

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
7:15-8:00 YS *	Pilates Fusion (HEATED) <i>Erin Ginn</i>	7:00-7:45 MS *	Tabata Max <i>LR Davidson</i>	7:00-7:45 MS *	Barre Beyond Alexis Campbell	7:00-7:45 MS *	MetCon3 <i>Phillippe Bowgen</i>	7:15-8:00 YS *	Off the Barre (HEATED) <i>Lucas Blankenhorn</i>
12:15-1:15 YS *	Sculpted Yoga™ <i>Dorian Shorts</i>	7:15-8:00 YS *	Power Vinyasa (HEATED) <i>Alyssa Sarnoff</i>	7:15-8:00 YS *	Amplified Vinyasa (HEATED) Rika Henry	7:15-8:00 YS *	Power Vinyasa (HEATED) <i>Emily Naim</i>	12:15-1:00 YS *	Pilates Fusion <i>Rachel Genise</i>
12:30-1:15 MS *	Tabata Max <i>Erin Sanders</i>	12:15-1:00 YS *	Off the Barre (HEATED) <i>Emily Naim</i>	12:30-1:15 MS *	Stacked <i>Kyle White</i>	12:15-1:15 YS *	Power Vinyasa (HEATED) (L3) <i>Serena Tom</i>	12:30-1:15 MS *	MetCon3 <i>Kevin Scott</i>
4:00-5:00 YS *	Power Vinyasa (HEATED) <i>Kyle Adam</i>	12:30-1:15 MS *	Stronger <i>Kevin Scott</i>	12:45-1:30 YS *	Pilates Mat (HEATED) <i>Justin Flexen</i>	12:30-1:15 MS *	Pure Strength <i>Alyssa Cerrachio</i>	4:00-4:45 YS *	Off the Barre (HEATED) <i>Robert Burke</i>
5:15-6:00 MS *	MetCon Monday Alyssa Cerrachio	4:00-5:00 YS *	Vinyasa Yoga (HEATED) <i>Dana Slamp</i>	4:00-5:00 YS *	Vinyasa Yoga (HEATED) <i>James McCracken</i>	5:15-6:00 YS *	Off the Barre (HEATED) <i>Connie Sousek</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>	5:15-6:05 YS *	Pilates Rise (HEATED) <i>Rachel King</i>	5:15-6:00 MS *	MetCon3 Diego Guevara	5:30-6:15 MS *	Tabata Max <i>JP Prishwalko</i>		
6:15-7:00 CS *	Beats Ride <i>D Gunnz</i>	5:30-6:20 MS *	Stronger Isabelle Luongo	5:30-6:30 YS *	Power Vinyasa (HEATED) <i>Kristina Erikson</i>	6:30-7:30 YS *	Vinyasa Yoga (HEATED) <i>Kyle Adam</i>		
6:15-7:00 MS *	Body Sculpt Carolann Valentino	6:15-7:05 TR *	Precision Run® Christina Lee	6:15-7:00 CS *	Beats Ride Jon Gluckner				
6:30-7:30 YS *	Vinyasa Yoga (HEATED) <i>Kumiko Buckman</i>	6:30-7:15 MS *	Best Butt Ever Isabelle Luongo	6:30-7:15 MS *	Rhythmic Sculpt Abbey Hunt				
		6:30-7:30 YS *	Power Vinyasa (HEATED) <i>Taq Campbell</i>	6:45-7:30 YS *	Off the Barre (HEATED) <i>Jess Strohmeyer</i>				

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GROUP FITNESS MANAGER

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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

Amplified Vinyasa (HEATED) 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 (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

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.

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.

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Pilates Mat (HEATED) 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 (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.

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.