

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 MS* Athletic Conditioning <i>Jill Austin</i>	6:15-7:00 MS* Cardio Sculpt <i>Nicholas Duran</i>	6:15-7:00 MS* Upper Body Pump <i>Austin Williams</i>	6:15-7:00 MS* Tabata Max <i>Cody Stoute</i>	6:15-7:00 MS* Athletic Conditioning <i>Koni Nwaukoni</i>	8:15-9:00 YS* Pilates Fusion <i>Jonathan Jedrzejewski</i>	8:15-8:45 TR* Precision Run 30 <i>Jessica Walker</i>
6:30-7:20 YS* Pilates Rise <i>Brenna Dwyer</i>	6:30-7:20 TR* Precision Run® <i>Jenia Koroleva</i>	6:30-7:15 YS* Pilates Fusion <i>Taylor Olson</i>	6:30-7:20 TR* Precision Run® <i>Jenia Koroleva</i>	6:30-7:30 YS* Sculpted Yoga™ <i>Cierra Flood</i>	8:30-9:15 MS* Tabata Max <i>Michael Carson</i>	9:00-9:45 MS* MetCon3 <i>Ali Farahanny</i>
7:15-8:05 TR* Precision Run® <i>Ross Neumann</i>	7:00-7:50 CS* Beats Ride <i>Ronit Koren</i>	7:15-8:05 TR* Precision Walk: Elevate <i>Sara McGowan</i>	7:00-7:50 CS* Precision Ride <i>Alexis Harrell</i>	7:15-8:05 TR* Precision Walk: Elevate <i>Sara McGowan</i>	8:30-9:20 TR* Precision Run® <i>Ross Neumann</i>	9:00-9:45 YS* Off The Barre <i>Jessica Walker</i>
7:30-8:15 MS* MetCon Monday <i>Drea Marchesi</i>	7:15-8:15 YS* Power Vinyasa <i>Dylan Drew</i>	7:30-8:15 YS* Barefoot Sculpt <i>Kari McKillip</i>	7:15-8:15 YS* Vinyasa Yoga (HEATED) <i>Dylan Drew</i>	7:30-8:15 MS* Body Sculpt <i>Drea Marchesi</i>	9:30-10:20 CS* Beats Ride <i>Kyra Manayan</i>	10:00-11:15 YS* Hatha Yoga <i>Clio Manuelian</i>
9:30-10:15 YS* Pilates Fusion <i>Pearl Fu</i>	7:30-8:15 MS* Stronger <i>Alexis Harrell</i>	8:30-9:15 MS* Barre Beyond <i>Kari McKillip</i>	7:30-8:15 MS* MetCon3 <i>Jeff McMullen</i>	8:00-9:00 YS* Vinyasa Yoga <i>Teo Chapelier</i>	9:30-10:20 MS* Stronger <i>Andre Aultmon</i>	10:30-11:20 CS* Beats Ride <i>G.G. Aizcorbe</i>
10:15-11:00 MS* Cardio Sculpt <i>Nicholas Duran</i>	8:30-9:15 MS* Body Sculpt <i>Alexis Harrell</i>	9:30-10:20 YS* Pilates Fusion <i>Cynthia San Luis</i>	8:30-9:20 YS* Pilates Rise (HEATED) <i>Drea Marchesi</i>	9:30-10:15 YS* Pilates Fusion <i>Zelda Peterson</i>	9:30-10:15 YS* Barefoot Sculpt <i>Ayanna Contreras</i>	11:15-12:00 MS* Rounds: Boxing <i>Ronit Koren</i>
12:00-1:00 YS* Vinyasa Yoga <i>Austin Hollingshead</i>	9:45-10:30 YS* Off The Barre <i>Jessica Walker</i>	10:15-11:00 MS* Cardio Sculpt <i>Michael Carson</i>	9:45-10:30 YS* EQX Barre Burn <i>Nicholas Duran</i>	10:15-11:00 MS* Best Butt Ever <i>Cody Stoute</i>	10:30-11:20 MS* Barre Beyond <i>Andre Aultmon</i>	1:00-1:50 YS* Pilates Mat <i>Jonathan Jedrzejewski</i>
1:00-1:30 MS* Best Butt Ever <i>Michael Carson</i>	11:00-11:50 MS* Whipped! <i>Jessica Walker</i>	12:00-1:00 YS* Vinyasa Yoga <i>Austin Hollingshead</i>	12:00-12:50 YS* Pilates Rise <i>Cynthia San Luis</i>	12:00-1:00 YS* Vinyasa Yoga <i>Pia Kamonsit</i>	10:30-11:20 YS* Vinyasa Yoga <i>Jad Kassouf</i>	4:00-5:00 YS* Slow Flow Yoga <i>Rachel Kennedy</i>
1:30-1:45 MS* Upper Body Pump <i>Michael Carson</i>	12:00-12:45 YS* Pilates Fusion <i>Taylor Olson</i>	1:00-1:45 MS* Mind Body Fit <i>Maeve McCaffrey</i>	12:15-12:45 TR* Precision Run 30 <i>Alexis Harrell</i>	1:00-1:30 TR* Precision Run 30 <i>Saori Soga</i>	11:30-12:00 MS* Best Stretch Ever <i>Jad Kassouf</i>	
1:45-2:00 MS* Best Abs Ever <i>Michael Carson</i>	12:15-12:45 TR* Precision Run 30 <i>Jessica Walker</i>	4:00-4:50 YS* Pilates Mat <i>Ayanna Contreras</i>	1:00-1:45 MS* Stacked <i>Tracy Washburn</i>	1:30-2:20 YS* Pilates Fusion <i>Pia Kamonsit</i>	12:15-1:00 YS* Pilates Fusion <i>Marcelin Jurbina</i>	
4:00-4:45 YS* Pilates Fusion <i>Brenna Dwyer</i>	1:00-1:45 MS* Cardio Sculpt <i>Pearl Fu</i>	4:15-4:45 MS* Best Abs Ever <i>Koni Nwaukoni</i>	1:00-2:00 YS* Hatha Yoga <i>Clio Manuelian</i>	1:35-2:05 MS* Best Stretch Ever <i>Saori Soga</i>	1:10-2:00 YS* Vinyasa Yoga <i>Heather D.</i>	
5:00-5:45 MS* Studio Dance: GROOV3 <i>Ben Ayers</i>	1:00-2:00 YS* Power Vinyasa <i>Brent Laffoon</i>	5:00-5:45 MS* Athletic Conditioning <i>Koni Nwaukoni</i>	4:00-4:50 YS* Pilates Rise <i>Regina Santos</i>	4:00-4:45 YS* Vinyasa Yoga (HEATED) <i>Shannon Branham</i>	2:05-2:35 YS* Sound Meditation <i>Heather D.</i>	
5:15-6:15 YS* Vinyasa Yoga <i>Dylan Drew</i>	4:00-4:45 YS* Pilates Fusion <i>Pia Kamonsit</i>	5:15-6:15 YS* Barefoot Sculpt <i>Jennifer Padilla</i>	5:15-6:00 MS* MetCon3 <i>Austin Williams</i>	5:00-5:45 MS* Stacked <i>Aidan Dayani</i>		
6:00-6:50 CS* Beats Ride <i>Karen Schneider</i>	5:15-6:00 MS* Athletic Conditioning <i>Lucy Cohen</i>	6:00-6:50 CS* Precision Ride <i>Clayton Buckaloo</i>	5:30-6:30 YS* Vinyasa Yoga <i>Buddy Macuha</i>			
6:15-7:00 MS* Athletic Conditioning <i>Myles Rodney</i>	5:30-6:20 CS* Beats Ride <i>Juan Hidalgo</i>	6:15-7:00 MS* Best Butt Ever <i>Jazmin Rivers</i>	6:00-6:45 CS* Anthem Ride <i>Jeff McMullen</i>			
6:15-7:05 TR* Precision Run® <i>Ross Neumann</i>	5:30-6:30 YS* Sculpted Yoga™ <i>Jad Kassouf</i>	6:30-7:30 YS* Vinyasa Yoga <i>Rachel Kennedy</i>	6:45-7:30 MS* Body Sculpt <i>Jessica Walker</i>			
6:30-7:30 YS* Vinyasa Yoga <i>Buddy Macuha</i>	6:15-7:00 MS* Stacked <i>Cody Stoute</i>	7:45-8:30 YS* EQX Barre Burn <i>Jazmin Rivers</i>	6:45-7:30 YS* Sound Meditation <i>Buddy Macuha</i>			
7:15-8:00 MS* Rounds: Boxing <i>David Guisao</i>	6:45-7:30 YS* Pilates Fusion <i>Zsolt Banki</i>					
7:45-8:30 YS* Sonic Meditation <i>Buddy Macuha</i>	7:15-7:45 MS* Best Abs Ever <i>Cody Stoute</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

GROUP FITNESS MANAGER

amy.malloy@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

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.

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.

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.

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.

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.

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.

Mind Body Fit Created by Christine Roderick and Maeve McCaffrey, this empowered full-body workout uses strength training, cardio intervals, and mindful moments to transform every part of you! Connect your physical and mental strength to embody your strongest self. Create synergy in everything you do!

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 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

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.

EQX Barre Burn This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

Off The Barre This off-the-barre class incorporates a continuous series of contemporary exercises. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

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 Rise (HEATED) 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

Studio Dance: GROOV3 Get intoxicated by your workout! This 60 min, music-video inspired dance class uses 1 non-stop calorie-slaying DJ set, 2 speeds of choreography making it accessible to all levels, and 3 times the empowerment as you DANCE, SWEAT and LIVE far beyond your workout. Join the GROOV3MENT!

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.

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.

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.

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.

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.