

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:50 MS * Athletic Conditioning <i>Anne Olivieri</i>	6:00-6:45 MS * Stacked <i>Doug Schwartz</i>	6:00-6:50 MS * MetCon3 Justine Ayala	5:45-6:35 TR * Precision Run® <i>Theo Bennett</i>	6:00-6:50 YS * Barre <i>Anne Olivieri</i>	8:30-9:20 MS * Stronger <i>Zina Ovchinnikoff</i>	8:30-9:20 MS * Rounds: Boxing <i>Aaron Brown</i>
7:30-8:20 YS * Pilates Mat <i>Tammi Shamblin</i>	7:30-8:20 MS * Stronger <i>Brianne Munch</i>	7:15-8:00 CS * Beats Ride Lisa Gagliardi	7:30-8:20 YS * Pilates Mat <i>Tammi Shamblin</i>	7:30-8:30 YS * Vinyasa Yoga <i>Peter Lyons</i>	8:30-9:20 TR * Precision Run® <i>Rachel Shaver</i>	8:30-9:20 TR * Precision Walk: Elevate Margaret Cunzio
8:30-9:20 MS * Switch Up: Run + Strength <i>Danielle Corpina Zina Ovchinnikoff</i>	8:30-9:15 CS * Beats + Bands Ride <i>Lisa Gagliardi</i>	8:00-8:50 YS * Barre Beyond <i>Rachel Johnson</i>	8:30-9:20 MS * Athletic Conditioning <i>Lisa Gagliardi</i>	8:30-9:20 MS * Whipped! <i>Lisa Gagliardi</i>	8:30-9:30 YS * True Barre <i>Jordana Allen</i>	8:30-9:20 YS * Bala Bangle Barre Burn <i>Jordana Allen</i>
8:30-9:20 YS * Barre <i>Jenn Evans</i>	8:30-9:20 MS * Sculpt <i>Jenn Evans</i>	8:30-9:15 MS * MetCon3 <i>Larissa Crecco</i>	8:30-9:20 YS * Bala Bangle Barre Burn Justine Ayala	8:45-9:30 YS * Pilates Fusion <i>Jillian Paladino</i>	9:30-10:20 CS * Precision Ride Noah Orlian	9:30-10:15 CS * Beats Ride Jessica Mikel-Bertolini
9:30-10:30 MS * Rounds: Boxing <i>Aaron Brown</i>	8:30-9:20 YS * Pilates Mat <i>Margaret Cunzio</i>	8:30-9:20 TR * Precision Run® <i>Sam Wolf</i>	9:30-10:30 MS * Rounds: Boxing <i>Aaron Brown</i>	9:30-10:15 CS * Beats Ride Lisa Gagliardi	9:30-10:20 MS * Cardio Sculpt <i>Larissa Crecco</i>	9:30-10:15 YS * Pilates Fusion <i>Margaret Cunzio</i>
9:30-10:30 YS * Diamondfit Yoga Flow <i>Renee Diamond</i>	9:30-10:20 MS * Cardio Sculpt <i>Lisa Gagliardi</i>	9:00-9:50 YS * Pilates Mat <i>Rachel Johnson</i>	9:30-10:20 TR * Precision Walk: Elevate <i>Margaret Cunzio</i>	9:30-10:15 MS * Sculpt <i>Sabrina Cohen</i>	10:00-11:00 YS * Vinyasa Yoga <i>Deb Shin</i>	9:45-10:30 MS * Stacked Theo Bennett
10:45-11:45 YS * Pilates Fusion <i>Sarah Harrison</i>	9:30-10:20 TR * Precision Walk: Elevate <i>Zina Ovchinnikoff</i>	9:30-10:00 MS * Best Butt Ever Justine Ayala	9:30-10:20 YS * Pilates Rise <i>Jordan Perry</i>	9:45-10:35 YS * True Barre <i>Jillian Paladino</i>	10:45-11:35 MS * Ropes and Rowers <i>Doug Schwartz</i>	10:30-10:45 MS * Best Abs Ever Theo Bennett
12:00-12:45 YS * Barefoot Sculpt <i>Zina Ovchinnikoff</i>	9:30-10:20 YS * Barre Jordana Allen	10:00-10:30 MS * Upper Body Pump Justine Ayala	10:30-11:30 YS * True Barre <i>Jenn Evans</i>	12:00-1:00 YS * Restorative Yoga <i>Roxanne Gamory</i>	11:15-12:05 YS * Pilates Rise <i>Zina Ovchinnikoff</i>	10:30-11:30 YS * Slow Flow Yoga <i>Roxanne Gamory</i>
4:30-5:20 YS * True Barre Jordana Allen	10:30-11:30 YS * Sculpted Yoga™ <i>Tammi Shamblin</i>	10:00-11:00 YS * Vinyasa Yoga <i>Deb Shin</i>	10:45-11:30 MS * Dance/Sculpt <i>Jordan Perry</i>			3:00-4:00 YS * Weekend Wind Down Yoga (HEATED) <i>Franklin Shire</i>
5:00-5:50 MS * MetCon Monday <i>Ron Brown</i>	12:00-1:00 YS * Vinyasa Yoga <i>Franklin Shire</i>	12:00-1:00 YS * Sculpted Yoga™ <i>Rachel Nicks</i>	5:45-6:30 YS * Pilates Fusion <i>Margaret Cunzio</i>			
5:45-6:45 YS * Vinyasa Yoga <i>Roxanne Gamory</i>	4:30-5:30 YS * Slow Flow Yoga (HEATED) <i>Susan Johnston</i>	5:00-5:45 MS * Sculpt <i>Zina Ovchinnikoff</i>				
6:45-7:30 MS * Rounds: Boxing Circuit <i>Nina Powderly</i>	5:45-6:30 YS * Pilates Fusion (HEATED) <i>Jennifer Goggin</i>	6:00-6:50 MS * Stacked Zina Ovchinnikoff				
7:30-7:45 MS * Best Abs Ever <i>Nina Powderly</i>	6:00-6:50 CS * Precision Ride Doug Schwartz	6:00-6:45 YS * Sonic Meditation <i>Lana Arus</i>				
	7:00-7:50 MS * Stronger Doug Schwartz					

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MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT 06:00 AM 08:00 PM

SUN 07:00 AM 07:00 PM

Kids

MON-FRI 08:00 AM 12:00 PM

SAT-SUN 08:00 AM 01:00 PM

GROUP FITNESS MANAGER

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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

Beats + Bands Ride Beats + Bands combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving 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 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.

Switch Up: Run + Strength Flip the switch between cardio and strength with this full body workout that takes you from treadmill to studio. Alternate between Precision Run treadmill intervals and Main Studio strength work for the ultimate time efficient workout. An Equinox exclusive.

Yoga

Diamondfit Yoga Flow Created by Renee Diamond, this class weaves breath and body in an intelligent way, with a focus on graceful transitions and dynamic rejuvenation.

Restorative Yoga A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

Sculpted Yoga™ 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.

Slow Flow Yoga A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.

Slow Flow Yoga (HEATED) A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.

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.

Weekend Wind Down Yoga (HEATED) A soothing yoga journey that uses extended postures and supportive props to fully reset body and mind. Move slowly, breathe deeply, and restore completely in this special weekend only class.

Athletic Training

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.

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

Ropes and Rowers Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. 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.

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

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.

Barre A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

Barre Beyond Level up your barre experience with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. An Equinox exclusive.

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.

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 Fusion (HEATED) 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

Dance/Sculpt Cardio dance meets full body sculpting. Alternate between blocks of fun, easy-to-follow cardio dance, and rhythmic body sculpt—using high reps at light resistance. An Equinox Exclusive.

Boxing and Kickboxing

Rounds: Boxing Gloves on, guard up. Step into the ring with Rounds: Boxing, where every punch, every move, is a step towards mastering the art of boxing. Elevate your skill and power through expert-guided sessions and immersive rounds on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

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

Stretch and Recovery

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.

Best Abs Ever A challenging six-pack of exercises that builds and defines abdominal muscles. Strengthen and chisel your core while you ignite your metabolism and enhance total-body performance.

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.

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.

Upper Body Pump Quick and efficient strength training, targeting your arms, chest, and back. Get pumped up and ready to rock in just 30 minutes or less. An Equinox Exclusive.