

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:00 Vinyasa Yoga (HEATED) YS * <i>Dyan Tsiumis</i>	6:00-6:45 Pilates Fusion (HEATED) YS * <i>Lipe</i>	6:30-7:15 Vinyasa Yoga (HEATED) YS * <i>Matt D'Amico</i>	6:00-6:45 Trilogy Barre YS * <i>Lucas Blankenhorn</i>	7:15-8:00 Barefoot Sculpt YS * <i>Alex Lyons</i>	9:00-9:45 Pilates Fusion YS * <i>Elgin McCargo</i>	9:15-10:15 Vinyasa Yoga YS * <i>Jacob Reynolds</i>
7:15-8:00 Stacked MS * <i>Or Artzi</i>	6:45-7:30 Stronger MS * <i>Tim Flores</i>	7:00-7:45 Cardio Sculpt MS * <i>Emily Collin</i>	6:45-7:30 Body Sculpt MS * <i>Annalise Northway</i>	8:00-8:50 Precision Walk: Elevate TR * <i>Khaleah London</i>	9:45-10:30 Best Butt Ever MS * <i>Luke Bernier</i>	9:30-10:15 Stronger MS * <i>Shanice Reyes</i>
7:30-8:15 Anthem Ride CS * <i>Michael Keeney</i>	7:00-7:30 Precision Run 30 TR * <i>Andrew Briedis</i>	7:15-8:00 Beats Ride CS * Adam Jenkins	7:00-7:50 Pilates Rise YS * <i>Lucas Blankenhorn</i>	8:15-9:00 Ultimate Resistance MS * <i>Alexander</i>	10:00-10:50 Precision Run® TR * <i>Shaun Anthony</i>	9:45-10:30 Anthem Ride CS * <i>Fred Smith</i>
8:15-9:00 Stronger MS * <i>Dyan Tsiumis</i>	7:00-7:45 Trilogy Barre YS * <i>Alisha Wickering</i>	7:30-8:15 Barefoot Sculpt MS * Joanna Stahl	7:15-8:00 Beats Ride CS * <i>Nadia Wilemski</i>	8:30-9:15 Pilates Fusion (HEATED) YS * <i>Alex Lyons</i>	10:30-11:30 Vinyasa Yoga (HEATED) YS * <i>Lilly Joergensen</i>	10:30-11:15 Pilates Mat (HEATED) YS * <i>Jennifer Tarentino</i>
8:15-9:05 Precision Run® TR * <i>Or Artzi</i>	7:15-8:00 Beats Ride CS * <i>Jenny Sun</i>	8:00-8:45 MetCon3 MS * <i>Gerren Liles</i>	7:15-8:05 Precision Run® TR * <i>Ally Raisian</i>	9:15-10:00 Barre Beyond MS * Pavee Kwun	10:45-11:30 MetCon3 MS * <i>Jeff Robinson</i>	10:45-11:30 Athletic Conditioning MS * <i>Shanice Reyes</i>
8:30-9:15 True Barre YS * <i>Angela Joy</i>	7:45-8:30 Athletic Conditioning MS * <i>Justin Flexen</i>	8:30-9:15 Pilates Mat (HEATED) YS * <i>Itsy Rachatasumrit</i>	7:45-8:30 Stronger MS * <i>Dario Torres</i>	9:30-10:30 Power Vinyasa (HEATED) YS * <i>Lindsay Carson</i>	11:45-12:30 Barre Beyond MS * <i>Andy Santana</i>	11:30-12:15 True Barre (HEATED) YS * <i>Paige Bodnar</i>
12:00-12:45 Body Sculpt MS * <i>Esteban Deleon</i>	7:45-8:15 Precision Run 30 TR * <i>Andrew Briedis</i>	9:30-10:15 Trilogy Barre YS * <i>Kyla Lloyd</i>	8:00-9:00 Sculpted Yoga™ YS * <i>Annalise Northway</i>	12:00-1:00 Yin Yoga Meditation YS * <i>Emily Naim</i>	12:00-12:45 Best Stretch Ever YS * <i>Shawn Kobetz</i>	11:45-12:30 Cardio Dance: 305 MS * Dance Deena Parrilla
1:00-2:00 Power Vinyasa (HEATED) YS * <i>Serena Tom</i>	8:00-9:00 Power Vinyasa (HEATED) YS * <i>Karla Beltchenko</i>	12:00-1:00 Vinyasa Yoga (HEATED) YS * <i>Dana Slamp</i>	11:00-11:45 Pilates Mat YS * <i>Shawn Kobetz</i>	12:30-1:15 Stronger MS * <i>Justin Flexen</i>	1:00-1:45 Sonic Meditation YS * <i>Shawn Kobetz</i>	12:45-1:45 Power Vinyasa (HEATED) YS * <i>Katey Lewis</i>
4:00-4:30 Upper Body Pump MS * <i>Luke Bernier</i>	8:30-8:45 Best Abs Ever MS * <i>Justin Flexen</i>	12:30-1:15 Cardio Sculpt MS * <i>Makena Diehl</i>	12:00-12:45 Barefoot Sculpt (HEATED) YS * <i>Dyan Tsiumis</i>	4:15-5:00 Body Sculpt MS * Ary Nunez	2:15-3:00 Trilogy Barre YS * Rachel King	1:00-1:50 Precision Run® TR * Or Artzi
4:15-5:00 Pilates Mat YS * <i>Alex Dill</i>	11:00-11:45 Inner Strength MS * <i>Nadia Zaki</i>	4:00-4:50 Stronger MS * <i>Justin Goldman</i>	4:00-4:45 Trilogy Barre YS * <i>Elgin McCargo</i>	5:15-6:05 Pilates Rise (HEATED) YS * <i>Jeffrey Morris</i>	4:30-5:30 Power Vinyasa (HEATED) YS * <i>Babette Godefroy</i>	2:00-2:45 Pilates Fusion YS * <i>Beth Bardin</i>
4:30-5:00 Best Abs Ever MS * <i>Luke Bernier</i>	12:00-12:45 Trilogy Barre YS * <i>Andy Santana</i>	4:15-5:00 Pilates Fusion (HEATED) YS * <i>Shawn Kobetz</i>	4:00-4:45 Trilogy Barre YS * <i>Elgin McCargo</i>	5:30-6:15 Rounds: Boxing MS * <i>Ugo Peter-Obiagwu</i>	4:30-5:30 Weekend Wind Down YS * <i>Robert Nguyen</i>	
4:45-5:30 Precision Walk: Elevate TR * <i>Michael Keeney</i>	4:00-4:45 Cardio Dance: 305 MS * <i>Dance Melissa Birnbaum</i>	5:15-6:00 Anthem Ride CS * <i>Katie Horwitch</i>	5:15-6:00 Ropes and Rowers MS * <i>TomJohn Mershon</i>	5:45-6:30 Beats Ride CS * Ary Nunez		
5:30-6:15 Best Stretch Ever (HEATED) YS * <i>Shawn Kobetz</i>	4:15-5:15 Ashtanga Yoga YS * Rika Henry	5:30-6:15 Trilogy Barre YS * <i>James Ervin</i>	5:30-6:15 Amplified Vinyasa (HEATED) YS * <i>Rika Henry</i>	6:30-7:30 Power Vinyasa (HEATED) YS * <i>Alison O'Connor</i>		
5:45-6:30 Whipped! MS * <i>Gerren Liles</i>	5:15-6:00 Stronger MS * <i>Shaun Anthony</i>	5:45-6:30 MetCon3 MS * <i>Esteban Deleon</i>	6:15-7:00 Rhythmic Sculpt MS * <i>Christopher Vo</i>			
6:00-6:50 Precision Ride CS * <i>Michael Keeney</i>	5:30-6:30 Vinyasa Yoga (HEATED) YS * <i>Ali Cramer</i>	5:45-6:35 Precision Run® TR * <i>Justin Goldman</i>	6:15-7:05 Precision Run® TR * <i>TomJohn Mershon</i>			
6:30-7:30 Power Vinyasa YS * <i>Kristin Bilella</i>	6:15-7:00 Athletic Conditioning MS * <i>Waz Ashayer</i>	6:30-7:30 Power Vinyasa YS * <i>Izzy VanHall</i>	6:45-7:30 Pilates Mat (HEATED) YS * <i>Khaleah London</i>			
6:45-7:30 Barre Beyond MS * <i>Andy Santana</i>	6:15-6:45 Precision Run 30 TR * <i>Shaun Anthony</i>	6:45-7:30 Studio Dance: Hip Hop MS * <i>James Ervin</i>	7:15-8:05 Stronger MS * <i>Maddie Myers</i>			
7:45-8:45 Yin Yoga Meditation YS * <i>Kristin Bilella</i>	6:45-7:30 Silhouette YS * <i>Alexis Sweeney</i>	7:45-8:30 Sonic Meditation YS * <i>Dana Slamp</i>	7:45-8:30 True Barre YS * <i>Khaleah London</i>			
	7:00-7:30 Precision Run 30 TR * <i>Shaun Anthony</i>					
	7:45-8:30 Barre YS * <i>Rachel Bonet</i>					

EQUINOX

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FRI 05:30 AM 09:00 PM

SAT-SUN 08:00 AM 07:00 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

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 30 An express version of our signature interval-based treadmill program, created by running expert, David Siik. Perfectly balanced speeds and inclines will have you crushing goals while having fun. An Equinox exclusive, welcome to the express lane. Bring headphones.

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

Amplified Vinyasa (HEATED) Improve physical and mental strength, flexibility, and stamina in this fast-paced flow class led by Rika Henry. Challenge yourself with arm balances and inversions seamlessly woven together with creative sequences set to the steady beats of electronic music. A familiarity with vinyasa is recommended.

Ashtanga Yoga Developed by K. Pattabhi Jois, this challenging class integrates breath with a specific sequence of poses designed to focus and build strength.

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.

Power Vinyasa (HEATED) 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.

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.

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.

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Weekend Wind Down Yoga 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.

Yin Yoga Meditation A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.

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 strong. Get powerful. 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.

Ultimate Resistance An intense integrated-strength workout created by fitness expert, Alexander Charles using a single weight and resistance tubing. Ignite metabolic burn through a series of strength and core conditioning.

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

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.

Trilogy Barre A Pilates reformer and barre-inspired workout at the triple-barre that uses custom-designed resistance bands to strengthen, sculpt, and tone. Increase flexibility while building muscle definition. 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.

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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.

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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.

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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.

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Dance

Cardio Dance: 305 Dance Dance like no one’s watching in this free-spirited, inclusive dance cardio workout designed for all levels, no dance experience required. 35 minutes of high-intensity cardio followed by 5 minutes of targeted toning, and 5 minutes of stretching for a joyful full body workout.

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 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.

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.

Best Stretch Ever (HEATED) 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

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

Barefoot Sculpt (HEATED) 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.

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.

Inner Strength Power through Nadia Zaki’s challenging dance-based conditioning course. Reform your balance and alignment and hone your focus as you strengthen and stretch your whole body.

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.

Silhouette Silhouette by NYC fitness pro Alexis Sweeney offers a contemporary take on a low impact, high-intensity Barre class that boosts muscular endurance, balance, stamina, strength, and flexibility. Alexis’s seamless moves and creative sequencing provides a distinct challenge leaving you eager for more.

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.