

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30-7:15 CS* Beats Ride <i>Grace Lee</i>	7:00-7:50 PA* Swim: Basics <i>Kate Wiles</i>	6:30-7:15 CS* Beats Ride <i>Vince Mendoza</i>	7:00-7:50 PA* Swim: Basics <i>Greg Mundia</i>	7:00-7:50 PA* Swim: Skills + Drills <i>Kate Wiles</i>
7:30-8:00 MS* Upper Body Pump <i>Grace Lee</i>	7:15-8:00 MS* MetCon3 <i>Addie Norman</i>	7:15-8:00 MS* Stronger <i>NinaAnn Phan</i>	7:15-8:00 MS* Rounds: Boxing Circuit <i>Edgardo Villanueva</i>	7:15-7:35 MS* Best Abs Ever Lauren Settembrino
8:00-8:20 MS* Best Abs Ever <i>Grace Lee</i>	7:15-8:00 YS* Off The Barre <i>Jessica Rae</i>	7:15-8:00 YS* Vinyasa Yoga (HEATED) <i>Stephanie Vu</i>	7:15-8:00 YS* Pilates Fusion <i>Annalisa Brown</i>	7:30-8:30 YS* Vinyasa Yoga (HEATED) <i>Warren Lange</i>
8:00-9:00 YS* Vinyasa Yoga (HEATED) Warren Lange	12:15-1:00 MS* Stacked <i>Lauren Settembrino</i>	12:00-12:45 YS* Pilates Mat <i>Jordanna Dworkin</i>	12:15-1:00 MS* Stronger <i>Lauren Settembrino</i>	7:35-8:05 MS* Best Butt Ever Lauren Settembrino
12:00-12:45 YS* Bala Bangle Barre Burn <i>Marinna Kus</i>	12:15-1:15 YS* Sculpted Yoga™ <i>Kate Wiles</i>	12:15-12:45 MS* Tabata Cardio 30 <i>Precious Moreno</i>	12:30-1:15 YS* Power Vinyasa (HEATED) <i>Rachel Soon</i>	12:15-1:05 YS* Pilates Rise <i>Kate Wiles</i>
12:15-1:00 MS* MetCon Monday <i>NinaAnn Phan</i>	4:00-5:00 YS* Vinyasa Yoga (HEATED) <i>Kiley Holliday</i>	12:45-1:05 MS* Best Abs Ever <i>Precious Moreno</i>	4:00-5:00 YS* Vinyasa Yoga (HEATED) <i>Warren Lange</i>	4:00-5:00 YS* Sculpted Yoga™ <i>Stephanie Vu</i>
4:00-4:45 MS* Stronger <i>Garrett Kale</i>	4:15-5:00 MS* MetCon3 <i>Marinna Kus</i>	4:15-4:45 MS* Best Butt Ever <i>NinaAnn Phan</i>	4:15-5:00 MS* Athletic Conditioning <i>Grace Lee</i>	4:15-5:00 MS* Rhythmic Sculpt Lauren Settembrino
4:30-5:15 YS* Pilates Fusion <i>Precious Moreno</i>	5:15-6:00 MS* Best Butt Ever Christopher Lee	4:30-5:15 YS* Barre Beyond <i>Philip Gleichauf</i>	5:15-6:00 MS* MetCon3 <i>Vince Mendoza</i>	4:30-5:15 CS* Beats Ride Jonathan Pak
5:00-5:50 PA* Swim: Skills + Drills <i>Greg Mundia</i>	5:15-6:00 YS* Bala Bangle Barre Burn <i>Sarah Emmons</i>	4:45-5:05 MS* Upper Body Pump <i>NinaAnn Phan</i>	5:15-6:05 YS* Pilates Rise (HEATED) <i>Kate Wiles</i>	5:15-6:15 YS* Vinyasa Yoga (HEATED) <i>Rachel Soon</i>
5:15-6:00 MS* Rhythmic Sculpt <i>Annalisa Brown</i>	5:30-6:00 TR* Precision Run 30 <i>Marinna Kus</i>	5:15-6:00 MS* Cardio Dance <i>Annalisa Brown</i>	5:30-6:00 TR* Precision Run 30 <i>Precious Moreno</i>	
5:30-6:15 CS* Anthem Ride Jai Mac Neil	5:45-6:30 CS* Beats Ride <i>Danielle Joseph</i>	5:30-6:20 CS* Precision Ride <i>NinaAnn Phan</i>	5:45-6:30 CS* THEME RIDE: Music Fest <i>Rachel Emodi</i>	
5:45-6:45 YS* Vinyasa Yoga <i>Usha Moss</i>	6:15-7:00 MS* Rounds: Boxing Circuit <i>Vince Mendoza</i>	5:45-6:45 YS* Vinyasa Yoga (HEATED) <i>Ashley Hayes</i>	6:15-6:45 MS* Best Butt Ever <i>Precious Moreno</i>	
6:15-7:00 MS* Stacked <i>Mark Protacio</i>	6:15-7:00 YS* Athletic Stretch (HEATED) <i>Stephanie Vu</i>	6:15-7:00 MS* Stronger <i>Christopher Lee</i>	6:15-7:15 YS* Slow Flow Yoga (HEATED) <i>Kiley Holliday</i>	
7:00-7:15 MS* Best Abs Ever <i>Mark Protacio</i>	7:00-7:15 MS* Best Abs Ever <i>Vince Mendoza</i>	7:00-7:15 MS* Best Abs Ever <i>Christopher Lee</i>	6:45-7:05 MS* Best Abs Ever <i>Precious Moreno</i>	
7:00-7:45 YS* Sound Meditation <i>Erica Nguyen</i>				

EQUINOX

PINE STREET

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MON-THU 05:00 AM 09:00 PM

FRI 05:00 AM 08:00 PM

GROUP FITNESS MANAGER

ninaann.phan@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

PA Pool 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.

THEME RIDE: Music Fest A cycling experience that exclusively explores a musical artist, genre, or decade -- with a playlist carefully curated by an Equinox instructor. All new, every time.

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.

Yoga

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 (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 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.

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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.

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.

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 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 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.

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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

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.

Swim

Swim: Basics An entry level swim class designed to teach the fundamentals of swimming that focuses specifically on freestyle. Swim Basics features skills and drills that develop technique, confidence and efficiency in the water. An Equinox exclusive. Swim cap and goggles required.

Swim: Skills + Drills Build upon your freestyle as you learn new skills, drills and strokes. Must be able to swim 25 yds continuous. Max Volume 2000 yards. An Equinox exclusive. Swim cap required, and goggles are optional.

Regeneration

Athletic Stretch (HEATED) 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. All in a heated room.

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

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.

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.