

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * MetCon Monday <i>Jeff Robinson</i>	6:15-7:00 YS * Pilates Mat <i>Justin Flexen</i>	7:00-7:45 MS * Rhythmic Sculpt <i>Christopher Vo</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 Uribarri</i>	7:00-7:50 CS * Precision Ride <i>Alex Joy Pucci</i>	7:30-8:15 CS * Beats Ride <i>Moses Alcid</i>	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>	7:00-7:45 MS * Stacked <i>Denay Rogers</i>	7:15-8:05 TR * Precision Run® <i>Steven Goldsmith</i>	7:00-7:45 MS * Tabata Max <i>Matt Ortel</i>	7:45-8:30 MS * MetCon3 <i>Jack McGowan</i>	9:00-9:45 MS * Stronger <i>Robert Burke</i>	10:00-10:50 MS * Rounds: Pro (L3) <i>Khaled Zeidan</i>
7:30-8:15 CS * Beats Ride <i>Steven Goldsmith</i>	7:00-7:30 TR * Precision Run 30 <i>Chaz Jackson</i>	7:30-8:20 CS * Beats Ride <i>Mario Martinez</i>	7:15-8:00 YS * Barre <i>Nina Marchione</i>	9:00-9:50 YS * True Barre <i>Lucas Blankenhorn</i>	9:00-9:20 PD * Barrel Sauna Meditation <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>	7:15-8:00 YS * Power Vinyasa (HEATED) <i>Jade Alexis</i>	7:30-8:15 PD * Swim Team Pro <i>Hilary Hebrank</i>	7:45-8:35 TR * Precision Run + Strength <i>Jack McGowan</i>	9:30-10:15 MS * Athletic Conditioning <i>TomJohn Mershon</i>	9:45-10:45 YS * Vinyasa Yoga <i>Jessica Chin</i>	11:00-12:00 PD * Swim Team <i>Jason Strong</i>
8:00-8:45 YS * Pilates Fusion <i>Lipe</i>	7:45-8:15 TR * Precision Run 30 <i>Chaz Jackson</i>	7:30-7:50 PD * Barrel Sauna Meditation <i>Michael Gervais</i>	8:00-8:45 MS * Stronger <i>Peyton Royal</i>	11:00-12:00 PD * Swim Team <i>TomJohn Mershon</i>	10:00-10:50 MS * Ropes and Rowers <i>Robert Burke</i>	11:15-12:00 MS * Stronger <i>Katie Thrasher</i>
9:30-10:30 YS * Vinyasa Yoga (HEATED) <i>Colleen Murphy</i>	8:00-8:45 MS * Athletic Conditioning <i>Or Artzi</i>	8:00-8:45 MS * MetCon3 <i>Christopher Vo</i>	8:15-9:00 YS * Pilates Fusion <i>Michael Apuzzo</i>	12:15-1:00 YS * Silhouette <i>Alexis Sweeney</i>	10:15-11:00 CS * Beats Ride <i>Kris Wilkins</i>	11:30-12:30 YS * Vinyasa Yoga <i>Robert Nguyen</i>
11:45-12:35 TR * Precision Run® <i>Corky Corkum</i>	8:15-9:05 YS * Pilates Rise (HEATED) <i>Jeffrey Morris</i>	8:00-9:00 YS * Vinyasa Yoga (HEATED) <i>Michael Gervais</i>	9:15-10:15 YS * Vinyasa Yoga <i>Jessica Chin</i>	4:00-4:50 TR * Precision Run® <i>Jan Erik Navoa</i>	11:00-11:45 MS * Cardio Sculpt <i>Stephanie Levinson</i>	12:00-12:15 MS * Best Abs Ever <i>Katie Thrasher</i>
12:15-1:00 MS * Circuit Training <i>Michael Keeney</i>	9:15-10:05 YS * Barefoot Sculpt <i>Or Artzi</i>	9:30-10:20 YS * Pilates Rise <i>Brian Slaman</i>	12:00-12:50 YS * Pilates Rise <i>Taylor Phillips</i>	4:15-5:00 YS * Trilogy Barre <i>Karla Beltchenko</i>	10:15-11:00 MS * Beats Ride <i>Kris Wilkins</i>	12:30-1:15 MS * MetCon3 <i>Denay Rogers</i>
12:15-1:15 YS * Vinyasa Yoga <i>Kristina Erikson</i>	12:15-1:00 MS * Rhythmic Sculpt <i>Kyla Lloyd</i>	11:45-12:35 TR * Precision Run + Strength <i>Javier Ortega</i>	12:15-1:05 MS * MetCon3 <i>KaRa Dizon</i>	5:00-5:45 MS * Stronger <i>Jan Erik Navoa</i>	11:45-12:35 TR * Precision Run® <i>Andrew Briedis</i>	12:45-1:35 TR * Barre Beyond <i>Diane LaVon</i>
1:15-2:00 CS * Beats Ride <i>Michael Keeney</i>	1:15-2:00 YS * Trilogy Barre <i>Kyla Lloyd</i>	12:15-1:15 YS * Sculpted Yoga™ <i>Andy Santana</i>	1:00-2:00 YS * Power Vinyasa <i>Jacob Reynolds</i>	5:10-6:00 YS * Pilates Rise <i>Karla Beltchenko</i>	12:00-12:45 MS * Best Butt Ever <i>Esteban Deleon</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>	12:45-1:30 MS * Best Butt Ever <i>Tracy Gordon</i>	5:15-6:15 YS * Power Vinyasa (HEATED) <i>Michael Gervais</i>	6:00-6:50 CS * Precision Ride <i>Jan Erik Navoa</i>	12:00-12:45 PD * EQX H2O: Swim Basics <i>Ester Kim</i>	2:15-3:00 MS * Best Stretch Ever <i>Mike Owczarek</i>
5:15-6:05 YS * Trilogy Barre <i>Alisha Wickering</i>	4:15-5:00 YS * Pilates Fusion <i>Michael J. Clark</i>	4:00-5:00 YS * Vinyasa Yoga <i>Jamison Goodnight</i>	5:30-6:15 MS * Rhythmic Sculpt <i>Bransen Gates</i>	6:15-7:05 MS * Cardio Dance <i>Anastasiiia Gavriukhova</i>	12:15-1:00 YS * Pilates Mat (HEATED) <i>Emilee Theno</i>	4:30-5:30 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>	5:00-6:00 PD * Swim Team <i>George Fletcher</i>	5:30-6:20 TR * Precision Run + Strength <i>Javier Ortega</i>	6:15-7:30 YS * Power Vinyasa (HEATED) <i>Karla Beltchenko</i>	1:00-1:45 MS * Cardio Dance: 305 <i>Dance</i> <i>JJ Montell</i>	5:45-6:30 YS * Sonic Meditation <i>Suzanne Taylor</i>
5:45-6:30 CS * Beats Ride <i>Alex Joy Pucci</i>	5:30-6:15 MS * Stronger <i>Peyton Royal</i>	5:15-6:00 YS * Pilates Mat (HEATED) <i>Susan Mario Carrick</i>	6:00-6:45 CS * Beats Ride <i>Leah Clark</i>	6:00-6:50 YS * Yin Yoga Meditation <i>Suzanne Taylor</i>	1:15-2:15 YS * Vinyasa Yoga (HEATED) <i>Matt D'Amico</i>	
6:15-6:30 MS * Best Abs Ever <i>Michael J. Clark</i>	6:00-6:45 CS * Beats Ride <i>Jan Erik Navoa</i>	5:30-6:15 MS * Knockout <i>Erika Hammond</i>	6:30-7:15 MS * Athletic Conditioning <i>Waz Ashayer</i>		4:00-5:00 YS * Sculpted Yoga™ (HEATED) <i>Michael J. Clark</i>	
6:30-7:15 YS * Pilates Mat <i>Jeffrey Morris</i>	6:30-7:15 MS * Cardio Dance: 305 <i>Dance</i> <i>Tom Feeney</i>	5:45-6:30 CS * Beats Ride <i>Keith Irace</i>	6:30-6:50 PD * Barrel Sauna Meditation <i>Michael Gervais</i>			
6:45-7:30 MS * MetCon Monday <i>Jim Scholl</i>	6:45-7:30 YS * True Barre <i>Michael J. Clark</i>	6:30-7:15 YS * Trilogy Barre <i>Michael J. Clark</i>	6:45-7:30 YS * Silhouette <i>Alexis Sweeney</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>	6:45-7:30 MS * Stronger <i>Team Equinox</i>	7:15-8:15 PD * Swim Team <i>Jason Strong</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>	7:30-8:30 YS * Power Vinyasa <i>Matt D'Amico</i>	7:30-8:20 MS * Muay Thai <i>Khaled Zeidan</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>		7:45-8:35 YS * Restorative Yoga <i>Babette Godefroy</i>			
	7:30-7:50 PD * Barrel Sauna Meditation <i>Ali Cramer</i>		8:45-9:30 YS * Sound Meditation <i>Babette Godefroy</i>			
	8:00-9:00 YS * Yin Yoga (HEATED) <i>Ali Cramer</i>					

EQUINOX

HUDSON YARDS

32 Hudson Yards
NEW YORK NY 10001
EQUINOX.COM
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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

michael.clark@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

PD Pool Deck

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

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.

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.

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 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.

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.

Cardio Dance: 305 Dance Dance like no one's watching in this free-spirited, inclusive dance cardio workout designed for all levels, no dance experience required. 35 minutes of high-intensity cardio followed by 5 minutes of targeted toning, and 5 minutes of stretching for a joyful full body workout.

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

Barrel Sauna Meditation Turn up the heat and tune out the noise in this seasonal Après Equinox experience. Regenerate body and mind through 20 minutes of guided meditation designed to leave you feeling calm and centered. Please wear athleisure or a swim suit to this class.

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.

Sound Meditation A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.

 **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.

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.