i>	<b>Stacked</b> <i>Kyle White</i>	Power Vinyasa (HEATED) <i>Emily Naim</i>	Athletic Conditioning <i>Kevin Scott</i>
4:00-5:00 YS *	12:30-1:15 MS *	12:45-1:30 YS *	12:15-1:15 YS *	4:00-4:45 YS *
<b>Power Vinyasa (HEATED)</b> <i>Kyle Adam</i>	MetCon3 <i>Kevin Scott</i>	Pilates Fusion (HEATED) <i>Laura Hanlon</i>	Power Vinyasa (HEATED) (L3) <i>Serena Tom</i>	<b>Off the Barre (HEATED)</b> <i>Robert Burke</i>
5:30-6:15 YS *	4:00-5:00 YS *	4:00-5:00 YS *	12:30-1:15 MS *	5:15-6:15 YS *
Barefoot Sculpt (HEATED) <i>Melinda Porto</i>	<b>Vinyasa Yoga (HEATED)</b> <i>Dana Slamp</i>	<b>Vinyasa Yoga (HEATED)</b> <i>James McCracken</i>	Pure Strength <i>Alyssa Cerrachio</i>	Vinyasa Yoga (HEATED) <i>Jill Weinstein</i>
5:45-6:30 MS *	5:15-6:05 YS *	5:30-6:30 YS *	5:00-5:50 YS *	
Tabata Max <i>Alyssa Cerrachio</i>	Pilates Rise (HEATED) <i>Rachel King</i>	Power Vinyasa (HEATED) <i>Kristina Erikson</i>	Pilates Rise (HEATED) <i>Andy Santana</i>	
6:15-7:00 CS *	5:45-6:35 MS *	5:45-6:30 MS *	5:30-6:15 MS *	
<b>Beats Ride</b> <i>D Gunnz</i>	Stronger <i>Isabelle Luongo</i>	MetCon3 <i>Diego Guevara</i>	<b>Tabata Max</b> <i>JP Prishwalko</i>	
6:30-7:30 YS *	6:30-7:30 YS *	6:30-7:20 CS *	6:15-7:15 YS *	
Vinyasa Yoga (HEATED) <i>Kumiko Buckman</i>	Power Vinyasa (HEATED) <i>Taq Campbell</i>	<b>Precision Ride</b> <i>Sam Wolf</i>	Power Vinyasa (HEATED) <i>Felipe Gonzalez</i>	
6:45-7:35 MS *	6:45-7:30 MS *	6:45-7:30 YS *		
MetCon Monday <i>Carolann Valentino</i>	<b>Best Butt Ever</b> <i>Isabelle Luongo</i>	Off the Barre (HEATED) <i>Team Equinox</i>		
		7:00-7:45 MS *		
		<b>Whipped!</b> <i>Abbey Hunt</i>		

VISIT EQUINOX.COM OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

# EQUINOX

## EAST 53RD STREET

10 East 53rd Street  
NEW YORK NY 10022  
EQUINOX.COM  
@EQUINOX

**MON-THU** 05:30 AM 09:00 PM

**FRI** 05:30 AM 07:00 PM

## GROUP FITNESS MANAGER

cooper.chou@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.

## 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

**Power Vinyasa (HEATED)** 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 (HEATED)** 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.

## 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.

**Aletica** 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.

**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 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.

**Off the Barre (HEATED)** This heated 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 Fusion (HEATED)** An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a fusion of practices.

**Pilates Rise (HEATED)** 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 (HEATED)** A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.