

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 CS * Beats Ride <i>Lisa Lewis</i>	6:00-6:45 YS * Pilates Fusion <i>Stephanie Harshman</i>	6:00-6:50 CS * Precision Ride <i>Laura Rudberg</i>	6:15-7:05 YS * Pilates Rise <i>Aleigh Jerome</i>	6:00-6:50 MS * Ropes and Rowers <i>Richard G</i>	8:00-8:45 MS * Stronger <i>Kelly Maher</i>	8:15-9:00 MS * Athletic Conditioning <i>Angela Moore</i>
6:00-6:45 MS * Tabata Max <i>Ann Sheehan</i>	6:15-7:05 PR * Precision Run® <i>KT Lembo</i>	6:00-6:45 MS * Athletic Conditioning <i>Richard G</i>	7:15-8:00 BA * Trilogy Barre <i>Melissa Jalali</i>	7:00-8:00 BA * Slow Flow Yoga (HEATED) <i>Adam Caplan</i>	8:00-8:50 PR * Precision Run® <i>Tara Maduri</i>	9:00-9:45 YS * Pilates Fusion <i>Stephanie Harshman</i>
7:15-8:00 BA * True Barre <i>Brenna Oliver</i>	7:15-8:00 MS * MetCon3 <i>Cara Andreoli</i>	7:30-8:20 PR * Precision Run® <i>KT Lembo</i>	7:15-8:00 MS * Stacked <i>Stephanie Harshman</i>	YS * 7:30-8:20 PR * Fully Vested <i>Laura Rudberg</i>	8:00-8:50 YS * Pilates Rise <i>Aleigh Jerome</i>	9:15-10:05 CS * Precision Ride <i>Angela Moore</i>
8:30-9:15 BA * Bala Bangle Barre Burn <i>Alexandra Wheelock</i>	8:30-9:15 CS * Beats Ride <i>Dina Metrano</i>	8:30-9:15 MS * Stacked <i>Kelly Maher</i>	8:30-9:30 YS * Vinyasa Yoga <i>Jene Rossi</i>	8:30-9:15 BA * True Barre <i>Brenna Oliver</i>	9:00-9:45 MS * Athletic Conditioning <i>KT Lembo</i>	9:15-10:00 MS * Tabata Max <i>JJ Rosenfelt</i>
8:30-9:15 MS * MetCon Monday <i>Shai Douty</i>	8:30-9:30 YS * Vinyasa Yoga <i>Renu Shukla</i>	8:30-9:30 YS * Sculpted Yoga™ <i>Toby Kumin</i>	9:15-10:05 MS * Whipped! <i>Kelly Maher</i>	8:30-9:15 MS * MetCon3 <i>Jackson Williams</i>	9:00-10:00 YS * Vinyasa Yoga <i>Rebecca Peyev</i>	10:00-10:45 BA * True Barre <i>Stephanie Harshman</i>
8:30-9:30 YS * Slow Flow Yoga (HEATED) <i>Brenna Oliver</i>	9:15-10:05 MS * TRX Max Circuit <i>Dimitra Moretto</i>	9:30-10:15 BA * True Barre <i>Alexandra Wheelock</i>	9:30-10:15 BA * True Barre <i>Tiffany Ely</i>	8:30-9:15 YS * Pilates Fusion <i>Melissa Jalali</i>	9:15-10:00 CS * Beats Ride <i>Kristy DiScipio</i>	10:15-11:05 PR * Precision Run® <i>Angela Moore</i>
9:30-10:15 MS * Stacked <i>Dimitra Moretto</i>	9:30-10:15 BA * Barre <i>Dina Metrano</i>	9:30-10:15 MS * Tabata Max <i>Dimitra Moretto</i>	10:30-11:15 MS * Cardio Dance: Zumba® <i>Heidi Garza</i>	9:30-10:15 MS * Stronger <i>Austin Sa</i>	9:30-10:15 BA * Barre <i>Jenn Azarian</i>	10:45-11:30 MS * Cardio Dance <i>Liza Levy</i>
9:45-10:35 PR * Precision Run® <i>Shai Douty</i>	10:30-11:15 MS * Cardio Sculpt <i>Liah Malley</i>	9:45-10:35 PR * Fully Vested <i>Julie Howell</i>	10:30-11:15 PD * Aqua Sculpt <i>Jill Karagezian</i>	9:30-10:15 PD * Aqua Sculpt <i>Jackson Williams</i>	10:00-10:45 MS * Rhythmic Sculpt <i>Sabrina Barros</i>	
10:30-11:15 MS * Cardio Dance: Zumba® <i>Heidi Garza</i>	10:30-11:15 PD * Aqua Sculpt <i>Jill Karagezian</i>	10:45-11:30 YS * Barefoot Sculpt <i>Alexandra Wheelock</i>	10:30-11:15 YS * Pilates Fusion <i>Tiffany Ely</i>	9:30-10:15 YS * Barefoot Sculpt <i>Brenna Oliver</i>	10:00-10:50 PR * Precision Run® <i>KT Lembo</i>	11:15-12:15 YS * Vinyasa Yoga <i>Tiffany Ely</i>
10:45-11:30 YS * Barefoot Sculpt <i>Zoe Sundra</i>	10:30-11:20 YS * Pilates Rise <i>Alexandra Wheelock</i>		12:15-1:05 PR * Precision Run® <i>Kelly Maher</i>	9:45-10:35 PR * Precision Run® <i>Jessica Lopez</i>	10:15-11:00 YS * Barefoot Sculpt <i>Kristy DiScipio</i>	3:00-4:00 YS * Vinyasa Yoga (HEATED) <i>Renu Shukla</i>
	12:00-12:45 BA * Trilogy Barre <i>Julie Howell</i>	12:00-12:45 BA * Trilogy Barre <i>Julie Howell</i>		10:45-11:45 YS * Slow Flow Yoga <i>Jessica Lopez</i>		
	12:15-1:00 TR * Precision Walk: Elevate <i>Jessica Lopez</i>	4:15-5:00 YS * Barefoot Sculpt <i>Jae Pukma</i>	4:30-5:15 YS * Pilates Fusion <i>Melissa Jalali</i>	12:00-12:50 YS * Pilates Rise <i>Laura Ziegler</i>	11:15-12:00 MS * Cardio Dance <i>Kristy DiScipio</i>	
4:15-5:00 YS * Pilates Fusion <i>Tiffany Ely</i>	4:30-5:15 YS * Pilates Mat <i>Laura Ziegler</i>	5:15-6:15 YS * Gentle Yoga <i>Adam Caplan</i>	5:30-6:15 BA * Trilogy Barre <i>Melissa Jalali</i>		3:00-3:30 YS * Meditation <i>Adam Caplan</i>	
5:15-6:15 YS * Slow Flow Yoga <i>Danielle Doyle</i>	5:30-6:15 CS * Beats Ride <i>Amanda Lilley</i>	5:30-6:15 BA * Barre <i>Zoe Sundra</i>	5:30-6:15 MS * Rhythmic Sculpt <i>Julie Howell</i>	5:30-6:30 YS * Vinyasa Yoga <i>Nikki Dillon</i>	3:35-4:30 YS * Weekend Wind Down Yoga <i>Adam Caplan</i>	
5:30-6:15 BA * True Barre <i>Tiffany Ely</i>	5:30-6:15 MS * Stronger <i>Kelly Maher</i>	5:30-6:15 MS * MetCon3 <i>Sabrina Barros</i>	5:30-6:20 PR * Precision Run® <i>Diana Katsikaris</i>			
5:30-6:20 MS * Whipped! <i>Kelly Maher</i>	5:30-6:30 YS * Vinyasa Yoga <i>Toby Kumin</i>	5:30-6:20 PR * Precision Run® <i>Jill Scolnick</i>	5:30-6:30 YS * Power Vinyasa <i>Brittany Belezos</i>			
5:30-6:15 MS * MetCon Monday <i>Aleigh Jerome</i>	6:30-7:15 MS * Cardio Dance <i>Kelly Maher</i>	6:30-7:15 MS * Body Sculpt <i>Aleigh Jerome</i>	6:30-7:15 CS * Beats Ride <i>Julie Howell</i>			
6:30-7:20 PR * Precision Run® <i>Jill Scolnick</i>	6:30-7:20 PR * Precision Run® <i>Jill Scolnick</i>	6:30-7:15 YS * Athletic Stretch <i>Adam Caplan</i>	6:45-7:30 YS * Sonic Meditation <i>Jene Rossi</i>			
6:30-7:30 YS * Vinyasa Yoga <i>Julie Starr</i>	6:45-7:45 YS * Power Vinyasa <i>Nikki Dillon</i>					

EQUINOX

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MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT-SUN 07:00 AM 07:00 PM

Kids

THU-FRI 09:00 AM 12:00 PM

SAT-SUN 08:00 AM 01:00 PM

GROUP FITNESS MANAGER

karen.link@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

BA Barre Studio

TR Treadmill Area

PD Pool Deck

PR PR Lab

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.

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

Fully Vested Walk with an attitude in this rucking inspired treadmill class. Load up with a weighted vest, strengthen your body, climb inclines, and fly free as you decompress for a dash to the finish. Weighted vest provided. An Equinox exclusive

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

Gentle Yoga A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.

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.

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.

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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.

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.

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.

TRX Max Circuit A functional strength workout using TRX body-weight suspension equipment. Work through timed intervals cycling between specially designed stations to test your stability, build muscle, increase flexibility, and challenge your core.

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

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.

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.

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.

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.

Cardio Dance: Zumba A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

Swim

Aqua Sculpt A non-stop, full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with a program that is gentle on the joints. Swim cap required.

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.

Meditation Turn your senses inward to transform your state in real time. Own the stillness of the moment as you cycle through focused breath work and guided observation of body and mind.

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.

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.

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.