

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:30 YS * Pilates Fusion <i>Cameron Norsworthy</i>	6:45-7:30 MS * MetCon3 <i>Phillipe Bowgen</i>	6:45-7:45 YS * Vinyasa Yoga (HEATED) <i>Dee Holliday</i>	6:45-7:30 MS * Stacked <i>Chayanne Joel</i>	7:00-8:00 YS * Vinyasa Yoga <i>Damien Alexander</i>	9:15-10:00 YS * True Barre <i>JP Maddock</i>	9:15-10:00 MS * Lower Body Blast <i>Eliza Rose</i>
7:15-8:00 MS * Stacked <i>Tim Flores</i>	7:00-7:45 YS * True Barre <i>Elgin McCargo</i>	7:00-7:45 CS * Beats Ride <i>Chayanne Joel</i>	7:00-7:45 YS * Pilates Mat (HEATED) <i>Kylie Treacy</i>	7:15-8:05 MS * The Cut <i>Sammy Tuchman</i>	9:30-10:15 CS * Precision Ride <i>Cecilia Lopez</i>	9:30-10:30 YS * Sculpted Yoga™ <i>Kumiko Buckman</i>
8:00-9:00 YS * Sculpted Yoga™ <i>Jess Anson</i>	7:15-8:00 CS * Beats Ride <i>Davie Donofrio</i>	7:15-8:00 MS * Stronger <i>Elsa Saatela</i>	7:15-8:00 CS * Beats Ride <i>Molly Mook</i>	7:30-8:15 CS * Beats Ride <i>Davie Donofrio</i>	9:30-10:15 MS * Stronger <i>Daniel Neale</i>	10:15-11:00 MS * Athletic Conditioning <i>Eliza Rose</i>
8:15-9:00 MS * Best Butt Ever <i>Tim Flores</i>	7:30-8:20 TR * Precision Run® <i>Flaminia Fanale</i>	8:00-8:50 YS * Barre (HEATED) <i>Manon Hallay</i>	7:30-8:20 TR * Precision Run® <i>Jacob Reynolds</i>	8:15-9:00 MS * Athletic Conditioning <i>Daniel Neale</i>	10:15-11:30 YS * Vinyasa Yoga (HEATED) <i>Jess Anson</i>	10:45-11:30 YS * True Barre <i>JP Maddock</i>
8:15-9:00 TR * Precision Run® <i>Bryce Wood</i>	8:00-8:45 MS * Cardio Sculpt <i>Elgin McCargo</i>	8:15-9:00 MS * MetCon3 <i>Chayanne Joel</i>	8:00-8:30 MS * Best Butt Ever <i>Tim Flores</i>	8:30-9:20 YS * Pilates Rise <i>Manon Hallay</i>	10:30-11:15 MS * Tabata Max <i>Daniel Neale</i>	
9:30-10:15 YS * Pilates Fusion <i>Elgin McCargo</i>	8:15-9:15 YS * Vinyasa Yoga <i>Damien Alexander</i>	9:15-10:00 YS * Pilates Fusion <i>Sammy Tuchman</i>	8:15-9:15 YS * Vinyasa Yoga <i>Kira McCarthy</i>	9:30-10:15 YS * Barre <i>Manon Hallay</i>	11:00-11:45 CS * Beats Ride <i>Leah Clark</i>	11:15-12:00 CS * Beats Ride <i>Chayanne Joel</i>
10:30-11:15 YS * Trilogy Barre <i>Elgin McCargo</i>	9:15-10:00 MS * Stronger <i>Bransen Gates</i>	10:30-11:30 YS * Vinyasa Yoga <i>Lizzie Falkner</i>	8:30-9:00 MS * Upper Body Pump <i>Tim Flores</i>	12:00-1:00 YS * Power Vinyasa <i>Dorian Shorts</i>	11:30-12:20 MS * Whipped! <i>Tim Flores</i>	11:45-1:00 MS * Vinyasa Yoga <i>Patrick Millard</i>
12:15-1:15 YS * Vinyasa Yoga <i>Ozzy Aydogdu</i>	9:30-10:15 YS * Trilogy Barre <i>Colleen Wright</i>	12:15-1:00 YS * Pilates Mat <i>Lilly Joergensen</i>	9:15-10:00 MS * Stronger <i>Tim Flores</i>	12:15-1:00 CS * Beats Ride <i>Leah Clark</i>	11:45-12:35 TR * Precision Run® <i>Elsa Saatela</i>	12:00-12:45 MS * Rhythmic Sculpt <i>Marissa Myers</i>
12:30-1:15 MS * Stronger <i>Isabelle Luongo</i>	10:30-11:15 YS * Pilates Fusion <i>Alexis Sweeney</i>	12:30-1:15 MS * Best Butt Ever <i>Molly Day</i>	9:30-10:20 YS * Pilates Rise <i>Colleen Wright</i>	12:30-1:15 MS * Stronger <i>Justin Goldman</i>	12:00-12:45 YS * Pilates Mat <i>Christina Cervenka</i>	1:15-2:05 YS * Pilates Rise <i>Claire Goldes</i>
1:15-1:30 MS * Best Abs Ever <i>Isabelle Luongo</i>	12:15-1:00 MS * Stacked <i>Justin Goldman</i>	4:00-4:45 YS * Pilates Fusion <i>Julia Atkin</i>	10:30-11:15 YS * Barre <i>Cameron Norsworthy</i>	1:15-1:30 MS * Best Abs Ever <i>Justin Goldman</i>	12:30-1:15 MS * MetCon3 <i>Tim Flores</i>	2:30-3:45 YS * Power Vinyasa (HEATED) <i>Babette Godefroy</i>
4:00-4:45 YS * Pilates Mat <i>Jake Thereault</i>	1:15-2:15 YS * Sculpted Yoga™ <i>Megan Treiber</i>	4:45-5:30 MS * Rhythmic Sculpt <i>Bransen Gates</i>	12:15-1:05 MS * MetCon3 <i>Shaun Anthony</i>	3:00-3:45 YS * Trilogy Barre <i>Elgin McCargo</i>	1:00-2:00 YS * Power Vinyasa <i>Dee Holliday</i>	4:15-5:00 YS * Sonic Meditation <i>Babette Godefroy</i>
4:45-5:30 MS * Cardio Sculpt <i>Bransen Gates</i>	4:30-5:30 YS * Power Vinyasa <i>Lipe</i>	5:00-6:00 YS * Vinyasa Yoga <i>Patrick Millard</i>	1:15-2:00 YS * Trilogy Barre <i>Kyla Lloyd</i>	4:00-4:45 MS * Body Sculpt <i>Elgin McCargo</i>	1:30-2:15 MS * Body Sculpt <i>Alex Lyons</i>	5:15-6:00 YS * Pilates Fusion <i>Angie Arias</i>
5:00-6:00 YS * Vinyasa Yoga <i>Lizzie Falkner</i>	5:15-6:00 MS * Stronger <i>Tim Flores</i>	5:45-6:30 MS * Stronger <i>Daniel Neale</i>	4:30-5:30 YS * Sculpted Yoga™ <i>Dee Holliday</i>	4:15-5:15 YS * Yin Yoga Meditation (HEATED) <i>Kevin Bigger</i>	2:15-3:00 YS * Pilates Fusion <i>Abby Hogue</i>	6:15-7:15 YS * Weekend Wind Down Yoga <i>Jacob Reynolds</i>
5:45-6:30 MS * MetCon Monday <i>Esteban Deleon</i>	5:45-6:30 YS * Pilates Fusion <i>Katherine Menna</i>	6:00-6:50 TR * Precision Run® <i>Jacob Reynolds</i>	5:15-6:00 MS * Cardio Sculpt <i>Anastasias Gavriukhova</i>	5:15-6:05 MS * MetCon3 <i>Elsa Saatela</i>	3:15-4:15 YS * Vinyasa Yoga <i>Patrick Millard</i>	
6:00-6:50 TR * Precision Run® <i>Elsa Saatela</i>	6:00-6:45 CS * Anthem Ride <i>Kidd Solomon</i>	6:15-7:00 CS * Beats Ride <i>Nick Rivera</i>	5:45-6:30 YS * Pilates Fusion <i>Alec Hynes</i>	5:30-6:15 YS * Pilates Mat (HEATED) <i>Claire Danese</i>	4:15-5:00 MS * Athletic Stretch <i>Caitlyn Casson</i>	
6:15-7:00 CS * Beats Ride <i>Molly Mook</i>	6:15-7:00 MS * Tabata Max <i>Tim Flores</i>	6:30-7:15 YS * True Barre <i>Katie Ippolito</i>	6:00-6:45 CS * Beats Ride <i>Alex Lyons</i>	6:30-7:45 YS * Vinyasa Yoga (HEATED) <i>Natalie Perez</i>	4:30-5:15 YS * Trilogy Barre <i>Kyla Lloyd</i>	
6:30-7:15 YS * Silhouette <i>Alexis Sweeney</i>	6:45-7:45 YS * Vinyasa Yoga <i>Lize Keefer</i>	6:45-7:30 MS * Circuit Training <i>Daniel Neale</i>	6:15-7:00 MS * MetCon3 <i>Peyton Royal</i>			
6:45-7:30 MS * Stronger <i>Esteban Deleon</i>	7:15-8:00 MS * Cardio Sculpt <i>Shelby Finnie</i>	7:30-8:30 YS * Slow Flow Yoga <i>Jacob Reynolds</i>	6:45-7:45 YS * Yin Yoga <i>Megan Treiber</i>			
7:30-8:45 YS * Power Vinyasa (HEATED) <i>Lizzie Falkner</i>	8:00-8:45 YS * True Barre <i>JP Maddock</i>		7:15-8:00 MS * Stronger <i>Elsa Saatela</i>			
			8:00-8:45 YS * Pilates Mat <i>Claire Goldes</i>			

# EQUINOX

## WILLIAMSBURG

246 Bedford Ave

BROOKLYN NY 11211

EQUINOX.COM

@EQUINOX

**MON-THU** 05:30 AM 11:00 PM

**FRI** 05:30 AM 10:00 PM

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

## GROUP FITNESS MANAGER

betsy.mallonee@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**® 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

**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.

**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.

**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** Releasing tension through prolonged poses, this 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.

**Circuit Training** Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

**Lower Body Blast** Train everything below the belt in a class that focuses on lower body strength, definition, and endurance. Expect exercises using bodyweight and a variety of equipment including weights and bands. You'll push your legs and glutes to the limit.

**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.

**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.

**Barre (HEATED)** 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.

**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 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.

## Boxing and Kickboxing

**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.

**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.

**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.

**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.