

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|--|--|--|--|
| 6:15-7:05 MS * Whipped! Sarah MacKay | 6:30-7:15 MS * Stronger <i>Elle Young</i> | 6:15-7:00 MS * Athletic Conditioning <i>Maya Abu-Mansour</i> | 6:30-7:20 MS * Whipped! <i>Elle Young</i> | 6:15-7:05 TR * Precision Walk: Elevate Sarah MacKay | 8:15-9:15 YS * Power Vinyasa (Heated) <i>Nicolas Diiorio</i> | 8:00-8:45 YS * True Barre <i>Ash Moss</i> |
| 7:00-8:00 YS * Vinyasa Yoga (Heated) <i>Micki Duran</i> | 7:15-8:00 YS * Pilates Mat <i>Larisa Lotz</i> | 6:30-7:20 TR * Precision Run + Strength <i>Jill Karrenbrock</i> | 7:15-8:00 MS * True Barre: Bala Bangle <i>Claire Kampschroeder</i> | 7:15-8:00 MS * Stronger <i>Maya Abu-Mansour</i> | 8:30-9:15 MS * Stronger <i>Stephanie Czajkowski</i> | 8:45-9:35 MS * Whipped! <i>Claire Kampschroeder</i> |
| 7:15-8:00 MS * Rounds: Boxing Dawn Aneada | 7:30-8:15 MS * Stacked <i>Elle Young</i> | 7:00-8:00 YS * Yin Yoga Meditation (Heated) <i>Shannon Branham</i> | 7:30-8:15 MS * Stacked <i>Nik Andrews</i> | 7:15-8:00 YS * Pilates Mat <i>Poirsha Woolfork</i> | 9:00-9:45 CS * Beats Ride <i>Tiffany Daniels</i> | 9:00-9:50 YS * Pilates Mat <i>Chris Stanley</i> |
| 8:30-9:15 MS * Limited Series: Stronger Women <i>Elle Young</i> | 8:30-9:30 YS * Power Vinyasa (Heated) <i>Grace Huang</i> | 7:15-8:00 MS * MetCon3 <i>Emily Matt</i> | 8:30-9:30 YS * Stronger <i>Blake Sunshine</i> | 8:30-9:15 MS * Ropes and Rowers <i>Megan Lera</i> | 9:30-10:15 MS * MetCon3 <i>Emily Matt</i> | 9:45-10:30 TR * Precision Run@ <i>Maya Abu-Mansour</i> |
| 8:45-9:30 CS * Beats Ride <i>Orlando Deral</i> | 8:45-9:35 MS * 360 Strength <i>Claire Kampschroeder</i> | 8:30-9:15 MS * Best Butt Ever <i>Natalie Yco</i> | 8:45-9:30 MS * Stronger <i>Blake Sunshine</i> | 8:45-9:30 CS * Beats Ride <i>Orlando Deral</i> | 9:45-10:30 YS * True Barre: Cardio <i>Dana Perri</i> | 10:00-10:45 MS * Athletic Conditioning <i>Jenny Ferrero</i> |
| 9:00-9:45 YS * True Barre <i>Lorena Ortiz</i> | 9:00-9:45 CS * Beats Ride <i>Lacey Stone</i> | 8:45-9:30 MS * Beats Ride <i>Lynsey Harris</i> | 9:00-9:45 CS * Beats Ride <i>Christina Davis</i> | 9:00-9:45 YS * Pilates at the Barre <i>Braxton Brooks</i> | 10:15-11:00 CS * Beats Ride <i>Lacey Stone</i> | 10:30-11:45 YS * Vinyasa Yoga <i>Nicolas Diiorio</i> |
| 9:30-10:20 MS * Body Sculpt <i>Trevor Kent</i> | 9:45-10:35 MS * Rhythmic Sculpt <i>Willis Hao</i> | 9:00-9:45 YS * Pilates Mat <i>Niki Kramer</i> | 9:45-10:30 MS * MetCon3 <i>Dana Perri</i> | 9:30-10:30 MS * Cardio Sculpt <i>Willis Hao</i> | 10:45-11:15 MS * Upper Body Pump <i>Kim Waldauer</i> | 10:45-11:30 CS * Beats Ride <i>Christina Davis</i> |
| 10:00-11:00 YS * Vinyasa Yoga <i>Kristyn Evelyn</i> | 10:30-11:20 YS * True Barre: Off the Barre <i>Luis Cervantes</i> | 9:45-10:30 MS * Barefoot Sculpt <i>Ash Moss</i> | 10:30-11:20 YS * Pilates Fusion <i>Trevor Kent</i> | 10:00-11:00 YS * Vinyasa Yoga <i>Trey Jones</i> | 10:45-11:45 YS * Vinyasa Yoga <i>Chrissy Gonzalez</i> | 11:00-11:45 MS * Stronger <i>Jenny Ferrero</i> |
| 10:45-11:30 MS * Best Butt Ever <i>Victoria Ralston</i> | 10:45-11:35 MS * Studio Dance: Hip Hop <i>Odell</i> | 10:00-11:00 YS * Slow Flow Yoga <i>Grace Huang</i> | 10:45-11:30 MS * Best Butt Ever <i>Nicole Steen</i> | 10:45-11:35 MS * Feel Good Friday: Studio Dance <i>Ilyse Cohen</i> | | 12:00-12:45 YS * Pilates Fusion <i>Devan Medrano</i> |
| 11:15-12:00 YS * Pilates Mat <i>Niki Kramer</i> | 11:45-12:45 YS * Vinyasa Yoga <i>Shannon Branham</i> | 11:30-12:15 YS * True Barre <i>Lorena Ortiz</i> | 11:45-12:45 YS * Vinyasa Yoga <i>Joseph Seeman</i> | 11:15-12:00 YS * True Barre: Off the Barre <i>Dana Perri</i> | 11:15-11:45 MS * Best Butt Ever <i>Kim Waldauer</i> | 12:15-1:00 MS * Best Butt Ever <i>Natalie Schervish</i> |
| 12:15-1:00 CS * Beats Ride <i>Emily Cruz</i> | 12:00-12:45 MS * Best Butt Ever <i>Sheila Lee</i> | 12:15-1:00 CS * Beats Ride <i>Simone Berry</i> | 12:00-12:45 MS * MetCon3 <i>Orlando Deral</i> | 11:30-12:20 TR * Precision Run® Orlando Deral | 12:00-1:15 YS * Vinyasa Yoga (Heated) <i>Jaclyn Winters</i> | 1:00-2:00 YS * Power Vinyasa Shielu Bharwani |
| 12:30-1:15 MS * Tabata Max <i>Dana Perri</i> | 1:15-2:00 YS * Pilates Fusion <i>Maya Gorodetsky</i> | 12:30-1:15 MS * Stronger Brandon Mayweather | 1:15-2:05 YS * Pilates at the Barre <i>Niki Kramer</i> | 12:15-1:00 CS * Beats Ride <i>Lacey Stone</i> | 12:15-1:00 MS * The Cut <i>Victoria Ralston</i> | 1:30-2:20 MS * Rounds: Bags and Mitts <i>Aaron Bryant</i> |
| 1:15-2:15 YS * Yin Yoga <i>Chrissy Gonzalez</i> | 3:00-3:45 MS * Barefoot Sculpt <i>Tanja Djelevic</i> | 1:30-2:30 YS * Yin Yoga (Heated) <i>Trey Jones</i> | 3:00-3:50 YS * Pilates Rise <i>Larisa Lotz</i> | 12:30-1:15 MS * Limited Series: Stronger Women Sheila Lee | 1:30-2:20 YS * Pilates Fusion <i>Pia Kamonsit</i> | 2:30-3:20 MS * Barefoot Sculpt <i>Larisa Lotz</i> |
| 3:00-3:50 YS * Pilates Rise <i>Larisa Lotz</i> | | | | 12:30-1:15 MS * True Barre <i>Ash Moss</i> | 3:30-4:30 YS * Restorative Yoga <i>Micki Duran</i> | 4:00-5:00 YS * Weekend Wind Down Yoga <i>Eka Ekong</i> |
| 4:30-5:15 YS * True Barre: Bala Bangle <i>Ash Moss</i> | 4:30-5:20 YS * Pilates at the Barre <i>Tanja Johnston</i> | 4:30-5:15 YS * Pilates Fusion (Heated) <i>Maya Gorodetsky</i> | 4:30-5:15 YS * True Barre <i>Ash Moss</i> | 1:30-2:30 YS * Slow Flow Yoga <i>Braxton Brooks</i> | 5:00-5:45 YS * Sound Meditation <i>Saori Soga</i> | |
| 5:00-5:50 MS * Circuit Training Nik Andrews | 5:00-5:30 MS * Best Abs Ever <i>Natalie Yco</i> | 5:00-5:45 MS * MetCon3 <i>Blake Sunshine</i> | 5:00-5:45 MS * Stronger Natalie Schervish | 3:00-3:50 YS * Pilates Mat <i>Jaclyn Winters</i> | | |
| 5:30-6:15 CS * Beats Ride <i>Pacey Hansen</i> | 5:15-6:05 TR * Precision Walk: Elevate <i>Jill Karrenbrock</i> | 5:30-6:15 CS * Beats Ride <i>Orlando Deral</i> | 5:45-7:00 YS * Yin Yoga (Heated) <i>Patrick Minas</i> | 4:00-4:45 MS * Barefoot Sculpt <i>Maya Gorodetsky</i> | | |
| 5:45-6:45 YS * Vinyasa Yoga <i>Alessandra Bonetti</i> | 5:30-6:00 MS * Upper Body Pump <i>Natalie Yco</i> | 5:45-6:45 YS * Vinyasa Yoga <i>Jaclyn Winters</i> | 6:00-6:45 CS * Beats Ride <i>Emily Cruz</i> | 4:45-5:45 YS * Yin Yoga <i>Lizbeth Vazquez</i> | | |
| 6:15-7:00 MS * Rounds: Boxing Nik Andrews | 5:45-6:45 YS * Sculpted Yoga™ <i>Annie Kelly</i> | 6:00-6:45 MS * Limited Series: Stronger Women <i>Tanja Djelevic</i> | 6:15-7:00 MS * Rounds: Boxing <i>Aaron Bryant</i> | 5:00-5:30 MS * Best Abs Ever Victoria Ralston | | |
| 7:00-7:45 YS * Pilates Mat (Heated) <i>Sharifa Bailey</i> | 6:00-6:45 CS * Beats Ride <i>Tiffany Daniels</i> | 7:00-7:50 YS * Pilates at the Barre <i>Braxton Brooks</i> | 7:15-8:05 MS * Studio Dance: Hip Hop Sophia Laemmerhirt | 5:30-6:00 MS * Upper Body Pump Victoria Ralston | | |
| 7:15-8:00 MS * Stronger <i>Blake Sunshine</i> | 6:15-7:00 MS * Best Butt Ever <i>Natalie Yco</i> | 7:15-8:05 MS * Studio Dance: Jazz Groove <i>Nico O'Connor</i> | 7:15-8:15 YS * Vinyasa Yoga <i>Alessandra Bonetti</i> | 6:00-6:45 YS * Sound Meditation <i>Lizbeth Vazquez</i> | | |
| 8:15-9:05 MS * Studio Dance: Jazz Groove <i>Nico O'Connor</i> | 7:15-8:30 YS * Vinyasa Yoga (Heated) <i>Micki Duran</i> | 8:15-9:00 YS * Sound Meditation <i>Cici Pringle</i> | | | | |
| 8:15-9:00 YS * Sound Meditation <i>Stephanie Morrell</i> | | | | | | |

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MON-THU 05:00 AM 10:30 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

lindsey.hutterer@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

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 + Strength A track and field circuit-based workout, created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

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.

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.

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.

Yin Yoga Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

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.

Circuit Training Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

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.

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

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.

True Barre: Bala Bangle This sculpt 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.

True Barre: Cardio Give your barre workout a cardio boost 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: Off the Barre 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.

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 at the Barre Pilates amplified with resistance. Sculpt and strengthen using our signature anchored bands to unlock stability and connection. Target muscles with intention, build functional strength, and challenge your core. An Equinox exclusive.

Dance

Feel Good Friday: Studio Dance Fridays are all about the "feels". Start your weekend with a feel-good choreography-driven dance class. Unleash your inner dancer and prepare for the dance floor with playlists and moves that will keep you coming back.

Studio Dance: Hip Hop A choreography-driven dance class using the latest street dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.

Studio Dance: Jazz Groove Join Nico O'Connor for a dance class rooted in Jazz Funk. Expect strong lines, grooves, and choreography set to upbeat pop and '90s hip-hop tracks. Build confidence, connect mind and body, and get energized.

Boxing

Rounds: Bags and Mitts Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in authentic boxing drills as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

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.

The Cut A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

Regeneration

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.

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, light-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.

Strength

360 Strength Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, ViPR, and dynamic full-body exercises. An Equinox exclusive.

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.

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.

Limited Series: Stronger Women Introducing Stronger Women. Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women's performance program. Optimized for women, but open to all.

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.

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.