

Bold New/Updated Class, Instructor, or Time
 * Advance sign-up required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-9:15 Body Sculpt MS* <i>Zach Bergfelt</i>	6:45-7:30 Stronger MS* <i>Carolann Valentino</i>	8:15-9:05 Precision Walk: Elevate TR* <i>Avery Washington</i>	8:30-9:15 Barefoot Sculpt MS* <i>Carolina Rivera</i>	8:15-9:00 Body Sculpt MS* <i>Nicky Venditti</i>	8:30-9:15 Pilates Mat MS* <i>Rachel Marchica</i>	8:30-9:15 True Barre: Off the Barre MS* <i>Khalia Frazier</i>
9:30-10:15 Pilates Mat MS* <i>Erin Giordano</i>	8:30-9:15 True Barre: Off the Barre MS* <i>Joan Ferraro</i>	8:30-9:15 Pilates Fusion MS* <i>Zach Bergfelt</i>	9:30-10:15 Best Stretch Ever MS* <i>Lipe</i>	8:30-9:20 Precision Walk: Elevate TR* <i>Margaret Schwarz</i>	9:30-10:15 True Barre: Off the Barre MS* <i>Erin Gamble</i>	9:30-10:15 Cardio Dance MS* <i>Khalia Frazier</i>
11:00-11:45 MetCon Monday MS* <i>Melissa Chisholm</i>	9:30-10:30 Vinyasa Yoga MS* <i>Josh Mathew-Meier</i>	9:30-10:15 Best Stretch Ever MS* <i>Carolann Valentino</i>	6:00-7:00 Vinyasa Yoga MS* <i>Caitlyn Casson</i>	9:30-10:30 Vinyasa Yoga MS* <i>Josh Mathew-Meier</i>	10:30-11:30 Vinyasa Yoga MS* <i>Lori Brungard</i>	10:30-11:15 Body Sculpt MS* <i>Sarah Esser</i>
5:30-6:15 Pilates Fusion MS* <i>Rachel Marchica</i>	11:00-11:45 Pilates Mat MS* <i>Karen Hyland Monteith</i>	5:30-6:15 Pilates Mat MS* <i>Christopher Howard</i>		11:00-11:45 Pilates Mat MS* <i>Christopher Howard</i>		
6:30-7:15 Sonic Meditation MS* <i>Kelly Raspberry</i>	6:00-7:00 Power Vinyasa MS* <i>Dana Slamp</i>	6:30-7:30 Gentle Yoga MS* <i>Michelle Hill</i>				

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E by EQUINOX

E MADISON AVENUE

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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

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.

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.

Hiit

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.

Barre

True Barre: Off the Barre 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.

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.

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.

Regeneration

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.

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.

Strength

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.