

| MONDAY              |   | TUESDAY             |  | WEDNESDAY          |  | THURSDAY           |   | FRIDAY              |  | SATURDAY            |                                     | SUNDAY              |   |
|---------------------|---|---------------------|--|--------------------|--|--------------------|---|---------------------|--|---------------------|-------------------------------------|---------------------|---|
| 7:30-8:15<br>MS *   | Body Sculpt<br><i>Miriam Shestack</i>             | 6:30-7:20<br>MS *   | Stronger<br><i>Carolann Valentino</i>        | 7:30-8:15<br>MS *  | Stacked<br><i>Erin Puskar</i>                  | 7:00-7:50<br>MS *  | Pilates Rise<br><i>Sarah Marchetti Gleim</i>  | 7:30-8:30<br>MS *   | Sculpted Yoga™<br><i>Izzy VanHall</i>              | 8:30-9:15<br>MS *   | MetCon3<br><i>Allison Rowland</i>   | 8:30-9:15<br>MS *   | Atletica<br><i>Erika Hearn</i>                  |
| 8:30-9:15<br>MS *   | Cardio Sculpt<br><i>Diane LaVon</i>               | 8:30-9:15<br>MS *   | EQX Barre Burn<br><i>Joan Ferraro</i>        | 8:30-9:15<br>MS *  | Pilates Fusion<br><i>Zach Bergfelt</i>         | 8:30-9:15<br>MS *  | Body Sculpt<br><i>Zach Bergfelt</i>           | 8:30-9:20<br>TR *   | Precision Walk: Elevate<br><i>Margaret Schwarz</i> | 9:30-10:15<br>MS *  | Off The Barre<br><i>Erin Gamble</i> | 9:30-10:15<br>MS *  | Cardio Dance<br><i>Anastasiia Gavriukhova</i>   |
| 9:30-10:15<br>MS *  | Pilates Mat<br><i>Erin Giordano</i>               | 9:30-10:30<br>MS *  | Vinyasa Yoga<br><i>Josh Mathew-Meier</i>     | 9:30-10:15<br>MS * | Best Stretch Ever<br><i>Carolann Valentino</i> | 9:30-10:15<br>MS * | Bala Bangle Barre Burn<br><i>Maureen Duke</i> | 9:30-10:30<br>MS *  | Vinyasa Yoga<br><i>Josh Mathew-Meier</i>           | 10:30-11:30<br>MS * | Vinyasa Yoga<br><i>Jessica Meiz</i> | 10:30-11:15<br>MS * | <b>Body Sculpt</b><br><b><i>Sarah Esser</i></b> |
| 10:30-11:20<br>TR * | Precision Walk: Elevate<br><i>Miriam Shestack</i> | 11:00-11:50<br>MS * | Pilates Rise<br><i>Karen Hyland Monteith</i> | 5:30-6:20<br>MS *  | Pilates Mat<br><i>Jake Thereault</i>           | 5:30-6:30<br>MS *  | Vinyasa Yoga<br><i>Rosie DeAngelo</i>         | 11:00-11:45<br>MS * | Pilates Mat<br><i>Christopher Howard</i>           |                     |                                     |                     |   |
| 6:00-6:45<br>MS *   | Best Stretch Ever<br><i>Vivian Jonokuchi</i>      | 6:00-7:00<br>MS *   | Vinyasa Yoga<br><i>Dana Slamp</i>            | 6:30-7:30<br>MS *  | Iyengar Yoga<br><i>Michelle Hill</i>           | 6:45-7:30<br>MS *  | Sonic Meditation<br><i>Rosie DeAngelo</i>     |                     |  |                     |                                     |                     |   |

VISIT EQUINOX.COM OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

# E by EQUINOX

## E MADISON AVENUE

30 East 85th Street

NEW YORK NY 10028

EQUINOX.COM

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**MON-THU** 05:00 AM 09:00 PM

**FRI** 05:00 AM 08:00 PM

**SAT-SUN** 08:00 AM 06:00 PM

### GROUP FITNESS MANAGER

christopher.howard@equinox.com

### SIGNATURE CLASSES.

### ACCLAIMED INSTRUCTORS.

### TRANSFORMED BODIES.

### STUDIO KEY

**MS** Main Studio

**TR** Treadmill Area

### CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

### Running

**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

**Iyengar Yoga** An open class focusing on precision and physical alignment of the body. Named after B.K.S. Iyengar and therapeutic in approach, props are used to increase awareness and understand the nuance of each pose.

**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.

### Athletic Training

**Atletica** A weight training workout using traditional power moves created by global fitness expert, Ilaria Montagnani. Build and sculpt muscle and solidify a strong core.

**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.

### 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.

**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 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.

### 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.

### 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

**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.