

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 YS * Barefoot Sculpt <i>Angela Joy</i>	6:15-7:05 YS * Pilates Rise (HEATED) <i>Genevieve Gordon</i>	6:15-7:15 YS * Vinyasa Yoga <i>Jessie Wren</i>	6:15-7:00 YS * Pilates Fusion (HEATED) <i>Elgin McCargo</i>	6:15-7:00 YS * Power Vinyasa <i>Robert Nguyen</i>	8:30-9:30 YS * Vinyasa Yoga (HEATED) <i>Jessie Wren</i>	9:00-9:45 YS * Vinyasa Yoga <i>Matt D'Amico</i>
7:15-8:00 MS * EQX Barre Burn <i>Angela Joy</i>	6:30-7:15 MS * Athletic Conditioning <i>Bonnie Flannery</i>	6:30-7:15 MS * Stacked <i>Miriam Shestack</i>	6:30-7:15 MS * MetCon3 <i>Tim Flores</i>	6:30-7:20 MS * Stronger <i>Kevin Scott</i>	9:00-9:50 MS * MetCon3 <i>Molly Day</i>	9:30-10:15 MS * Body Sculpt <i>Miriam Shestack</i>
7:30-8:15 YS * Pilates Fusion (HEATED) <i>Jennifer Tarentino</i>	6:45-7:30 CS * Beats Ride <i>John King</i>	6:45-7:35 TR * Precision Run® <i>Alison O'Connor</i>	6:45-7:35 TR * Precision Run® <i>Miriam Shestack</i>	7:30-8:30 YS * Vinyasa Yoga (HEATED) <i>Matt D'Amico</i>	9:15-10:00 CS * Beats Ride <i>Marc Daigle</i>	10:15-11:15 YS * Power Vinyasa (HEATED) <i>Kat Suda</i>
7:45-8:30 CS * Beats Ride <i>Michaela McGowan</i>	6:45-7:35 TR * Precision Run® <i>Jack McGowan</i>	7:15-8:00 CS * Beats Ride <i>Avery Washington</i>	7:00-7:50 CS * Beats Ride <i>Aaron Albert</i>	7:45-8:30 MS * Stacked <i>Lauren Anthony</i>	9:45-10:45 YS * Sculpted Yoga™ <i>Kumiko Buckman</i>	10:30-11:15 MS * Stronger <i>Miriam Shestack</i>
8:15-9:00 MS * Stronger <i>Zach Schanne</i>	7:30-8:30 YS * Vinyasa Yoga (HEATED) <i>Dyan Tsumis</i>	7:30-8:15 YS * Pilates Mat <i>Miriam Shestack</i>	7:15-8:15 YS * Power Vinyasa (HEATED) <i>Nicole Uribarri</i>	8:00-8:45 CS * Anthem Ride <i>Michelle Koenigsknecht</i>	10:00-10:50 TR * Precision Run® <i>Nora Bisharat</i>	11:15-12:00 CS * Beats Ride <i>Brandon Green</i>
8:45-9:45 YS * Power Vinyasa (HEATED) (L2) <i>Serena Tom</i>	8:00-8:30 MS * Firestarter <i>Khaleah London</i>	7:45-8:30 MS * Athletic Conditioning <i>Dario Torres</i>	YS * 7:30-8:20 MS * Bala Bangle Barre Burn <i>Elgin McCargo</i>	8:45-9:30 YS * Pilates Mat <i>Genevieve Gordon</i>	10:15-11:00 MS * Off The Barre <i>Elgin McCargo</i>	11:45-12:35 YS * Pilates Mat <i>Jennifer Tarentino</i>
9:30-10:15 MS * Best Butt Ever <i>Jeff Robinson</i>	8:30-8:50 MS * Best Abs Ever <i>Khaleah London</i>	8:45-9:45 YS * Power Vinyasa <i>Johan Montijano</i>	8:45-9:30 MS * Body Sculpt <i>Stephanie Levinson</i>	11:00-11:45 MS * Best Butt Ever <i>Diane LaVon</i>	10:30-11:20 CS * Anthem Ride <i>Fred Smith</i>	12:15-1:05 MS * Bala Bangle Barre Burn <i>Lucas Blankenhorn</i>
10:15-10:30 MS * Best Abs Ever <i>Jeff Robinson</i>	8:45-9:30 YS * Pilates Mat (HEATED) <i>Claire Goldes</i>	9:00-9:45 MS * Body Sculpt <i>Stephanie Levinson</i>	9:30-10:15 YS * Pilates Fusion <i>Rachel Genise</i>	11:45-12:00 MS * Best Abs Ever <i>Diane LaVon</i>	11:15-12:05 YS * Pilates Rise <i>Richel Ruiz</i>	12:15-1:05 TR * Precision Run® <i>Brandon Green</i>
12:15-1:00 YS * Pilates Mat (HEATED) <i>Jill Weinstein</i>	9:30-10:20 MS * MetCon3 <i>Jack McGowan</i>	11:00-11:45 MS * Bala Bangle Barre Burn <i>Christopher Howard</i>	11:00-11:45 MS * Body Sculpt <i>Eddie Carrington</i>	12:00-12:45 YS * Power Vinyasa (HEATED) (L2) <i>Serena Tom</i>	11:30-12:15 MS * Ropes and Rowers <i>Dario Torres</i>	1:30-2:15 MS * Rhythmic Sculpt <i>Lipe</i>
12:30-1:15 MS * Rhythmic Sculpt <i>Bransen Gates</i>	12:15-1:15 YS * Sculpted Yoga™ (HEATED) <i>Nicole Uribarri</i>	12:00-12:45 MS * Rounds: Boxing Circuit <i>Ugo Peter-Obiagwu</i>	12:30-1:15 MS * MetCon3 <i>Nora Bisharat</i>	12:30-1:15 MS * Cardio Sculpt <i>Esteban Deleon</i>	12:30-1:15 MS * The Cut <i>Delida Torres</i>	2:30-3:30 YS * Weekend Wind Down <i>Yoga</i>
1:15-2:15 YS * Vinyasa Yoga (HEATED) <i>Nadia Zaki</i>	12:30-1:20 MS * Stronger <i>Robert Burke</i>	1:15-2:00 MS * Bala Bangle Barre Burn <i>Khaleah London</i>	1:45-2:45 YS * Vinyasa Yoga (HEATED) <i>Kira McCarthy</i>	1:15-2:05 YS * Pilates Rise <i>Chad Balen</i>	12:45-1:45 YS * Vinyasa Yoga (HEATED) <i>Yanik Faylayev</i>	3:00-3:45 MS * Whipped! <i>Zach Schanne</i>
4:00-4:45 YS * Pilates Mat <i>Will Taylor</i>	1:45-2:35 YS * Pilates Rise <i>Andy Santana</i>	4:00-4:45 YS * Pilates Rise (HEATED) <i>Manon Hallay</i>	4:00-5:00 YS * Yin Yoga (HEATED) <i>Babette Godefroy</i>	4:00-4:45 MS * EQX Barre Burn <i>Emily Naim</i>	1:30-2:15 MS * Best Butt Ever <i>Meghan Cox</i>	3:45-4:00 MS * Best Abs Ever <i>Zach Schanne</i>
4:15-5:00 MS * Rounds: Boxing Circuit <i>Ahmad Simmons</i>	4:00-5:00 YS * Vinyasa Yoga (HEATED) <i>Ali Cramer</i>	4:15-5:00 MS * Athletic Conditioning <i>Devin Symone</i>	5:15-6:00 MS * EQX Barre Burn <i>Khaleah London</i>	5:00-5:45 MS * Stronger <i>Tim Flores</i>	3:15-4:05 MS * Stronger <i>Shaun Anthony</i>	4:00-4:50 MS * Amplified Vinyasa (HEATED) <i>Rika Henry</i>
5:00-6:00 YS * Power Vinyasa <i>Josh Mathew-Meier</i>	5:15-6:00 MS * Whipped! <i>David Robert</i>	5:00-6:00 YS * Vinyasa Yoga (HEATED) <i>Jessica Stickler</i>	5:30-6:30 YS * Vinyasa Yoga <i>Katey Lewis</i>	5:30-6:30 YS * Vinyasa Yoga (HEATED) <i>Kristin Bilella</i>	4:00-4:45 YS * Athletic Stretch (HEATED) <i>Jill Weinstein</i>	4:15-5:00 CS * Beats Ride <i>D Gunnz</i>
5:15-6:00 MS * MetCon Monday <i>Or Artzi</i>	5:30-6:15 YS * Pilates Fusion <i>Elgin McCargo</i>	5:45-6:30 MS * Cardio Sculpt <i>Calvin Wiley</i>	6:00-6:45 CS * Precision Ride <i>John King</i>	5:45-6:35 CS * Anthem Ride <i>Kidd Solomon</i>		5:15-6:00 YS * Sonic Meditation <i>Mary Aranas</i>
5:45-6:30 CS * Anthem Ride <i>Kidd Solomon</i>	6:00-6:50 CS * Beats Ride <i>Nadia Zaki</i>	6:00-6:50 CS * Beats + Bands Ride <i>Megan Colford</i>	6:15-7:00 MS * Body Sculpt <i>Paula Calabrese</i>	6:00-6:45 MS * Tabata Max <i>Tim Flores</i>		
6:00-6:50 TR * Precision Run® <i>Nora Bisharat</i>	6:15-7:00 MS * Athletic Conditioning <i>David Robert</i>	6:15-7:15 YS * Vinyasa Yoga (HEATED) <i>Emma Poole</i>	6:45-7:30 YS * Pilates Mat <i>Caroline Strong</i>			
6:15-7:00 MS * EQX Barre Burn <i>Or Artzi</i>	6:15-7:00 MS * Precision Run® <i>Cooper Chou</i>	6:30-7:20 TR * Precision Run® <i>Cooper Chou</i>	7:15-8:00 MS * Bala Bangle Barre Burn <i>Elgin McCargo</i>			
6:30-7:20 YS * Pilates Rise <i>Rachel King</i>	6:45-7:30 MS * Muay Thai <i>Khaled Zeidan</i>	6:45-7:30 MS * Muay Thai <i>Khaled Zeidan</i>	8:00-8:45 YS * Sonic Meditation <i>Mary Aranas</i>			
7:00-7:45 CS * Beats Ride <i>Leah Clark</i>	7:30-8:15 YS * Pilates Mat (HEATED) <i>Cindya Davis</i>	7:30-8:15 YS * Pilates Mat (HEATED) <i>Cindya Davis</i>				
7:15-8:00 MS * Cardio Dance <i>Anastasiia Gavriukhova</i>	7:45-8:30 MS * EQX Barre Burn <i>Emily Naim</i>	7:45-8:30 MS * EQX Barre Burn <i>Emily Naim</i>				
7:45-8:30 YS * Amplified Vinyasa <i>Rika Henry</i>						

EQUINOX

GRAMERCY

315 Park Avenue South

NEW YORK NY 10010

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MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 09:00 PM

SAT-SUN 08:00 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

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 + 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

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.

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.

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.

Sculpted Yoga™ (HEATED) 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.

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.

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

Yin Yoga Meditation (HEATED) A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.

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.

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.

Firestarter A 30-minute, non-stop cardio challenge that demands everything you’ve got. Blaze through innovative sequences then switch to active recovery without ever stopping.

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 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

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.

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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. It 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.

Muay Thai Master the basic kickboxing strikes of Muay Thai and capture the essence of MMA fighting style in this martial-arts specialty class. Your heart will pound, your feet will fly, and your body will transform into a true fighter’s figure. Boxing gloves required.

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.

The Cut A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It’s just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

Stretch and Recovery

Athletic Stretch (HEATED) Improve posture and enhance performance whether you’re an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated. All in a heated room.

Sonic Meditation Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. An Equinox exclusive.

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.

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.