

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 <i>Erin Puskar</i>	7:15-8:00 MS *	Pilates Fusion <i>Sarah Marchetti Gleim</i>	7:30-8:20 MS *	Rhythmic Sculpt <i>Erin Puskar</i>	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 <i>Diane LaVon</i>	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

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

**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.

## Hiit

**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.

## 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

**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.