

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS* 6:45-7:30 YS* 7:30-8:15 MS* 7:45-8:45 TR* 7:45-8:30 YS* 8:45-9:30 YS* 12:15-1:00 MS* 1:15-2:00 YS* 4:15-5:00 YS* 4:45-5:30 MS* 4:45-5:35 TR* 5:30-6:15 YS* 5:45-6:30 MS* 6:00-6:45 CS* 6:30-7:30 YS* 6:45-7:30 MS* 7:45-8:30 YS*	6:00-6:45 YS* 6:45-7:30 MS* 7:00-7:45 YS* 7:15-8:00 CS* 7:45-8:30 MS* 8:00-8:50 YS* 8:45-10:30 YS* 11:00-11:45 YS* 12:00-12:45 YS* 1:15-2:00 YS* 4:15-5:00 YS* 5:15-6:00 MS* 5:30-6:30 YS* 6:15-7:00 MS* 6:15-7:05 TR* 6:30-7:15 CS* 6:45-7:30 YS* 7:15-8:00 MS* 7:45-8:30 YS*	6:30-7:15 MS* 6:45-7:30 YS* 7:30-8:15 MS* 7:45-8:30 YS* 8:15-8:30 MS* 8:45-9:30 YS* 9:45-10:30 YS* 11:00-12:00 YS* 12:15-1:00 YS* 4:15-5:00 YS* 5:30-6:20 TR* 5:30-6:15 YS* 5:45-6:30 MS* 6:30-7:30 YS* 6:45-7:45 MS* 7:45-8:30 YS*	6:45-7:30 MS* 7:00-7:45 YS* 7:15-8:00 CS* 7:45-8:30 MS* 8:00-8:50 YS* 9:45-10:30 YS* 11:00-11:45 YS* 12:00-12:45 YS* 4:00-4:45 YS* 5:15-6:00 MS* 5:30-6:15 YS* 6:15-7:00 MS* 6:15-7:05 TR* 6:45-7:30 YS* 7:15-8:05 MS* 7:45-8:30 YS*	7:15-8:00 YS* 8:00-8:45 MS* 8:00-8:50 TR* 8:30-9:15 YS* 9:45-10:45 YS* 12:15-1:00 YS* 12:30-1:15 MS* 1:15-2:00 YS* 4:15-5:00 MS* 5:15-6:00 YS* 5:30-6:15 MS* 5:45-6:30 CS* 6:30-7:30 YS*	8:45-9:30 MS* 9:00-9:45 YS* 10:00-10:45 MS* 10:30-11:30 YS* 10:45-11:30 CS* 11:00-11:45 MS* 11:45-12:35 YS* 12:00-12:45 MS* 1:00-2:00 YS* 2:15-3:05 YS* 3:30-4:15 YS* 4:30-5:45 YS*	9:15-10:00 YS* 9:30-10:15 MS* 9:45-10:30 CS* 10:30-11:15 YS* 10:45-11:30 MS* 11:30-12:15 YS* 11:45-12:30 MS* 12:45-1:45 YS* 1:00-2:00 TR* 2:00-2:45 YS* 3:00-3:45 YS* 4:30-5:30 YS*

EQUINOX

NOMAD

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MON-THU 05:30 AM 10:00 PM
FRI 05:30 AM 09:00 PM
SAT-SUN 08:00 AM 07:00 PM

GROUP FITNESS MANAGER

loi.jordon@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

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.

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

Amplified Vinyasa 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.

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.

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.

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.

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.

Superset Athlete This strength and conditioning class by TomJohn Mershon is built on progressive supersets that drive performance. Work through powerful lifts, explosive movement drills, and isometric holds to build primed strength, speed, and control. Resistance, agility, and power combine to elevate your game.

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.

True Barre: Cardio Give your barre workout a cardio boost 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.

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.

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

Studio Dance: DANCEology An advanced choreographed dance class created by Broadway veteran dancer and fitness expert James Ervin. Improve your technique, challenge your inhibitions and allow your spirit to soar.

Boxing

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: Kickboxing Shoes on, guard up. Unleash the fusion of power and agility in Rounds: Kickboxing. This dynamic class blends boxing with kickboxing techniques, pushing you to your limits through skillful combinations and intense bag work. Your journey to peak fitness starts here. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

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.

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.

Inner Strength Nadia Zaki's movement-inspired conditioning class fuses Pilates and yoga into a fluid, full-body workout. Expect improved balance, core control, endurance, and flexibility — all built through expressive, rhythm-based movement that strengthens the mind-body connection.

Strength

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.

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.

Limited Series: Stronger Women Introducing Stronger Women. Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women's performance program. Optimized for women, but open to all.

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.