

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 BA * Barre <i>Kara Laramie</i>	6:00-6:45 YS * Pilates Fusion (HEATED) <i>Erica Dutton</i>	6:00-6:45 BA * Trilogy Barre <i>Jenny Lingenfelter</i>	6:00-6:45 YS * Pilates Fusion (HEATED) <i>Kara Laramie</i>	6:00-6:45 YS * Off the Barre (HEATED) <i>Jenny Lingenfelter</i>	8:00-8:45 MS * MetCon3 <i>Brittanie Chin-Merkerson</i>	8:30-9:15 CS * Beats Ride <i>Kara Laramie</i>
6:15-7:05 MS * Whipped! <i>Erica Jones</i>	6:15-7:00 CS * Beats Ride <i>Erica Jones</i>	6:15-7:00 MS * MetCon3 <i>Erica Jones</i>	6:15-7:00 CS * Beats Ride <i>Chrissy McGarry</i>	6:15-7:00 MS * Stronger <i>Alie Lukosavich</i>	8:15-9:00 CS * Beats Ride <i>Alie Lukosavich</i>	9:00-9:45 MS * Stronger <i>Lisa Butler</i>
8:15-9:00 CS * Beats Ride <i>Lisa Butler</i>	6:15-7:00 MS * Stacked <i>Lauren Page</i>	8:15-9:00 CS * Beats Ride <i>Alie Lukosavich</i>	6:15-7:00 MS * Athletic Conditioning <i>Lisa Butler</i>	8:15-9:00 CS * Beats Ride <i>Lisa Butler</i>	8:30-9:15 BA * Barre <i>Sam Cook</i>	9:30-10:15 BA * Barre <i>Kara Laramie</i>
8:15-9:00 MS * Best Butt Ever <i>Chrissy McGarry</i>	7:15-8:00 BA * Barre <i>Sam Cook</i>	8:15-9:00 MS * Body Sculpt <i>Lisa Butler</i>	7:15-8:00 YS * Barefoot Sculpt (HEATED) <i>Lisa Butler</i>	8:15-9:00 MS * MetCon3 <i>Alie Lukosavich</i>	9:00-9:50 TR * Precision Run® <i>Brittanie Chin-Merkerson</i>	9:45-10:30 TR * Precision Walk: Elevate <i>Jenny Lingenfelter</i>
9:15-10:00 YS * Power Vinyasa <i>Erica Dutton</i>	8:45-9:30 YS * Off the Barre (HEATED) <i>Kara Laramie</i>	9:15-10:00 YS * Hatha Yoga <i>Rachel Vurpillat</i>	8:45-9:30 BA * Barre <i>Kara Laramie</i>	9:15-10:15 YS * Gentle Yoga <i>Erica Holm</i>	9:15-10:00 MS * Best Butt Ever <i>Alie Lukosavich</i>	9:45-10:30 YS * Slow Flow Yoga (HEATED) <i>Nicole Yoder</i>
9:30-10:15 BA * Barre <i>Sitara Bird</i>	9:15-10:00 MS * Body Sculpt <i>Erica Jones</i>	9:30-10:15 BA * Barre Beyond <i>Alie Lukosavich</i>	9:15-10:00 MS * Rhythmic Sculpt <i>Erica Dutton</i>	9:30-10:15 BA * True Barre <i>Erica Dutton</i>	9:30-10:15 CS * Beats + Bands Ride <i>Lisa Butler</i>	10:00-10:45 CS * Beats Ride <i>Allyson Rosman</i>
9:30-10:15 MS * Cardio Sculpt <i>Lisa Butler</i>	10:00-10:45 YS * Best Stretch Ever <i>Nicole Yoder</i>	9:30-10:15 MS * Stronger <i>Erica Jones</i>	10:00-10:45 YS * Best Stretch Ever <i>Nicole Yoder</i>	9:30-10:15 MS * Cardio Sculpt <i>Lisa Butler</i>	9:45-10:45 YS * Vinyasa Yoga (HEATED) <i>Natasha Baccari</i>	10:00-10:45 MS * Body Sculpt <i>Lisa Butler</i>
10:30-11:15 YS * Barefoot Sculpt (HEATED) <i>Alie Lukosavich</i>	10:15-11:00 BA * Pilates Mat <i>Nicole Campbell</i>	10:30-11:15 YS * Pilates Mat (HEATED) <i>Kara Laramie</i>	10:15-11:00 BA * Pilates Mat <i>Erica Dutton</i>	10:45-11:30 YS * Power Vinyasa (HEATED) <i>Rachel Vurpillat</i>	10:00-10:45 BA * Trilogy Barre <i>Jenny Lingenfelter</i>	10:30-11:15 BA * Pilates Mat <i>Emily Bezbatchesko</i>
12:15-1:00 MS * Stronger <i>Erica Dutton</i>	12:00-12:45 BA * Pilates Fusion <i>Kara Laramie</i>	12:15-1:00 YS * Off the Barre (HEATED) <i>Sitara Bird</i>	12:00-12:50 YS * Sculpted Yoga™ <i>Erica Dutton</i>	12:00-12:45 YS * Pilates Rise (HEATED) <i>Kara Laramie</i>	10:30-11:15 MS * Rhythmic Sculpt <i>Lisa Butler</i>	10:45-11:30 YS * Best Stretch Ever <i>Nicole Yoder</i>
5:30-6:30 YS * Vinyasa Yoga (HEATED) <i>Natasha Baccari</i>	4:45-5:30 YS * Sculpted Yoga™ <i>Rachel Shirey</i>	5:30-6:30 YS * Slow Flow Yoga <i>Selah Walker</i>	4:45-5:30 YS * Pilates Fusion (HEATED) <i>Kara Laramie</i>	12:30-1:15 MS * Stacked <i>Abbie Jankelovitz</i>	11:00-11:45 BA * Pilates Rise <i>Jenny Lingenfelter</i>	11:15-12:00 MS * Rounds: Boxing <i>Kurt Zaske</i>
5:45-6:30 BA * Pilates Rise <i>Erica Dutton</i>	5:30-6:15 CS * Beats Ride <i>Alie Lukosavich</i>	5:45-6:30 BA * Pilates Fusion <i>Emily Bezbatchesko</i>	5:45-6:30 BA * Trilogy Barre <i>Jenny Lingenfelter</i>	4:45-5:45 YS * Yin Yoga Meditation <i>Linda Talakic</i>	11:15-12:15 YS * Slow Flow Yoga <i>Catherine Leverett</i>	11:45-12:30 YS * Pilates Fusion (HEATED) <i>Jenny Lingenfelter</i>
5:45-6:30 MS * MetCon Monday <i>Lauren Page</i>	5:45-6:30 BA * Barefoot Sculpt <i>Rachel Shirey</i>	5:45-6:30 MS * Best Butt Ever <i>Erica Dutton</i>	6:00-6:45 MS * Cardio Sculpt <i>Abbie Jankelovitz</i>	5:15-6:00 BA * Pilates Fusion <i>Jenny Lingenfelter</i>		3:00-4:00 YS * Weekend Wind Down Yoga <i>Linda Talakic</i>
6:00-6:45 CS * Beats Ride <i>Maddy Weinert</i>	6:00-6:45 MS * Stronger <i>Brittanie Chin-Merkerson</i>	6:00-6:45 CS * Beats Ride <i>Allyson Rosman</i>	6:30-7:30 YS * Hatha Yoga (HEATED) <i>Catherine Leverett</i>	5:45-6:30 MS * Rounds: Boxing <i>RKG</i>		
7:00-7:45 YS * Pilates Mat (HEATED) <i>Emily Bezbatchesko</i>	6:30-7:30 YS * Vinyasa Yoga (HEATED) <i>Catherine Leverett</i>	7:00-7:45 BA * Pilates Mat <i>Nicole Campbell</i>				
		7:00-8:00 YS * Vinyasa Yoga (HEATED) <i>Natasha Baccari</i>				

EQUINOX

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MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 08:00 PM

SAT-SUN 07:00 AM 07:00 PM

Kids

MON-SUN 08:00 AM 01:00 PM

GROUP FITNESS MANAGER

alie.lukosavich@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

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

Cycling

Beats + Bands Ride Beats + Bands combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving 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.

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

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.

Hatha Yoga A classic take on a physical yoga practice— without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.

Hatha Yoga (HEATED) A classic take on a physical yoga practice— without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.

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.

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 (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.

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.

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.

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.

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.

Off the Barre (HEATED) This heated off-the-barre class incorporates a continuous series of contemporary exercises. 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.

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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.

Pilates Mat (HEATED) 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.

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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.

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.

Barefoot Sculpt (HEATED) 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.