

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

EQUINOX

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31 West 27th Street

NEW YORK NY 10010

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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

shawn.kobetz@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 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.

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.

Vinyasa Yoga (HEATED) 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.

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.

Atletica A weight training workout using traditional power moves created by global fitness expert, Iaria Montagnani. Build and sculpt muscle and solidify a strong core.

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.

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.

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.

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.

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.