E by E Q U I N O X E MADISON AVENUE

November 2024 | SCHEDULE EFFECTIVE 11.01.24-11.30.24

KEY Studio key on back

NewClass, Instructor, or Time Advance sign-up required

TURDAY		SUNDAY						
MetCon3	8:30-9:15	Atletica						

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

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

E by EOUINOX

E MADISON AVENUE

30 East 85th Street NEW YORK NY 10028 EQUINOX.COM @EQUINOX

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.



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

Sculpted YogaTM 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, llaria 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.



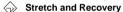
Bala Bangle Barre Burn This off-the-barre class features the Bala Bangle and light dumbbells to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive. EQX Barre Burn This off-the-barre sculpt class uses light weights and props to add 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 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.



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 quide.



Best Stretch Ever Lengthen and Juxuriate 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.



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

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.