

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * MetCon Monday <i>Jeff Robinson</i>	6:15-7:00 YS * Pilates Fusion Justin Flexen	6:15-7:15 TE * Vinyasa Yoga at Edge <i>Team Equinox</i>	6:15-7:00 YS * Trilogy Barre <i>Alexis Campbell</i>	7:00-8:00 YS * Vinyasa Yoga <i>Mardi Sykes</i>	8:30-9:15 YS * Pilates Fusion <i>Vivian Jonokuchi</i>	9:30-10:15 CS * Anthem Ride <i>Amy Chiu</i>
6:45-7:45 PD * Swim Team <i>Jenna Deangelis</i>	7:00-7:45 CS * Anthem Ride <i>Or Artzi</i>	7:00-7:45 YS * Barre (HEATED) <i>Nicole Uribaldi</i>	7:00-7:45 CS * Beats Ride Alex Joy Pucci	7:30-8:15 CS * Beats Ride Moses Alcid	8:45-9:45 PD * Swim Team <i>Ester Kim</i>	9:45-10:30 YS * Pilates Mat (HEATED) <i>Jeffrey Morris</i>
7:00-7:45 YS * Bala Bangle Barre Burn <i>Michael J. Clark</i>	7:00-7:30 TR * Precision Run 30 <i>Chaz Jackson</i>	7:30-8:20 CS * Precision Ride Mario Martinez	7:15-8:00 YS * Barre <i>Nina Marchione</i>	7:45-8:30 MS * MetCon3 <i>Jack McGowan</i>	9:00-9:45 MS * Stronger <i>John Peterson</i>	10:00-11:00 MS * Rounds: Pro <i>Khaled Zeidan</i>
7:30-8:15 CS * Beats Ride Justin Flexen	7:15-8:00 YS * Power Vinyasa (HEATED) <i>Jade Alexis</i>	7:30-8:15 PD * Swim Team Pro Hilary Hebrank	7:45-8:35 TR * Precision Run + Strength <i>Jack McGowan</i>	9:00-9:50 YS * True Barre <i>Lucas Blankenhorn</i>	9:45-10:45 YS * Vinyasa Yoga <i>Jessica Chin</i>	10:30-11:20 TR * Precision Run@ <i>Amy Chiu</i>
7:45-8:35 MS * Stronger <i>TomJohn Mershon</i>	7:45-8:15 TR * Precision Run 30 <i>Chaz Jackson</i>	8:00-8:45 MS * MetCon3 <i>Christopher Vo</i>	8:00-8:45 MS * Stacked <i>Peyton Royal</i>	9:30-10:15 MS * Athletic Conditioning TomJohn Mershon	10:00-10:50 MS * Ropes and Rowers Robert Burke	11:00-12:00 PD * Swim Team <i>Jason Strong</i>
8:00-8:45 YS * Pilates Fusion <i>Lipe</i>	8:00-8:45 MS * Athletic Conditioning <i>Or Artzi</i>	8:00-9:00 YS * Vinyasa Yoga (HEATED) <i>Michael Gervais</i>	8:15-9:00 YS * Pilates Fusion <i>Michael Apuzzo</i>	11:00-12:00 PD * Swim Team <i>TomJohn Mershon</i>	10:15-11:00 CS * Beats Ride Kris Wilkins	11:15-12:00 MS * Stronger <i>Katie Thrasher</i>
9:30-10:30 YS * Vinyasa Yoga (HEATED) <i>Colleen Murphy</i>	8:15-9:05 YS * Pilates Rise (HEATED) <i>Jeffrey Morris</i>	9:15-10:05 YS * Pilates Rise <i>Brian Slaman</i>	9:15-10:15 YS * Vinyasa Yoga <i>Jessica Chin</i>	12:15-1:00 YS * Silhouette <i>Alexis Sweeney</i>	11:00-11:45 MS * Cardio Sculpt <i>Stephanie Levinson</i>	11:30-12:30 YS * Vinyasa Yoga <i>Robert Nguyen</i>
11:45-12:35 TR * Precision Run@ <i>Corky Corkum</i>	9:15-10:05 YS * Barefoot Sculpt <i>Or Artzi</i>	11:45-12:35 TR * Precision Run + Strength <i>Javier Ortega</i>	12:00-12:50 YS * Pilates Rise <i>Taylor Phillips</i>	12:30-1:15 MS * Best Stretch Ever <i>Kelsey Stalter</i>	11:15-12:00 YS * Bala Bangle Barre Burn <i>Michael J. Clark</i>	12:00-12:15 MS * Best Abs Ever <i>Katie Thrasher</i>
12:15-1:00 MS * Circuit Training Michael Keeney	12:00-1:00 YS * Vinyasa Yoga <i>Dyan Tsiumis</i>	12:15-1:15 YS * Sculpted Yoga™ <i>Andy Santana</i>	12:15-1:05 MS * MetCon3 KaRa Dizon	4:00-4:50 TR * Precision Run@ <i>Jan Erik Navoa</i>	11:45-12:35 TR * Precision Run@ <i>Andrew Briedis</i>	12:30-1:15 MS * Precision Run@ <i>Kat Brunner</i>
12:15-1:15 YS * Vinyasa Yoga <i>Kristina Erikson</i>	12:15-1:00 MS * Stronger <i>David Miller</i>	12:45-1:30 MS * Best Butt Ever <i>Tracy Gordon</i>	1:00-2:00 YS * Power Vinyasa <i>Jacob Reynolds</i>	4:15-5:00 YS * Trilogy Barre Karla Beltchenko	12:00-12:45 MS * Best Butt Ever <i>Esteban Deleon</i>	12:45-1:35 YS * Barre Beyond <i>Diane LaVon</i>
1:15-2:00 CS * Beats Ride Michael Keeney	1:15-2:00 YS * Trilogy Barre <i>Kyla Lloyd</i>	4:00-5:00 YS * Vinyasa Yoga <i>Jamison Goodnight</i>	5:15-6:15 YS * Power Vinyasa (HEATED) <i>Michael Gervais</i>	5:00-5:45 MS * Stronger <i>Jan Erik Navoa</i>	12:00-12:45 PD * EQX H2O: Swim Basics <i>Ester Kim</i>	2:00-3:00 YS * Power Vinyasa <i>Diane LaVon</i>
4:30-5:15 MS * Stronger <i>Maddie Myers</i>	4:15-5:05 MS * Rounds: Boxing Circuit <i>Christopher Vo</i>	5:00-6:00 PD * Swim Team <i>George Fletcher</i>	5:30-6:15 MS * Cardio Sculpt <i>Bransen Gates</i>	5:10-6:00 YS * Pilates Rise Karla Beltchenko	12:15-1:00 YS * Pilates Mat (HEATED) <i>Emilee Theno</i>	2:15-3:00 MS * Best Stretch Ever <i>Mike Owczarek</i>
5:15-6:05 YS * Trilogy Barre <i>Alisha Wickering</i>	4:15-5:05 YS * Pilates Rise (HEATED) <i>Alisha Wickering</i>	5:15-6:00 YS * Pilates Mat (HEATED) <i>Susan Mario Carrick</i>	5:30-6:20 TR * Precision Run + Strength <i>Javier Ortega</i>	6:00-6:50 CS * Precision Ride Jan Erik Navoa	1:15-2:15 YS * Vinyasa Yoga (HEATED) <i>Matt D'Amico</i>	5:00-6:00 YS * Restorative Yoga <i>Suzanne Taylor</i>
5:30-6:15 MS * Ropes and Rowers <i>Michael J. Clark</i>	5:15-6:15 YS * Vinyasa Yoga (HEATED) <i>Jamison Goodnight</i>	5:30-6:15 MS * Knockout <i>Erika Hammond</i>	6:00-6:50 CS * Precision Run + Strength <i>Javier Ortega</i>	6:15-7:05 MS * Dance/Sculpt <i>Anastasija Gavriukhova</i>	4:00-5:00 YS * Sculpted Yoga™ <i>Michael J. Clark</i>	6:15-7:00 YS * Sonic Meditation Suzanne Taylor
5:45-6:30 CS * Beats Ride Alex Joy Pucci	5:30-6:15 MS * Stronger <i>Peyton Royal</i>	5:45-6:30 CS * Beats Ride TomJohn Mershon	6:00-7:15 MS * Stronger <i>Ricardo Drumond</i>	6:15-7:30 YS * Power Vinyasa (HEATED) Karla Beltchenko		
6:15-6:30 MS * Best Abs Ever <i>Michael J. Clark</i>	6:00-6:45 CS * Beats Ride Jan Erik Navoa	6:30-7:15 YS * Trilogy Barre <i>Michael J. Clark</i>	6:30-7:15 MS * Stronger <i>Ricardo Drumond</i>	8:00-9:00 YS * Yin Yoga Meditation <i>Suzanne Taylor</i>		
6:30-7:15 YS * Pilates Mat <i>Jeffrey Morris</i>	6:30-7:15 MS * MetCon3 <i>Esteban Deleon</i>	6:45-7:30 MS * Tabata Max <i>TomJohn Mershon</i>	6:45-7:30 YS * Silhouette <i>Alexis Sweeney</i>			
6:45-7:30 MS * MetCon Monday <i>Jim Scholl</i>	6:45-7:30 YS * True Barre <i>Michael J. Clark</i>	7:30-8:30 MS * Power Vinyasa <i>Matt D'Amico</i>	7:15-8:15 PD * Swim Team <i>Jason Strong</i>			
7:00-7:50 TR * Precision Run@ <i>Corky Corkum</i>	7:00-7:50 TR * Precision Walk: Elevate <i>Jan Erik Navoa</i>	7:30-8:30 YS * Stronger <i>Katie Thrasher</i>	7:30-8:30 MS * Muay Thai <i>Khaled Zeidan</i>			
7:30-8:30 YS * Vinyasa Yoga <i>Katey Lewis</i>	7:15-8:15 PD * Swim Team Pro (L2) <i>Hilary Hebrank</i>	7:45-8:30 MS * Stronger <i>Katie Thrasher</i>	7:45-8:35 YS * Restorative Yoga <i>Babette Godefroy</i>			
7:45-8:30 MS * Ballet by Equinox x ABT <i>Maureen Duke</i>	7:30-8:15 MS * Best Stretch Ever <i>Mike Owczarek</i>	8:00-9:00 YS * Gentle Yoga <i>Ali Cramer</i>	8:45-9:30 YS * Sonic Meditation <i>Babette Godefroy</i>			

EQUINOX

HUDSON YARDS

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NEW YORK NY 10001

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MON-THU 05:30 AM 11:00 PM

FRI 05:30 AM 10:00 PM

SAT-SUN 07:00 AM 09:00 PM

GROUP FITNESS MANAGER

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SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

PD Pool Deck

TE The Edge

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 30 An express version of our signature interval-based treadmill program, created by running expert, David Siik. Perfectly balanced speeds and inclines will have you crushing goals while having fun. An Equinox exclusive, welcome to the express lane. Bring headphones.

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

Gentle Yoga A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.

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.

Restorative Yoga A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

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.

Vinyasa Yoga at Edge Equinox yoga in a space that's out of this world. Edge is the highest outdoor sky deck in the Western Hemisphere, suspended in mid-air, giving you the feeling of floating in the sky with 360-degree views you can't get anywhere else. You've never experienced Yoga or New York like this before. Note: Class check-in will be located at the Edge Entrance on the 4th floor in between the Edge Gift Shop and Shake Shack.

Yin Yoga Meditation 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.

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.

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 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.

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.

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.

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

Ballet by Equinox x ABT Created in exclusive partnership with American Ballet Theatre, this class incorporates fundamentals of ballet with an exhilarating series of turns, jumps, combinations, and Thera-band sequences.

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

Knockout Challenge yourself with Erika Hammond's boxing-forward, full-body strength class integrating non-rhythmic shadow boxing combos with targeted strength training. This high energy class will leave you feeling empowered to take on any fight. An Equinox exclusive.

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.

Rounds: Pro Gloves on, skills up. Rounds Pro is the pinnacle of our boxing and kickboxing offerings. Led by our elite instructors, this advanced class refines your technique, hones your precision, and pushes your limits. Elevate your training, refine your craft, and step into the professional arena. An Equinox exclusive.

Pool

EQX H2O: Swim Basics An entry level swim class designed to teach the fundamentals of swimming that focuses specifically on freestyle. Swim Basics features skills and drills that develop technique, confidence and efficiency in the water. An Equinox exclusive. Swim cap and goggles required.

Swim Team Build your skills in this team-based class where the basics are reviewed and reinforced. Focus on drills, technique, stamina, strength and form. Swim cap and goggles required.

Swim Team Pro Challenge your skills in an intermediate/advanced team-based swim class. Train like a pro with focus on drills, technique, stamina, strength and form. Must be able to swim 100 yards freestyle for the hour. Swim cap and goggles required.

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.

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.

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.

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.