

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|--|---|---|--|
| 6:00-6:45 CS * Beats Ride <i>Kevin Condon</i> | 6:00-6:45 MS * Tabata Max <i>Lukasz Rogoz</i> | 6:00-6:45 CS * Beats Ride <i>Jess Polcer</i> | 6:00-6:45 MS * Athletic Conditioning <i>Kim Pearson</i> | 6:00-6:50 CS * Precision Ride <i>Jess Polcer</i> | 8:00-9:00 YS * Vinyasa Yoga <i>Nikki Glor</i> | 8:15-9:00 CS * Beats Ride <i>Elly Aiala</i> |
| 6:00-6:45 MS * MetCon Monday <i>Kim Pearson</i> | 6:45-7:45 YS * Power Vinyasa <i>Katy Ingulli</i> | 6:00-6:45 MS * Stronger <i>Gabriel Hidalgo</i> | 6:45-7:45 YS * Power Vinyasa <i>Katy Ingulli</i> | 6:00-6:45 MS * Stacked <i>Lukasz Rogoz</i> | 8:15-9:00 MS * Athletic Conditioning <i>Ashley Skouras</i> | 8:15-9:05 YS * Pilates Rise <i>Meghan Hufziger</i> |
| 8:15-9:00 YS * Barefoot Sculpt <i>Ashley Skouras</i> | 7:00-7:50 TR * Precision Run® <i>Jaren Mondry</i> | 7:00-7:45 YS * Pilates Fusion <i>Carla Griffin</i> | 7:00-7:50 TR * Precision Run + Strength <i>Jaren Mondry</i> | 7:00-7:45 YS * Pilates Fusion <i>Claire Butler</i> | 9:15-10:15 YS * True Barre <i>Claire Butler</i> | 8:30-9:15 MS * Whipped! <i>Emily Comerford</i> |
| 8:30-9:15 MS * MetCon Monday <i>Kevin Sanchez</i> | 8:15-9:00 YS * Pilates Fusion <i>Ashley Skouras</i> | 8:15-9:00 MS * Stacked <i>David Reyes</i> | 8:15-9:05 YS * Pilates Rise <i>Ashley Skouras</i> | 8:15-9:00 YS * Barefoot Sculpt <i>Hannah Carmody</i> | 9:30-10:15 CS * Beats Ride <i>Ashley Skouras</i> | 9:30-10:15 MS * Stronger <i>Lukasz Rogoz</i> |
| 9:15-10:00 YS * Pilates Mat <i>Jennifer Schleppey</i> | 8:30-9:15 MS * Best Butt Ever <i>Rachel Shaver</i> | 9:15-10:00 CS * Beats Ride <i>David Reyes</i> | 9:15-10:00 MS * Body Sculpt <i>Brianne Munch</i> | 8:30-9:15 MS * MetCon3 <i>Allie Taylor Mannle</i> | 9:30-10:15 MS * MetCon3 <i>Kevin Sanchez</i> | 9:30-10:30 YS * True Barre <i>Pilin Anice</i> |
| 9:30-10:15 CS * Beats Ride <i>Ashley Skouras</i> | 8:30-9:20 TR * Precision Run® <i>Gabriel Hidalgo</i> | 9:15-10:00 MS * Cardio Dance <i>Bryan Rivas</i> | 8:30-9:15 MS * Core6 <i>Ashley Skouras</i> | 9:15-10:05 YS * True Barre <i>Noel Rosenstein</i> | 10:30-11:30 YS * Pilates Fusion <i>Paul Fuller</i> | 11:00-12:00 YS * Vinyasa Yoga <i>Katy Ingulli</i> |
| 9:30-10:15 MS * Athletic Conditioning <i>Lukasz Rogoz</i> | 9:30-10:15 MS * Stronger <i>Gabriel Hidalgo</i> | 9:15-10:00 YS * Pilates Mat <i>Ashley Skouras</i> | 9:30-10:15 MS * Precision Walk: Elevate <i>Jacob Eventoff</i> | 9:30-10:15 CS * Anthem Ride <i>Allie Taylor Mannle</i> | 10:45-11:45 MS * Cardio Dance <i>Bryan Rivas</i> | |
| 10:30-11:15 YS * True Barre <i>Pilin Anice</i> | 9:30-10:15 YS * True Barre <i>Noel Rosenstein</i> | 10:30-11:15 YS * Barefoot Sculpt <i>Dina Pizzola</i> | 9:30-10:15 YS * True Barre <i>Pilin Anice</i> | 9:30-10:15 MS * Stacked <i>Gabriel Hidalgo</i> | | |
| 10:45-11:30 MS * Studio Dance: Hip Hop <i>Paul Herman</i> | 10:30-11:15 YS * Athletic Stretch <i>Kurt Dasbach</i> | 5:30-6:15 YS * True Barre: Bala Bangle <i>Claire Butler</i> | 10:30-11:15 YS * Athletic Stretch <i>Kurt Dasbach</i> | 10:45-11:30 MS * Cardio Dance <i>Dina Pizzola</i> | | |
| 12:15-1:00 YS * Pilates at the Barre <i>Joshua Diaz</i> | 10:45-11:30 MS * Cardio Dance <i>Brandon Mubuuke</i> | 6:30-7:15 MS * Stronger <i>Doug Schwartz</i> | 10:45-11:30 MS * Cardio Sculpt <i>Jacob Eventoff</i> | 12:15-1:00 YS * Athletic Stretch <i>Kurt Dasbach</i> | | |
| 4:30-5:15 YS * Pilates Fusion <i>Martha Guttuso</i> | 12:15-1:15 YS * Vinyasa Yoga <i>Jake Lukach</i> | 6:30-7:30 YS * Vinyasa Yoga <i>Deb Shin</i> | 12:15-1:00 YS * Pilates Fusion <i>Maura McIntyre</i> | | | |
| 5:30-6:15 YS * True Barre <i>Martha Guttuso</i> | 4:30-5:15 YS * Barefoot Sculpt <i>Hannah Carmody</i> | | 4:30-5:15 YS * Barefoot Sculpt <i>Summer Venuto</i> | | | |
| 6:30-7:15 MS * Athletic Conditioning <i>Marcus Nelson</i> | 5:30-6:15 CS * Beats Ride <i>Hannah Carmody</i> | | 5:30-6:15 CS * Beats Ride <i>Jake Lukach</i> | | | |
| 6:30-7:30 YS * Sound Meditation <i>Ashley Scully</i> | 5:45-6:45 MS * Rounds: Bags and Mitts <i>Hailey Barbarie</i> | | 5:45-6:30 YS * Pilates Fusion <i>Jennifer Schleppey</i> | | | |

EQUINOX

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MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT 07:00 AM 08:00 PM

SUN 07:00 AM 07:00 PM

Kids

MON-FRI 08:00 AM 12:00 PM

SAT 08:00 AM 11:00 AM

GROUP FITNESS MANAGER

ashley.skouras@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced



Cycling

Anthem Ride Let the music move you! Vibe, flow, and sweat to the beat in our Signature "all music, no metrics" ride. An Equinox Exclusive.

Beats Ride A rhythmic cycling class that uses an addictive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

Precision Ride A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.



Running

Precision Run + Strength A track and field circuit-based workout. created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

Precision Run® An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

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

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

Athletic Conditioning This high energy full body workout is designed by your instructor to increase your strength, endurance, and agility. Select exercises and drills are sequenced to push your performance to the next level. Leave it all on the floor.

Core6 Train your center from every angle. Explore six distinct core pathways using SandBells and bodyweight. This structured interval flow with bursts of high intensity will build a stronger, more resilient foundation that supports your every movement inside and outside the club. An Equinox exclusive.

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.

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.

Tabata Max Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

Whipped! Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.



Barre

True Barre This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle while increasing flexibility. An Equinox exclusive.

True Barre: Bala Bangle This sculpt 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.



Pilates

Pilates Fusion An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a variety 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.

Pilates at the Barre Pilates amplified with resistance. Sculpt and strengthen using our signature anchored bands to unlock stability and connection. Target muscles with intention, build functional strength, and challenge your core. 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.

Studio Dance: Hip Hop A choreography-driven dance class using the latest street dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.



Boxing

Rounds: Bags and Mitts Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in authentic boxing drills as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.



Regeneration

Athletic Stretch Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

Sound Meditation A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.



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.

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.



Strength

Best Butt Ever Fire up your glutes and entire lower body using dumbbells, mini-bands, and other equipment. Get active. Get strong. Get powerful. 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.