

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:45 MS * Stronger <i>Michelle Napoli</i>	6:00-6:45 MS * Tabata Max <i>Richard Shaw</i>	6:00-6:45 CS * Beats Ride Manuel Medrano	6:00-6:50 TR * Precision Walk: Elevate <i>Jenn Auchterlonie</i>	7:00-7:45 CS * Precision Ride <i>Richard Shaw</i>	8:30-9:15 MS * Stacked <i>Jenn Auchterlonie</i>	8:45-9:30 YS * Bala Bangle Barre Burn <i>Emma Swain</i>
8:00-8:45 YS * Pilates Mat <i>Michelle Napoli</i>	7:00-7:45 CS * Precision Ride <i>Richard Shaw</i>	6:00-6:45 MS * MetCon3 <i>Jenn Blackburn</i>	7:00-7:45 MS * Tabata Max <i>Jenn Auchterlonie</i>	8:00-8:45 MS * Stronger <i>Richard Shaw</i>	8:45-9:30 YS * Pilates Fusion <i>Karri Mae Becker</i>	9:00-9:45 CS * Beats Ride <i>Amy Hilton</i>
9:00-9:45 TR * Precision Run@ <i>Michelle Napoli</i>	8:30-9:30 YS * Power Vinyasa <i>Emani Walks</i>	7:00-7:45 MS * Pilates Fusion <i>Kellie Burroughs</i>	8:30-9:30 YS * Vinyasa Yoga <i>Alissa Wilmina Diaz</i>	9:30-10:15 YS * Best Stretch Ever <i>Mike Gray</i>	9:30-10:20 CS * Precision Ride <i>Manuel Medrano</i>	9:15-10:00 MS * Stronger <i>Gia-Ninh Chuang</i>
9:30-10:15 MS * Barre Beyond <i>Molly Govern</i>	9:45-10:35 TR * Precision Walk: Elevate <i>Emmanuella St. Juste</i>	8:00-8:45 MS * Stacked Jenn Blackburn	9:45-10:30 YS * Pilates Fusion <i>Meri Jones</i>	10:30-11:20 YS * True Barre <i>Mike Gray</i>	9:30-10:00 MS * Tabata Cardio 30 Jenn Auchterlonie	9:15-10:05 TR * Precision Run@ <i>Richard Shaw</i>
10:30-11:15 MS * Rhythmic Sculpt Veronika Batyan	10:00-10:45 PD * Aqua Sculpt <i>Susan Fuller</i>	9:30-10:30 YS * Sculpted Yoga™ <i>Anne Schuyler</i>	10:00-10:45 PD * Aqua Sculpt <i>Susan Fuller</i>	11:20-11:35 YS * Athletic Stretch <i>Mike Gray</i>	9:45-10:30 YS * Barre <i>Mary-Carmen Webb</i>	9:45-10:30 YS * Pilates Rise <i>Emma Swain</i>
12:15-1:00 MS * Body Sculpt <i>Adair Pounds</i>	11:00-11:30 MS * Upper Body Pump <i>Emmanuella St. Juste</i>	11:15-12:00 MS * Best Butt Ever <i>Timbo Williams</i>	11:00-11:45 YS * Bala Bangle Barre Burn <i>Mary-Carmen Webb</i>	12:15-1:00 MS * Rounds: Boxing Circuit <i>Karri Mae Becker</i>	10:00-10:20 MS * Best Abs Ever Jenn Auchterlonie	10:15-11:00 MS * MetCon3 <i>Richard Shaw</i>
12:15-1:00 YS * Pilates Mat Mike Gray	11:30-11:50 MS * Best Abs Ever <i>Emmanuella St. Juste</i>	12:15-1:00 MS * Tabata Max <i>Timbo Williams</i>	12:00-12:45 MS * Stacked <i>Mary-Carmen Webb</i>	4:30-5:15 YS * Pilates Mat <i>Carolyn Weininger</i>	10:00-10:50 TR * Precision Walk: Elevate <i>Kimia Nikseresht</i>	10:15-11:00 PD * Aqua Sculpt <i>Gia-Ninh Chuang</i>
4:30-5:20 YS * Vinyasa Yoga <i>Carlyn Peccini</i>	12:00-1:00 YS * Vinyasa Yoga <i>Jen Lee</i>	12:15-1:15 YS * Vinyasa Yoga <i>Carolyn Weininger</i>	4:45-5:45 YS * Power Vinyasa <i>Carolyn Weininger</i>	5:30-6:30 YS * Vinyasa Yoga <i>Ava Atee</i>	10:15-11:00 PD * Aqua Sculpt <i>Diobelkis Riviera</i>	10:45-11:45 YS * Vinyasa Yoga <i>Carolyn Weininger</i>
5:30-6:15 YS * True Barre <i>Veronika Batyan</i>	4:45-5:30 YS * Barefoot Sculpt <i>Molly Govern</i>	4:30-5:15 YS * Barre <i>Mike Gray</i>	5:30-6:15 MS * Stronger <i>Gia-Ninh Chuang</i>	5:30-6:30 YS * Vinyasa Yoga <i>Ava Atee</i>	10:30-11:00 MS * Upper Body Pump <i>Jeanne Slade</i>	11:30-12:20 TR * Precision Walk: Elevate <i>Gia-Ninh Chuang</i>
5:45-6:30 MS * Stacked <i>Caitlin O'Donnell</i>	5:30-6:15 MS * Rounds: Boxing Circuit <i>Karri Mae Becker</i>	5:30-6:15 YS * Pilates Fusion <i>Denese Cavanaugh</i>	6:00-6:45 YS * Barre <i>Jenna Rathe</i>	6:00-6:45 MS * MetCon3 <i>Jenn Auchterlonie</i>	10:45-11:45 YS * Vinyasa Yoga <i>Lisa Ai</i>	3:30-4:30 Yoga <i>Weekend Wind Down</i>
6:00-6:45 CS * Beats Ride <i>Amy Hilton</i>	6:00-7:00 YS * Vinyasa Yoga <i>Ava Atee</i>	5:45-6:30 MS * MetCon3 <i>Jenn Auchterlonie</i>	6:30-7:15 CS * Beats Ride <i>Janelle Tibayan</i>	6:30-7:15 MS * Precision Run@ <i>Team Equinox</i>	11:00-11:30 MS * Best Butt Ever <i>Jeanne Slade</i>	YS * Rita Ramos
6:15-7:05 TR * Precision Walk: Elevate <i>Veronika Batyan</i>	6:30-7:15 MS * Cardio Dance Diobelkis Riviera	6:00-6:45 CS * Beats Ride <i>Karri Mae Becker</i>	6:30-7:15 MS * Beats Ride <i>Janelle Tibayan</i>	6:30-7:15 MS * Precision Run@ <i>Team Equinox</i>	11:45-12:30 MS * Cardio Dance <i>Diobelkis Riviera</i>	
6:30-7:30 YS * Power Vinyasa <i>Taylor Husereau</i>	7:15-8:00 YS * Pilates Mat <i>Kellie Burroughs</i>	6:15-7:05 TR * Precision Run@ <i>Team Equinox</i>	7:15-8:00 YS * Pilates Rise <i>Gia-Ninh Chuang</i>	7:15-8:00 YS * Pilates Rise <i>Gia-Ninh Chuang</i>	12:00-12:45 YS * Sound Meditation <i>Kimia Nikseresht</i>	
6:45-7:30 MS * Stronger <i>Karri Mae Becker</i>		6:30-7:30 YS * Vinyasa Yoga <i>Alissa Wilmina Diaz</i>				
7:30-7:45 MS * Best Abs Ever <i>Karri Mae Becker</i>		6:45-7:30 MS * Best Butt Ever <i>Jenn Auchterlonie</i>				

EQUINOX

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@EQUINOX

MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT-SUN 07:00 AM 07:00 PM

GROUP FITNESS MANAGER

robin.lehman@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

PD Pool Deck

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

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

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.

Athletic Training

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.

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.

Tabata Cardio 30 A 30-minute cardio-only challenge that demands everything you've got. Fire up your heart rate with 20-second bodyweight exercises, where your rest is always shorter than your work. An Equinox exclusive.

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.

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 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.

Boxing and Kickboxing

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.

Pool

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.

Stretch and Recovery

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.

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.

Sound Meditation A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.

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.

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.

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.

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.