

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:30 MS* MetCon Monday <i>Molly Day</i>	6:00-6:45 YS* True Barre <i>Angela Joy</i>	6:15-7:00 YS* Pilates Rise <i>Lipe</i>	6:00-6:45 YS* Vinyasa Yoga (HEATED) <i>Nicole Uribarri</i>	6:45-7:30 MS* Body Sculpt <i>Nicole Uribarri</i>	8:15-9:00 YS* Barre <i>Caroline Strong</i>	8:45-9:45 YS* Vinyasa Yoga <i>Johan Montijano</i>
7:15-8:15 YS* Vinyasa Yoga (HEATED) <i>Matt D'Amico</i>	6:30-7:15 MS* Ropes and Rowers <i>TomJohn Mershon</i>	6:30-7:15 MS* Kickbox Burn <i>Akin</i>	6:30-7:15 MS* Tabata Max <i>Robert Burke</i>	7:15-8:00 YS* Pilates Fusion (HEATED) <i>Rachel Genise</i>	8:45-9:45 MS* Zen Combat <i>Violet Zaki</i>	9:30-10:15 MS* Cardio Sculpt <i>Elgin McCargo</i>
7:30-8:15 CS* Anthem Ride <i>Michelle Koenigsknecht</i>	6:45-7:30 CS* Beats Ride <i>Meghan Cox</i>	6:45-7:30 CS* Beats Ride <i>Gater</i>	6:45-7:30 CS* Beats Ride <i>D Gunzz</i>	7:30-8:20 CS* Precision Ride <i>Sam Wolf</i>	9:15-10:00 YS* Pilates Fusion (HEATED) <i>Alex Lyons</i>	10:00-11:00 YS* Power Vinyasa <i>Kristina Erikson</i>
7:45-8:35 TR* Precision Run@ <i>Amy Amato</i>	7:00-7:45 YS* Pilates Mat <i>Caroline Strong</i>	7:15-8:15 YS* Vinyasa Yoga <i>Jena Maenius</i>	7:00-7:45 YS* Barre (HEATED) <i>Brian Slaman</i>	7:45-8:35 TR* Precision Run@ <i>Eddie Carrington</i>	9:30-10:15 CS* Beats Ride <i>Nadia Zaki</i>	10:30-11:15 CS* Beats Ride <i>Meghan Cox</i>
8:00-8:45 MS* <b>Best Butt Ever Molly Day</b>	7:15-8:05 TR* Precision Run@ <i>Lindsay Carson</i>	7:45-8:35 CS* Precision Run + Strength <i>Javier Ortega</i>	7:15-8:05 TR* Precision Run@ <i>Ney Melo</i>	8:00-8:45 MS* MetCon3 <i>Makena Diehl</i>	10:00-10:45 MS* Athletic Conditioning <i>Violet Zaki</i>	11:15-12:00 YS* Pilates Fusion <i>Elgin McCargo</i>
8:30-9:15 YS* Pilates Fusion <i>Cameron Norsworthy</i>	7:30-8:15 MS* Athletic Conditioning <i>TomJohn Mershon</i>	8:00-8:45 MS* MetCon3 <i>Annalise Northway</i>	7:30-8:15 MS* Whipped! <i>Michael Keeney</i>	8:15-9:00 YS* Barre (HEATED) <i>Nicole Uribarri</i>	10:15-11:15 YS* Vinyasa Yoga (HEATED) <i>Jamison Goodnight</i>	11:45-12:30 MS* Ropes and Rowers <i>Meghan Cox</i>
9:30-10:15 YS* Trilogy Barre <i>Michael J. Clark</i>	8:00-8:50 YS* Pilates Rise (HEATED) <i>Colleen Wright</i>	8:30-9:15 YS* Body Sculpt <i>Nicole Uribarri</i>	8:00-8:45 YS* Pilates Fusion <i>Brian Slaman</i>	9:00-9:45 MS* Athletic Conditioning <i>Eddie Carrington</i>	10:30-11:15 CS* Beats Ride <i>Alex Lyons</i>	12:00-12:50 TR* Precision Run@ <i>Anne Berhe</i>
10:30-11:30 YS* Sculpted Yoga™ <i>Dyan Tsumis</i>	8:30-9:20 MS* Body Sculpt <i>Nicole Uribarri</i>	9:30-10:15 YS* Pilates Mat <i>Shawn Kobetz</i>	8:30-9:20 MS* Stronger <i>Bransen Gates</i>	9:15-10:15 YS* Power Vinyasa (HEATED) <i>Erica Chen</i>	10:45-11:35 TR* Precision Run@ <i>Sam Wolf</i>	12:15-1:00 YS* True Barre <i>Elgin McCargo</i>
12:15-1:00 YS* Pilates Fusion (HEATED) <i>Alex Lyons</i>	9:00-10:00 YS* <b>Power Vinyasa (HEATED) Lindsay Carson</b>	10:30-11:30 YS* Vinyasa Yoga <i>Jessie Wren</i>	9:00-10:00 YS* Power Vinyasa <i>Stephanie Schwartz</i>	10:30-11:15 YS* Trilogy Barre <i>Alisha Wickering</i>	11:00-12:00 MS* Inner Warrior <i>Nadia Zaki</i>	1:00-1:50 MS* Stronger <i>Dario Torres</i>
12:30-1:15 MS* Athletic Conditioning <i>Violet Zaki</i>	YS* <i>Rachel Genise</i>	12:00-12:50 YS* Pilates Rise <i>Brian Slaman</i>	10:30-11:20 YS* Pilates Rise <i>Rachel King</i>	12:15-1:15 YS* Vinyasa Yoga <i>Mary Home</i>	11:30-12:45 YS* Power Vinyasa (HEATED) (L2) <i>Lindsay Carson</i>	1:15-2:05 YS* Pilates Rise <i>Kylie Treacy</i>
1:15-2:15 YS* Power Vinyasa (HEATED) <i>Lindsay Carson</i>	12:00-12:45 YS* Amplified Vinyasa (HEATED) <i>Rika Henry</i>	12:30-1:20 MS* Body Sculpt <i>Esteban Deleon</i>	12:00-12:45 YS* Pilates Mat <i>Christopher Howard</i>	12:30-1:20 MS* Best Butt Ever <i>Paige Bodnar</i>	YS* 12:15-1:00 MS* MetCon3 <i>Ginny King</i>	4:00-5:00 YS* Vinyasa Yoga (HEATED) <i>Kristin Bilella</i>
2:30-3:30 YS* Vinyasa Yoga (HEATED) <i>Emma Poole</i>	12:30-1:20 MS* MetCon3 <i>Bonnie Flannery</i>	1:15-2:15 YS* Vinyasa Yoga <i>Erica Chen</i>	12:15-1:05 TR* Precision Run@ <i>John Cianca</i>	1:30-2:30 YS* Sculpted Yoga™ <i>Alyssa Sarnoff</i>	1:00-2:00 YS* Slow Flow Yoga (HEATED) <i>Ali Cramer</i>	5:30-6:30 YS* Weekend Wind Down Yoga <i>Anubha Elaine Boudouris</i>
4:00-4:45 YS* Trilogy Barre <i>Andy Santana</i>	1:15-2:00 YS* Trilogy Barre <i>Elgin McCargo</i>	2:30-3:15 YS* Silhouette <i>Alexis Sweeney</i>	12:30-1:20 MS* Tabata Max <i>Daniel Neale</i>	4:00-4:45 YS* Silhouette <i>Alexis Sweeney</i>	YS* 1:15-2:05 MS* Body Sculpt <i>Alex Lyons</i>	
5:15-6:00 MS* Cardio Sculpt <i>Adam B</i>	4:00-5:00 YS* Power Vinyasa (HEATED) <i>Nadia Zaki</i>	4:00-5:00 YS* Vinyasa Yoga <i>Emma Poole</i>	1:15-2:00 YS* Barre <i>Christopher Howard</i>	4:15-5:00 MS* Atletica <i>Paula Calabrese</i>	2:30-3:15 YS* Pilates Mat (HEATED) <i>Khaleah London</i>	
5:30-6:15 YS* Power Vinyasa <i>Lindsay Carson</i>	5:00-5:30 MS* ABsession <i>Violet Zaki</i>	5:15-6:00 MS* Cardio Sculpt <i>Makena Diehl</i>	2:30-3:15 YS* <b>Pilates Fusion (HEATED) Alex Lyons</b>	5:15-6:00 MS* Best Stretch Ever <i>Robert Nguyen</i>	4:00-5:00 YS* Vinyasa Yoga (HEATED) <i>Kumiko Buckman</i>	
5:45-6:35 TR* Precision Run@ <i>Khaleah London</i>	5:30-6:20 YS* Pilates Rise <i>Itsy Rachatasumrit</i>	5:30-6:15 YS* Trilogy Barre <i>Elgin McCargo</i>	4:00-5:00 YS* Vinyasa Yoga (HEATED) <i>Ali Cramer</i>	5:30-6:15 TR* Precision Run@ <i>Paula Calabrese</i>	YS* 5:00-5:50 MS* Cardio Dance <i>Shmulik Stell</i>	
6:00-6:45 CS* Beats Ride <i>Andres Quintero</i>	5:45-6:45 MS* Zen Combat <i>Violet Zaki</i>	5:45-6:35 TR* Precision Run@ <i>Lindsay Carson</i>	5:15-6:00 MS* Best Butt Ever <i>Maddie Myers</i>	5:30-6:30 YS* Vinyasa Yoga (HEATED) <i>Kira McCarthy</i>		
6:30-7:15 MS* Athletic Conditioning <i>David Robert</i>	5:45-6:35 TR* Precision Run@ <i>Lauren Anthony</i>	6:00-6:45 CS* <b>Beats Ride Sam Wolf</b>	5:30-6:20 TR* Precision Run@ <i>Corky Corkum</i>	5:45-6:30 CS* Beats Ride <i>Jenny Sun</i>		
6:45-7:30 YS* Barre <i>Khaleah London</i>	6:15-7:00 CS* Beats Ride <i>David Donofrio</i>	6:15-7:05 MS* MetCon3 <i>Ginny King</i>	5:30-6:45 YS* Vinyasa Yoga <i>Jamison Goodnight</i>	6:15-7:00 MS* Tabata Max <i>Antonio Hudson</i>		
7:30-8:15 MS* Best Butt Ever <i>David Robert</i>	6:30-7:30 YS* Sculpted Yoga™ <i>Dorian Shorts</i>	6:45-7:45 YS* Power Vinyasa (HEATED) <i>Yanik Faylayev</i>	5:45-6:35 CS* Precision Ride <i>Michael Keeney</i>			
8:00-9:00 YS* Vinyasa Yoga <i>Izzy VanHall</i>	7:15-8:00 MS* Stronger <i>Lauren Anthony</i>	7:45-8:30 MS* Body Sculpt <i>Elgin McCargo</i>	6:45-7:30 MS* Athletic Conditioning <i>Michael Keeney</i>			
	7:45-8:30 YS* Barre <i>Pavee Kwun</i>	8:00-9:00 YS* Slow Flow Yoga (HEATED) <i>Johan Montijano</i>	7:00-8:00 YS* Yin Yoga <i>Jamison Goodnight</i>			

# EQUINOX

## BOND STREET

0 Bond Street

NEW YORK NY 10012

EQUINOX.COM

@EQUINOX

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

**FRI** 05:30 AM 08:00 PM

**SAT-SUN** 08:00 AM 07:00 PM

## GROUP FITNESS MANAGER

lindsay.carson@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

**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 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 + Strength** A track and field circuit-based workout. created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

**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** 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.

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**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 (HEATED)** 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.

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**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.

**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.

**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** A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

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**Trilogy Barre** A Pilates reformer and barre-inspired workout at the triple-barre that uses custom-designed resistance bands to strengthen, sculpt, and tone. Increase flexibility while building muscle definition. An Equinox exclusive.

**True Barre** This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle 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 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 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 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** 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.

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## 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

**Inner Warrior** Find the Warrior within through strength in knowledge of body and mind. Nadia Zaki leads a practice that requires a commitment from your mind and body. This is a fusion of styles inspired from multiple martial art forms and yoga practices, all of which are brought to you in a pure fitness format.

**Kickbox Burn** Kickbox Burn, led by martial arts expert Akinwale, offers a fast and fun take on cardio kickboxing. From beginners to black belts, this class will guide you through precise movements and challenging combinations to train your body and mind together.

**Zen Combat** Created by Black Belt & Fitness Celebrity Violet Zaki, this electric fusion class will kick your cardio fitness to the next level while defining and shaping your body Basic martial arts techniques and strength moves that challenge balance and agility. A serious calorie burn, Zaki-Style.

## Stretch and Recovery

**Best Stretch Ever** Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. An Equinox Exclusive.

## Sculpt

**AbSession** A highly efficient core workout developed by celebrity fitness trainer, Violet Zaki where crunches are just the beginning. Develop leaner abs, a stronger back, and better posture and balance through stabilizing exercises.

**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.

**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.