

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-8:15 MS * Tabata Max <i>Christie Vozniak</i>	6:45-7:30 MS * Pilates Mat <i>Nikita Ramchandani</i>	7:00-7:45 MS * Stacked <i>Lisa Bosalavage</i>	6:45-7:35 MS * Stronger <i>Diego Guevara</i>	7:30-8:15 MS * Barefoot Sculpt <i>Taj Harris Lee</i>	9:00-9:45 MS * Cardio Sculpt <i>Alex Fitzgibbon</i>	9:45-10:30 MS * MetCon3 <i>DeVonte McCray</i>
8:30-9:15 MS * Pilates Fusion <i>Claire Danese</i>	7:30-8:15 CS * Beats Ride <i>Vinnie Smith</i>	8:00-8:45 MS * Pilates Rise <i>Madison Houck</i>	7:30-8:20 TR * Precision Walk: Elevate <i>Avery Washington</i>	8:30-9:15 CS * Beats Ride <i>Leah Clark</i>	10:00-10:45 MS * TRX Max Circuit <i>Brennan Caldwell</i>	10:45-11:45 MS * Power Vinyasa <i>Evan Perry</i>
9:30-10:30 MS * Vinyasa Yoga <i>Robert Nguyen</i>	8:00-9:00 MS * Vinyasa Yoga <i>Mardi Sykes</i>	8:30-9:15 CS * Beats + Bands Ride <i>Ney Melo</i>	8:00-8:45 MS * MetCon3 <i>Diego Guevara</i>	8:30-9:15 MS * Power Vinyasa <i>Johan Montijano</i>	10:15-11:00 CS * Beats Ride <i>Sarah Madaus</i>	12:00-12:50 MS * Stacked <i>Jan Erik Navoa</i>
12:15-1:00 MS * Body Sculpt <i>Bonnie Flannery</i>	9:15-10:00 MS * Barre Beyond <i>Pavee Kwun</i>	9:00-9:45 MS * Vinyasa Yoga <i>Madison Houck</i>	9:15-10:00 MS * Pilates Mat <i>Itsy Rachatasumrit</i>	9:30-10:20 MS * Stronger <i>Elsa Saatela</i>	11:00-11:45 MS * Stacked <i>Brennan Caldwell</i>	12:30-1:15 CS * Beats Ride <i>Nadia Wilenski</i>
4:30-5:15 MS * Slow Flow Yoga <i>James Donegan</i>	12:30-1:15 MS * Pilates Fusion <i>Liz Wexler</i>	12:15-1:00 MS * Off The Barre <i>Meaghan McLeod</i>	12:30-1:15 MS * Power Vinyasa <i>Andrey Block</i>	12:15-1:00 MS * MetCon3 <i>Joey Ledonio</i>	12:00-1:00 MS * Power Vinyasa <i>Katey Lewis</i>	1:00-1:45 MS * Bala Bangle Barre Burn <i>Jennifer Benesch</i>
5:30-6:15 MS * EQX Barre Burn <i>Zach Eisenberg</i>	4:30-5:15 MS * Tabata Max <i>Jan Erik Navoa</i>	4:30-5:15 MS * Rhythmic Sculpt <i>Morgan Kirner</i>	4:30-5:15 MS * Silhouette <i>Alexis Sweeney</i>	4:30-5:15 MS * Pilates Rise <i>Lipe</i>	1:15-2:00 MS * Pilates Fusion <i>Geneve Gordon</i>	2:00-2:45 MS * Pilates Rise <i>Mary Dana Abbott</i>
6:15-7:00 CS * Precision Ride <i>Lisa Bosalavage</i>	5:30-6:15 MS * Rounds: Boxing Circuit <i>Alexei Kuznietsov</i>	5:30-6:20 MS * Vinyasa Yoga <i>Mikee Richardson</i>	5:30-6:15 MS * MetCon3 <i>Devin Symone</i>	5:30-6:30 MS * Sculpted Yoga™ <i>Dario Torres</i>	2:15-3:00 MS * EQX Barre Burn <i>Jennifer Benesch</i>	3:00-3:45 MS * Rounds: Boxing Circuit <i>Alexei Kuznietsov</i>
6:30-7:15 MS * MetCon Monday <i>Jan Erik Navoa</i>	6:00-6:50 TR * Precision Run® <i>Jan Erik Navoa</i>	6:15-7:00 CS * Beats Ride <i>Jan Erik Navoa</i>	6:00-6:45 CS * Beats Ride <i>Sarah Madaus</i>	6:45-7:30 MS * Stacked <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>
7:30-8:30 MS * Power Vinyasa <i>Andrey Block</i>	6:30-7:15 MS * Vinyasa Yoga <i>Johan Montijano</i>	6:30-7:20 MS * Stronger <i>Bonnie Flannery</i>	6:30-7:15 MS * Pilates Fusion <i>Katherine Menna</i>			
	7:30-8:15 MS * Pilates Fusion <i>Ellie De Waal</i>	7:30-8:15 MS * Silhouette <i>Alexis Sweeney</i>	7:30-8:30 MS * Yin Yoga <i>Brent LaFlam</i>			

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

EQUINOX

DUMBO

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MON-THU 05:30 AM 10:00 PM

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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

TR Treadmill Area

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

Cycling

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.

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.

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

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.

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.

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.

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.

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.

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.

Boxing and Kickboxing

Rounds: Boxing Circuit Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in an authentic boxing circuit 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 addictive music and inspiring coaching.

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.

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.