

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15-8:00 MS * <b>MetCon Monday</b> <i>Elsa Saatela</i>	7:00-7:45 MS * Pilates Mat <i>Jen Tarentino</i>	6:45-7:15 MS * Quick HIIT <i>Lisa Bosalavage</i>	7:00-7:45 MS * Body Sculpt <i>Nyree Brown</i>	7:30-8:15 MS * Barefoot Sculpt <i>Ary Nunez</i>	9:00-9:45 MS * Pilates Fusion <i>Mitchell Allison</i>	9:30-10:15 MS * <b>Core6</b> <i>Butchie Gamble</i>
8:15-9:00 CS * <b>Beats Ride</b> <i>Betty Kasper</i>	8:00-9:00 MS * Vinyasa Yoga <i>Mardi Sykes</i>	7:00-7:50 TR * Precision Run® <i>Jan Erik Navoa</i>	8:00-9:00 MS * Slow Flow Yoga <i>Nyree Brown</i>	8:30-9:15 CS * Beats Ride <i>Leah Clark</i>	10:00-10:45 MS * TRX Max Circuit <i>Brennan Caldwell</i>	10:30-11:30 MS * Power Vinyasa <i>Evan Perry</i>
8:15-9:00 MS * <b>Pilates Mat</b> <i>Ellie De Waal</i>	9:15-10:00 MS * True Barre: Off the Barre <i>Pavee Kwun</i>	7:15-7:30 MS * Upper Body Pump <i>Lisa Bosalavage</i>	9:15-10:00 MS * True Barre: Bala Bangle <i>Christopher Howard</i>	8:30-9:15 MS * Power Vinyasa <i>Johan Montijano</i>	10:15-11:00 CS * Beats Ride <i>Sarah Madaus</i>	10:45-11:30 CS * Beats Ride <i>Ary Nunez</i>
9:15-10:15 MS * <b>Sculpted Yoga™</b> <i>Kumiko Buckman</i>	12:30-1:15 MS * Pilates Mat <i>Toni Fuller</i>	7:30-7:45 MS * Best Abs Ever <i>Lisa Bosalavage</i>	12:30-1:15 MS * Pilates Fusion <i>Richel Ruiz</i>	9:30-10:15 MS * Stacked <i>Jan Erik Navoa</i>	11:00-11:45 MS * Stacked <i>Brennan Caldwell</i>	12:00-12:45 MS * <b>Athletic Conditioning</b> <i>Ary Nunez</i>
12:15-1:05 MS * Stronger <i>Jan Erik Navoa</i>	4:30-5:15 MS * Body Sculpt <i>Ary Nunez</i>	8:00-8:45 MS * Pilates Mat <i>Christopher Howard</i>	4:30-5:15 MS * <b>Cardio Sculpt</b> <i>Mandy Corcione</i>	12:15-12:45 MS * Best Butt Ever <i>Devin Symone</i>	12:00-1:00 MS * Power Vinyasa <i>Katey Lewis</i>	2:00-2:45 MS * Pilates Rise <i>Mary Dana Abbott</i>
4:30-5:15 MS * Power Vinyasa <i>Andrey Block</i>	5:30-6:15 MS * Rounds: Bags and Mitts <i>Alexei Kuznietsov</i>	8:30-9:15 CS * Beats Ride <i>Ney Melo</i>	5:30-6:15 MS * Slow Flow Yoga <i>Jessica Metz</i>	12:45-1:00 MS * Upper Body Pump <i>Devin Symone</i>	1:30-2:15 MS * Pilates Mat <i>Geneve Gordon</i>	3:00-3:45 MS * Rounds: Bags and Mitts <i>Alexei Kuznietsov</i>
5:30-6:15 MS * True Barre: Off the Barre <i>Zach Eisenberg</i>	6:30-7:15 CS * Beats Ride <i>Jan Erik Navoa</i>	9:00-10:00 MS * Vinyasa Yoga <i>Rose Firouzbakht</i>	6:30-7:15 CS * Beats Ride <i>Sarah Madaus</i>	1:00-1:15 MS * Best Abs Ever <i>Devin Symone</i>	2:30-3:20 MS * Stronger <i>Joey Ledonio</i>	4:00-5:00 MS * Vinyasa Yoga <i>Mikee Richardson</i>
5:30-6:20 TR * Precision Walk: Elevate <i>Jan Erik Navoa</i>	6:30-7:15 MS * Vinyasa Yoga <i>Johan Montijano</i>	12:15-1:00 MS * <b>Core6</b> <i>Jan Erik Navoa</i>	6:30-7:15 MS * Pilates Fusion <i>Katherine Menna</i>	4:30-5:15 MS * Pilates Fusion <i>Ellie De Waal</i>	3:30-4:30 MS * <b>Weekend Wind Down Yoga</b> <i>Erica Chen</i>	
6:30-7:15 MS * MetCon Monday <i>Jan Erik Navoa</i>	7:30-8:15 MS * Pilates Fusion <i>Kylie Treacy</i>	4:30-5:15 MS * True Barre: Off the Barre <i>Meaghan McLeod</i>	7:30-8:15 MS * MetCon3 <i>Jordan Bantista</i>	5:30-6:15 MS * Feel Good Friday: Studio Dance <i>Malik Williams</i>		
7:30-8:30 MS * Slow Flow Yoga <i>Rose Firouzbakht</i>		5:30-6:20 MS * Vinyasa Yoga <i>Mikee Richardson</i>		6:30-7:30 MS * Power Vinyasa <i>Evan Perry</i>		
		6:30-7:15 MS * TRX Max Circuit <i>Philippe Bowgen</i>				
		7:30-8:20 MS * Stronger <i>Philippe Bowgen</i>				

# 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

janerik.navoa@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main 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.

**Precision Walk: Elevate** A treadmill climbing workout that challenges your ability across a variety of inclines. Personalize your pace, put a little performance in your walk and improve your cardiovascular endurance. An Equinox exclusive. Bring headphones.

## **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.

**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.

## **HIIT**

**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.

**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.

**Quick HIIT** A fast and effective full-body HIIT workout. A mix of strength, cardio, and core will bring the heat in just 30 minutes. 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.

**TRX Max Circuit** A functional strength workout using TRX body-weight suspension equipment. Work through timed intervals cycling between specially designed stations to test your stability, build muscle, increase flexibility, and challenge your core.

## **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.

## **Dance**

**Feel Good Friday: Studio Dance** Fridays are all about the "feels". Start your weekend with a feel-good choreography-driven dance class. Unleash your inner dancer and prepare for the dance floor with playlists and moves that will keep you coming back.

## **Boxing**

**Rounds: Bags and Mitts** Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in authentic boxing drills as you navigate skill-enhancing stations and power-packed intervals 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.

**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 additive music and inspiring coaching.

## **Strength**

**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.

**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.

**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.