

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:50 MS * Whipped! <i>Rick Logan</i>	6:00-6:50 CS * Precision Ride Sarah MacKay	6:00-6:45 MS * Athletic Conditioning <i>Maya Abu-Mansour</i>	6:00-6:45 CS * Beats Ride Sharon Perez	6:00-6:50 MS * MetCon3 <i>Derek Ringold</i>	8:00-9:00 CL * Outdoor Run Club (L2) <i>Greg Cohen</i>	8:00-8:45 YS * Barre Ash Moss
6:30-7:20 TR * Precision Run® <i>Andre Aultmon</i>	6:30-7:15 MS * Stronger <i>Elle Young</i>	6:30-7:20 TR * Precision Run + Strength <i>Jill Karrenbrock</i>	6:30-7:20 MS * Whipped! <i>Elle Young</i>	7:00-7:50 YS * Pilates Mat <i>Poirsha Woolfork</i>	8:15-9:30 YS * Power Vinyasa <i>Grace Huang</i>	8:45-9:35 MS * Whipped! <i>Ashleigh Smith</i>
7:00-8:00 YS * Vinyasa Yoga (HEATED) <i>Micki Duran</i>	6:45-7:35 TR * Precision Walk: Elevate <i>Ashleigh Smith</i>	7:00-8:00 YS * Yin Yoga Meditation (HEATED) <i>Shannon Branham</i>	7:00-7:45 YS * True Barre <i>Natalia Perzyna</i>	8:30-9:15 MS * Ropes and Rowers <i>Megan Lera</i>	8:30-9:15 MS * Stronger <i>Stephanie Czajkowski</i>	9:00-9:50 YS * Pilates Fusion <i>Aleesa Lapierre</i>
7:15-8:00 MS * MetCon3 <i>Jason Brown</i>	7:00-7:50 YS * Pilates Mat <i>Sharifa Bailey</i>	7:15-8:00 MS * MetCon3 <i>Emily Matt</i>	7:30-8:15 MS * Athletic Conditioning Alicia Garrity	8:45-9:30 CS * Beats Ride Orlando Deral	9:00-9:45 CS * Beats Ride Nowani Rattray	9:30-10:15 CS * Beats Ride Amira Polack
8:30-9:15 MS * Stronger <i>Elle Young</i>	7:30-8:15 MS * Stacked <i>Elle Young</i>	8:30-9:15 MS * Best Butt Ever <i>Natalie Yco</i>	8:30-9:30 YS * Power Vinyasa (HEATED) <i>Grace Huang</i>	9:00-9:45 YS * Trilogy Barre <i>Braxton Brooks</i>	9:30-10:15 MS * MetCon3 <i>Greg Cohen</i>	9:45-10:30 TR * Precision Run® <i>Ashleigh Smith</i>
8:45-9:30 CS * Beats Ride Greg Cohen	8:30-9:30 YS * Power Vinyasa <i>Grace Huang</i>	8:45-9:15 MS * Best Butt Ever <i>Natalie Yco</i>	8:45-9:30 MS * Stronger <i>Blake Sunshine</i>	9:30-10:30 MS * Cardio Sculpt <i>Christine Roderick</i>	9:45-10:30 YS * EQX Barre Burn <i>Dana Perri</i>	10:00-10:45 MS * Athletic Conditioning <i>Jenny Jaucian</i>
9:00-9:45 YS * Trilogy Barre <i>Lorena Ortiz</i>	8:45-9:35 MS * Athletic Conditioning <i>Alicia Garrity</i>	8:45-9:30 CS * Beats Ride Cosmo Bertollini	9:00-9:45 CS * Pilates Mat <i>Carrie Samper</i>	10:00-11:00 YS * Vinyasa Yoga <i>Trey Jones</i>	10:15-11:00 CS * Beats Ride Lacey Stone	10:30-11:45 YS * Vinyasa Yoga <i>Nicolas Diiorio</i>
9:30-10:30 MS * Cardio Sculpt <i>Christine Roderick</i>	9:00-9:45 CS * Beats Ride Lacey Stone	9:30-10:15 MS * The Cut <i>Candyce Heather</i>	9:45-10:30 MS * MetCon3 <i>Dana Perri</i>	10:45-11:35 MS * Studio Dance Odell	10:30-11:00 MS * Best Stretch Ever <i>Greg Cohen</i>	11:00-11:45 MS * Stronger <i>Maya Abu-Mansour</i>
10:00-11:00 YS * Vinyasa Yoga <i>Kristyn Evelyn</i>	10:00-10:50 MS * Studio Dance <i>Odell</i>	10:00-11:00 YS * Slow Flow Yoga <i>Lila Bassior</i>	10:30-11:20 YS * Pilates Fusion <i>Trevor Kent</i>	11:15-12:05 TR * Precision Run® <i>Orlando Deral</i>	10:45-11:45 YS * Vinyasa Yoga <i>Chrissy Gonzalez</i>	12:00-12:45 YS * True Barre <i>Phoebe Raye</i>
11:15-12:00 YS * Pilates Mat <i>Niki Kramer</i>	10:30-11:20 YS * EQX Barre Burn <i>Luis Cervantes</i>	10:30-11:15 MS * Sculpt <i>Candyce Heather</i>	10:45-11:30 MS * Best Butt Ever <i>Nicole Steen</i>	11:15-12:00 YS * Barre Beyond <i>Dana Perri</i>	11:15-12:00 MS * Rounds: Boxing <i>Kim Waldauer</i>	12:15-12:45 MS * Best Butt Ever <i>Natalie Schervish</i>
12:15-1:00 CS * Beats Ride Stephanie Walsh	11:45-12:45 YS * Vinyasa Yoga <i>Shannon Branham</i>	11:30-12:15 YS * Barre Beyond <i>Lorena Ortiz</i>	11:45-12:45 YS * Vinyasa Yoga <i>Joseph Seeman</i>	12:15-1:15 CS * Beats Ride Lacey Stone	12:00-1:00 YS * Vinyasa Yoga (HEATED) <i>Jaclyn Winters</i>	12:45-1:15 MS * Best Abs Ever <i>Natalie Schervish</i>
12:30-1:15 MS * Tabata Max <i>Dana Perri</i>	12:00-12:45 MS * Best Butt Ever <i>Sheila Lee</i>	12:00-12:50 MS * Ropes and Rowers <i>Brandon Mayweather</i>	12:00-12:45 MS * Pure Strength <i>Orlando Deral</i>	12:30-1:20 MS * Stronger <i>Sheila Lee</i>	12:15-1:00 MS * Best Butt Ever <i>Alicia Garrity</i>	2:00-3:00 YS * Vinyasa Yoga <i>Shielu Bharwani</i>
1:00-2:00 YS * Yin Yoga <i>Chrissy Gonzalez</i>	12:30-1:15 CS * Beats Ride Orlando Deral	12:30-1:30 YS * Sculpted Yoga™ Alessandra Bonetti	1:15-2:00 YS * Trilogy Barre <i>Niki Kramer</i>	1:00-2:00 YS * Power Vinyasa (HEATED) <i>Scarlett McCann</i>	1:30-2:20 YS * Pilates Fusion <i>Larisa Lotz</i>	4:00-5:00 YS * Weekend Wind Down Yoga <i>Eka Ekong</i>
3:00-3:50 YS * Pilates Rise <i>Larisa Lotz</i>	1:00-1:45 YS * Pilates Fusion <i>Aleesa Lapierre</i>	3:00-3:50 YS * Barre <i>Jeremy Peters</i>	3:00-3:50 YS * Pilates Rise <i>Larisa Lotz</i>	3:00-3:50 YS * Pilates Mat <i>Jaclyn Winters</i>	3:30-4:30 YS * Restorative Yoga <i>Micki Duran</i>	
4:30-5:15 YS * Bala Bangle Barre Burn <i>Nikita Chaudhry</i>	3:00-3:45 YS * Barefoot Sculpt Tanja Djelevic	4:30-5:15 YS * Pilates Fusion (HEATED) <i>Maya Gorodetsky</i>	4:15-5:00 YS * True Barre <i>Zsolt Banki</i>	4:30-5:30 YS * Vinyasa Yoga (HEATED) <i>Kate Willson</i>	5:00-5:45 YS * Sound Meditation Saori Soga	
5:00-5:45 MS * MetCon Monday <i>Greg Cohen</i>	4:15-5:00 YS * Trilogy Barre <i>Zsolt Banki</i>	5:00-5:45 MS * Stronger <i>Andre Aultmon</i>	5:00-5:45 MS * Ropes and Rowers <i>Megan Lera</i>	5:00-5:30 MS * Best Butt Ever <i>Victoria Ralston</i>		
5:30-6:15 CS * Beats Ride Cosmo Bertollini	5:15-6:00 MS * Rounds: Kickboxing <i>Natalie Yco</i>	5:30-6:15 CS * Beats Ride Orlando Deral	5:30-6:20 TR * Precision Run + Strength <i>Jill Karrenbrock</i>	5:30-6:15 CS * Beats Ride Cosmo Bertollini		
5:45-6:45 YS * Vinyasa Yoga <i>Alessandra Bonetti</i>	5:45-6:45 YS * Sculpted Yoga™ <i>Annie Kelly</i>	5:45-6:45 YS * Vinyasa Yoga <i>Jaclyn Winters</i>	5:45-7:00 YS * Yin Yoga (HEATED) <i>Patrick Minas</i>	5:30-6:00 MS * Best Abs Ever <i>Victoria Ralston</i>		
6:00-6:45 MS * Rounds: Boxing Circuit <i>Greg Cohen</i>	6:00-6:45 CS * Beats Ride Nowani Rattray	6:00-6:45 MS * Best Stretch Ever <i>Tanja Djelevic</i>	6:00-6:50 CS * Precision Ride Amira Polack	6:00-6:45 YS * Sound Meditation <i>Lizbeth Vazquez</i>		
7:00-7:45 YS * Pilates Mat (HEATED) <i>Sharifa Bailey</i>	6:15-7:00 MS * Best Butt Ever <i>Natalie Yco</i>	7:00-7:45 YS * Trilogy Barre <i>Braxton Brooks</i>	6:00-6:45 MS * Best Butt Ever <i>Luis Cervantes</i>			
7:15-8:00 MS * Stronger <i>Blake Sunshine</i>	7:15-8:00 MS * Best Stretch Ever <i>Blake Sunshine</i>	7:00-7:45 YS * Studio Dance <i>Nico O'Connor</i>	7:00-7:45 MS * Best Butt Ever <i>Luis Cervantes</i>			
8:15-9:05 MS * Studio Dance <i>Nico O'Connor</i>	7:15-8:30 YS * Vinyasa Yoga (HEATED) <i>Micki Duran</i>	7:15-8:05 MS * Studio Dance <i>Nico O'Connor</i>	7:00-7:45 MS * Rounds: Boxing <i>Greg Cohen</i>			
8:15-9:00 YS * Sound Meditation <i>Stephanie Morrell</i>	YS * Sound Meditation <i>Stephanie Morrell</i>	8:15-9:00 YS * Sound Meditation <i>Sydney Burger</i>	7:15-8:15 YS * Vinyasa Yoga <i>Alessandra Bonetti</i>			

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SAT-SUN 07:00 AM 07:00 PM

Kids

MON-SUN 08:00 AM 01:00 PM

GROUP FITNESS MANAGER

gregory.cohen@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

CL Club Lobby

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

Outdoor Run Club Improve your pace, form, and endurance alongside your Equinox running community during this outdoor group running class. While we welcome runners of different levels, we suggest participants can complete a three-mile run. An Equinox Exclusive.

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.

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.

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.

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

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

Yin Yoga Meditation (HEATED) 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.

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.

Pure Strength Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. 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.

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.

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.

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.

Dance

Studio Dance A choreography-driven dance class. Learn a complete combination, improve technique, and unleash your inner dancer.

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.

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.

Rounds: Kickboxing Shoes on, guard up. Unleash the fusion of power and agility in Rounds: Kickboxing. This dynamic class blends boxing with kickboxing techniques, pushing you to your limits through skillful combinations and intense bag work. Your journey to peak fitness starts here. 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.

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.

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.

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.

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.