

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 MS* Cardio Sculpt <i>Justine Ayala</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>	6:15-7:15 YS* Power Vinyasa Robert Nguyen	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>Justine Ayala</i>	6:30-7:15 MS* Athletic Conditioning <i>Bonnie Flannery</i>	6:30-7:20 MS* Tabata Max <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* Sculpt Miriam Shestack
7:30-8:15 YS* Pilates Fusion (HEATED) <i>Jennifer Tarentino</i>	6:45-7:35 TR* Precision Run® <i>Jack McGowan</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 Marc Daigle	10:15-11:15 YS* Power Vinyasa (HEATED) <i>Kat Suda</i>
7:45-8:30 CS* Beats Ride Michaela McGowan	7:00-7:45 CS* Beats Ride John King	7:15-8:05 CS* Precision Ride Avery Washington	7:00-7:50 CS* Beats Ride David Donofrio	7:45-8:30 MS* Stacked <i>Stephanie Strine</i>	9:45-10:45 YS* Sculpted Yoga™ Kumiko Buckman	10:30-11:15 MS* Stronger Miriam Shestack
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>Brian Slaman</i>	7:15-8:15 YS* Power Vinyasa (HEATED) <i>Nicole Uribarri</i>	8:00-8:45 CS* Beats Ride Michelle Koenigsknecht	10:00-10:50 TR* Precision Run® <i>Nora Bisharat</i>	11:15-12:00 CS* Off The Barre <i>Elgin McCargo</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>	7:30-8:20 MS* Bala Bangle Barre Burn <i>Elgin McCargo</i>	8:45-9:30 MS* 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 Jennifer Tarentino
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>	8:45-9:15 MS* Best Abs Ever <i>Luke Bernier</i>	9:00-9:50 MS* Rounds: Boxing Circuit <i>Ahmad Simmons</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* Sculpt Stephanie Levinson	9:15-9:45 MS* Upper Body Pump <i>Luke Bernier</i>	11:00-11:45 MS* Best Butt Ever <i>Diane LaVon</i>	11:15-12:05 YS* Pilates Rise Richel Ruiz	12:15-1:05 TR* Precision Run® Brandon Green
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>	9:30-10:15 YS* Pilates Fusion <i>Will Taylor</i>	11:45-12:00 MS* Best Abs Ever <i>Diane LaVon</i>	11:30-12:15 MS* Ropes and Rowers <i>Dario Torres</i>	1:15-2:00 YS* Sonic Meditation <i>Mary Aranas</i>
12:30-1:15 MS* Stacked <i>Bransen Gates</i>	12:15-1:15 YS* Sculpted Yoga™ <i>Nicole Uribarri</i>	12:00-12:45 MS* Rounds: Boxing Circuit <i>Ugo Peter-Obiagwu</i>	11:00-11:45 MS* Sculpt Eddie Carrington	12:00-12:45 MS* Power Vinyasa (HEATED) (L2) <i>Serena Tom</i>	12:30-1:15 MS* Rounds: Boxing Circuit <i>Delida Torres</i>	1:30-2:20 MS* MetCon3 <i>Katie Thrasher</i>
1:15-2:15 YS* Vinyasa Yoga (HEATED) Nadia Zaki	12:30-1:20 MS* Stronger <i>Kelsey Stalter</i>	12:15-1:00 MS* Pilates Mat <i>Khaleah London</i>	12:30-1:15 MS* Atletica <i>Nora Bisharat</i>	YS* 12:30-1:15 MS* Cardio Sculpt <i>Esteban Deleon</i>	12:45-1:45 YS* Vinyasa Yoga (HEATED) <i>Yanik Faylayev</i>	2:30-3:30 YS* Weekend Wind Down Yoga <i>Robert Nguyen</i>
4:00-4:45 YS* Pilates Mat <i>Will Taylor</i>	1:45-2:35 YS* Pilates Rise Kelsey Stalter	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>	1:30-2:15 MS* Best Butt Ever <i>Meghan Cox</i>	3:00-3:45 MS* Whipped! <i>Zach Schanne</i>
5:00-6:00 YS* Power Vinyasa <i>Josh Mathew-Meier</i>	4:00-5:00 YS* Vinyasa Yoga (HEATED) <i>Ali Cramer</i>	4:00-4:45 YS* Pilates Rise (HEATED) Manon Hallay	4:00-4:50 YS* Athletic Stretch Katey Lewis	4:00-4:45 MS* EQX Barre Burn <i>Emily Naim</i>	3:15-4:05 MS* Stronger <i>Shaun Anthony</i>	3:45-4:00 MS* Best Abs Ever <i>Zach Schanne</i>
5:15-6:00 MS* MetCon Monday <i>Or Artzi</i>	5:15-6:00 MS* Whipped! <i>David Robert</i>	5:00-6:00 YS* Vinyasa Yoga (HEATED) <i>Jessica Stickler</i>	5:15-6:00 MS* EQX Barre Burn <i>Khaleah London</i>	5:00-5:45 MS* Stronger <i>Tim Flores</i>	4:00-4:45 YS* Athletic Stretch (HEATED) Jill Weinstein	4:00-4:45 CS* Beats Ride D Gunnz
5:45-6:30 CS* Anthem Ride <i>Kidd Solomon</i>	5:30-6:15 YS* Pilates Fusion <i>Elgin McCargo</i>	5:45-6:30 MS* Cardio Sculpt <i>Calvin Wiley</i>	5:15-6:05 TR* Precision Run® Paula Calabrese	5:30-6:30 YS* Vinyasa Yoga (HEATED) <i>Kristin Bilella</i>	4:15-5:05 YS* Amplified Vinyasa <i>Rika Henry</i>	
6:00-6:50 TR* Precision Run® <i>Nora Bisharat</i>	5:45-6:30 CS* Anthem Ride <i>Jonathan Carlucci</i>	6:00-6:50 CS* Beats + Bands Ride <i>Megan Colford</i>	5:30-6:30 YS* Vinyasa Yoga <i>Katey Lewis</i>	6:00-6:50 CS* Anthem Ride <i>Kidd Solomon</i>		
6:15-7:00 MS* EQX Barre Burn <i>Or Artzi</i>	6:15-7:00 MS* Athletic Conditioning <i>David Robert</i>	6:15-7:15 YS* Vinyasa Yoga (HEATED) <i>Emma Poole</i>	6:15-7:00 MS* Sculpt Paula Calabrese	6:15-7:05 MS* Ropes and Rowers <i>Tim Flores</i>		
6:30-7:20 YS* Pilates Rise <i>Rachel King</i>	7:00-8:00 YS* Power Vinyasa (HEATED) (L2) <i>Serena Tom</i>	6:30-7:20 TR* Precision Walk: Elevate <i>Shaun Anthony</i>	6:45-7:30 YS* Pilates Mat <i>Caroline Strong</i>			
7:00-7:45 CS* Beats Ride Leah Clark	7:15-8:00 MS* Stronger David Miller	6:45-7:30 MS* The Cut <i>Delida Torres</i>	7:15-8:00 MS* Barre Beyond <i>Elgin McCargo</i>			
7:15-8:00 MS* Dance/Sculpt Marielle A	7:15-8:00 MS* Stronger David Miller	7:30-8:15 YS* Pilates Mat (HEATED) <i>Cindy Davis</i>	8:00-8:45 YS* Sonic Meditation <i>Mary Aranas</i>			
7:45-8:30 YS* Amplified Vinyasa <i>Rika Henry</i>	8:15-9:15 YS* Yin Yoga Meditation (HEATED) <i>Babette Godefroy</i>	7:45-8:30 MS* EQX Barre Burn <i>Emily Naim</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

steven.goldsmith@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.

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.

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 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.

Atletica A weight training workout using traditional power moves created by global fitness expert, Iaria 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.

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.

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 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.

Pilates Rise (HEATED) 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

Dance/Sculpt Cardio dance meets full body sculpting. Alternate between blocks of fun, easy-to-follow cardio dance, and rhythmic body sculpt—using high reps at light resistance. 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.

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 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.

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

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.

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.

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.

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.