

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

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

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.

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.

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.