

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-8:15 MS * Tabata Max <i>Christie Vozniak</i>	6:45-7:30 MS * Atletica <i>Marie Jasmin</i>	7:00-7:45 MS * Stacked <i>Lisa Bosalavage</i>	6:45-7:30 MS * Stronger <i>Diego Guevara</i>	7:30-8:15 MS * Athletic Conditioning <i>Elsa Saatela</i>	9:00-9:45 MS * Silhouette <i>Alexis Sweeney</i>	9:45-10:30 MS * Stacked <i>Jan Erik Navoa</i>
8:30-9:15 MS * Pilates Fusion <i>Claire Danese</i>	7:45-8:30 CS * Beats Ride <i>Marie Jasmin</i>	8:00-8:45 MS * Pilates Rise <i>Madison Houck</i>	7:45-8:30 CS * Beats Ride <b>Avery Washington</b>	8:30-9:15 CS * Beats Ride <i>Leah Clark</i>	10:00-10:45 MS * MetCon3 <i>Brennan Caldwell</i>	10:45-11:30 CS * Beats Ride <i>Jamal</i>
9:30-10:30 MS * Amplified Vinyasa <i>Rika Henry</i>	8:00-9:00 MS * Vinyasa Yoga <i>Mardi Sykes</i>	8:30-9:15 CS * Beats + Bands Ride <i>Ney Melo</i>	8:15-9:00 MS * MetCon3 <i>Diego Guevara</i>	8:30-9:15 MS * Power Vinyasa <i>Johan Montijano</i>	10:15-11:00 CS * Anthem Ride <i>Michelle Koenigsknecht</i>	10:45-11:45 MS * Sculpted Yoga™ <i>Annalise Northway</i>
12:15-1:00 CS * Beats Ride <i>Taj Harris Lee</i>	9:15-10:00 MS * EQX Barre Burn <i>Genieve Gordon</i>	9:00-9:45 MS * Vinyasa Yoga <i>Madison Houck</i>	9:15-10:00 MS * Pilates Mat <i>Itsy Rachatasumrit</i>	9:30-10:15 MS * Stronger <i>Elsa Saatela</i>	11:00-11:45 MS * Ropes and Rowers <i>Brennan Caldwell</i>	12:00-12:45 MS * Stronger <i>Jan Erik Navoa</i>
1:15-1:45 MS * Upper Body Pump <i>Bonnie Flannery</i>	12:15-1:00 MS * Pilates Fusion <i>Liz Wexler</i>	12:15-1:00 MS * MetCon3 <i>Zach Schanne</i>	12:15-1:15 MS * Power Vinyasa <i>Andrey Block</i>	12:15-12:45 MS * Best Butt Ever <i>Luke Bernier</i>	12:00-1:00 MS * Power Vinyasa <i>Katey Lewis</i>	1:00-1:45 MS * Cardio Dance <i>Anastasiiia Gavriukhova</i>
1:45-2:15 MS * Tabata Cardio 30 <i>Bonnie Flannery</i>	1:15-2:00 MS * Stacked <i>Isabelle Luongo</i>	4:30-5:15 MS * Jump Rope Plus <i>Jan Erik Navoa</i>	5:30-6:15 MS * Atletica <i>Nora Bisharat</i>	12:45-1:15 MS * Best Abs Ever <i>Luke Bernier</i>	1:15-2:00 MS * Body Sculpt <i>Genieve Gordon</i>	2:00-2:45 MS * Pilates Rise <i>Mary Dana Abbott</i>
4:30-5:15 MS * Barefoot Sculpt <i>Zach Eisenberg</i>	4:30-5:15 MS * Off The Barre <i>Lucas Blankenhorn</i>	5:30-6:20 MS * Vinyasa Yoga <i>Mikee Richardson</i>	6:30-7:15 CS * Beats Ride <i>Sarah Madaus</i>	5:30-6:30 MS * Sculpted Yoga™ <i>Dario Torres</i>	2:15-3:00 MS * Pilates Fusion <i>Genieve Gordon</i>	3:00-3:45 MS * Rounds: Boxing <i>Alexei Kuznietsov</i>
5:30-6:15 MS * Bala Bangle Barre Burn <i>Angela Joy</i>	5:30-6:15 MS * Rounds: Boxing <i>Alexei Kuznietsov</i>	6:15-7:00 CS * Beats Ride <i>Jan Erik Navoa</i>	6:30-7:15 MS * Pilates Fusion <i>Katherine Menna</i>	6:45-7:30 MS * Tabata Max <i>Dario Torres</i>	3:30-4:30 MS * Weekend Wind Down Yoga <i>Brent LaFlam</i>	4:00-5:00 MS * Vinyasa Yoga <i>Mikee Richardson</i>
6:15-7:00 CS * Precision Ride <i>Lisa Bosalavage</i>	6:00-6:45 CS * Anthem Ride <i>Kidd Solomon</i>	6:30-7:15 MS * Stronger <i>Bonnie Flannery</i>	7:30-8:30 MS * Yin Yoga <i>Brent LaFlam</i>			
6:30-7:15 MS * MetCon Monday <i>Jan Erik Navoa</i>	6:30-7:15 MS * Vinyasa Yoga <i>Johan Montijano</i>	7:30-8:15 MS * Silhouette <i>Alexis Sweeney</i>				
7:30-8:30 MS * Gentle Yoga <i>Andrey Block</i>	7:30-8:15 MS * Pilates Fusion <i>Cameron Norsworthy</i>					

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

# EQUINOX

## DUMBO

117 Front Street  
BROOKLYN NY 11201  
EQUINOX.COM  
@EQUINOX

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

**FRI** 05:30 AM 09:00 PM

**SAT-SUN** 07:00 AM 07:00 PM

## GROUP FITNESS MANAGER

nora.bisharat@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

## 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 + Bands Ride** Beats + Bands combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving 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.

## Yoga

**Amplified Vinyasa** 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.

**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.

**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** Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

## 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.

**Jump Rope Plus** Jump Rope conditioning has never been more fun! Alternate jump rope challenges with signature Equinox HIIT intervals to build stamina, endurance, and strength. Looking for a fun, exciting way to integrate jump rope and HIIT for the ultimate calorie burner? This is it. 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.

**Ropes and Rowers** Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. 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 Cardio 30** A 30-minute cardio-only challenge that demands everything you've got. Fire up your heart rate with 20-second bodyweight exercises, where your rest is always shorter than your work. 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 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

**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.

## Boxing and Kickboxing

**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.

## Sculpt

**Barefoot Sculpt** A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

**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.

**Silhouette** Silhouette by NYC fitness pro Alexis Sweeney offers a contemporary take on a low impact, high-intensity Barre class that boosts muscular endurance, balance, stamina, strength, and flexibility. Alexis's seamless moves and creative sequencing provides a distinct challenge leaving you eager for more.

**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.