

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 YS * Off the Barre (HEATED) Rebekah Faust	6:15-7:00 MS * Stacked <i>Riana Hanle</i>	6:15-7:00 CS * Beats Ride <i>Lo</i>	6:15-7:00 MS * Stronger <i>Angela Tye</i>	6:30-7:15 CS * Beats Ride <i>Darren Bonilla</i>	7:30-8:00 CL * Circuit Training <i>Ian Moore</i>	7:45-8:15 MS * Upper Body Pump <i>Kevin Wong</i>
7:00-7:45 CS * Beats Ride <i>Darren Bonilla</i>	6:15-7:15 YS * Sculpted Yoga™ <i>Shauna Michaels</i>	6:30-7:15 YS * Pilates Fusion (HEATED) <i>Darren Bonilla</i>	6:30-7:15 CS * Beats Ride <i>Lo</i>	9:00-9:45 BA * Pilates Mat <i>Mandy Limbach</i>	8:00-8:45 MS * Rhythmic Sculpt <i>Team Equinox</i>	8:00-9:00 YS * Gentle Yoga <i>Delia Cooper</i>
8:15-9:00 MS * Stronger <i>Kaitie Parfitt</i>	8:15-9:00 BA * Barre <i>Tera Riddle</i>	8:15-9:00 MS * Best Butt Ever <i>Mason Denham</i>	8:15-9:00 BA * Barre Rebekah Faust	9:15-10:00 CS * Beats Ride <i>Jennifer Fernandes</i>	8:15-9:00 BA * Bala Bangle Barre Burn <i>Whitney Kessler</i>	8:15-9:00 MS * Best Butt Ever <i>Kevin Wong</i>
9:00-9:45 BA * Barre <i>Chandler Richards</i>	8:30-9:15 TR * Precision Walk: Elevate <i>Kerry Silverstone</i>	9:00-9:50 BA * Pilates Rise <i>Judy Rukat</i>	8:30-9:15 TR * Precision Walk: Elevate <i>Darren Bonilla</i>	9:15-10:05 MS * Stronger <i>Angela Tye</i>	8:45-9:30 CS * Beats Ride Christina Dodd	8:45-9:35 BA * Trilogy Barre <i>Sallie Kinser</i>
9:15-10:00 CS * Anthem Ride <i>Jennifer Fernandes</i>	8:45-9:15 MS * Tabata Cardio 30 <i>Kaitie Parfitt</i>	9:15-10:00 CS * Beats Ride <i>Mason Denham</i>	8:45-9:10 MS * Lower Body Blast <i>Chandler Richards</i>	10:10-11:10 YS * Vinyasa Yoga <i>Nicole Harrow</i>	9:15-10:00 MS * Stacked <i>Zeba Kamin</i>	9:00-9:45 TR * Precision Walk: Elevate <i>Judy Rukat</i>
9:15-10:00 MS * Cardio Dance: Zumba® <i>Claudia Ossa</i>	9:15-9:35 MS * Best Abs Ever <i>Kaitie Parfitt</i>	9:15-10:00 MS * Athletic Conditioning <i>Zeba Kamin</i>	9:10-9:30 MS * Upper Body Pump <i>Chandler Richards</i>	10:15-11:00 BA * Barre <i>Robin Bonaso</i>	9:30-10:30 YS * Vinyasa Yoga <i>Tiffany Sun</i>	9:15-10:00 CS * Beats Ride <i>Chandler Richards</i>
10:10-11:10 YS * Vinyasa Yoga <i>Nicole Harrow</i>	9:15-10:15 YS * Sculpted Yoga™ <i>Tiffany Sun</i>	10:10-11:10 YS * Vinyasa Yoga <i>Tiffany Sun</i>	9:15-10:15 YS * Sculpted Yoga™ Cara Boyle	10:30-11:20 MS * Whipped! <i>Jennifer Fernandes</i>	9:45-10:35 BA * Pilates Rise <i>Whitney Kessler</i>	9:30-10:15 MS * Rounds: Boxing Circuit <i>Jennifer Chung</i>
10:15-11:00 BA * Barre <i>Sallie Kinser</i>	9:45-10:30 BA * True Barre <i>Kathe Oster</i>	10:15-11:00 BA * Pilates Fusion <i>Kerry Silverstone</i>	9:45-10:45 BA * Trilogy Barre <i>Mandy Limbach</i>	11:30-12:00 TR * Precision Run 30 <i>Jennifer Fernandes</i>	10:15-11:00 CS * Beats Ride <i>Darren Bonilla</i>	9:30-10:30 YS * Power Vinyasa (HEATED) (L3) <i>Cecily Guest</i>
10:30-11:15 MS * Pure Strength <i>Jennifer Fernandes</i>	10:00-10:45 MS * Rounds: Boxing Circuit <i>Jennifer Chung</i>	10:30-11:20 MS * Stronger <i>Chandler Richards</i>	10:00-10:45 MS * Stacked <i>Zeba Kamin</i>	11:45-12:45 YS * Athletic Stretch (HEATED) <i>Sallie Kinser</i>	10:30-11:20 MS * Stronger <i>Kaitie Parfitt</i>	10:15-11:15 BA * Barre (L2) <i>Chandler Richards</i>
11:30-12:00 TR * Precision Run 30 <i>Jennifer Fernandes</i>	10:15-11:00 CS * Beats Ride <i>Darren Bonilla</i>	11:20-11:30 MS * Best Abs Ever <i>Chandler Richards</i>	10:15-11:05 CS * Precision Ride <i>Jennifer Fernandes</i>	12:00-12:45 BA * Barre <i>Tera Riddle</i>	10:45-11:45 YS * Sculpted Yoga™ <i>Judy Rukat</i>	10:35-11:25 MS * Stronger <i>Whitney Kessler</i>
12:00-12:45 YS * Pilates Fusion (HEATED) <i>Chandler Richards</i>	10:45-11:35 YS * Pilates Rise (HEATED) <i>Mandy Limbach</i>	11:30-12:00 TR * Precision Run 30 <i>Kaitie Parfitt</i>	10:45-11:30 YS * Pilates Fusion (HEATED) <i>Delia Cooper</i>	12:15-1:00 MS * Cardio Dance: Zumba® <i>Claudia Ossa</i>	11:20-11:50 MS * Best Abs Ever <i>Kaitie Parfitt</i>	11:15-12:15 YS * Vinyasa Yoga <i>Judy Rukat</i>
4:15-5:00 MS * MetCon Monday <i>Kaitie Parfitt</i>	11:15-12:05 MS * Stronger <i>Darren Bonilla</i>	12:00-12:45 YS * Pilates Fusion (HEATED) <i>Darren Bonilla</i>	11:15-12:00 MS * Rhythmic Sculpt Kaitie Parfitt	4:15-5:00 MS * Stronger <i>Angela Tye</i>	12:15-1:00 YS * Pilates Fusion (HEATED) <i>Darren Bonilla</i>	11:45-12:35 BA * Pilates Rise <i>Whitney Kessler</i>
4:45-5:15 CS * Beats Ride 30 <i>Kristy Appleton</i>	12:15-1:00 YS * Best Stretch Ever (HEATED) <i>Caramia Tambornino</i>	4:15-5:00 MS * Rhythmic Sculpt Kaitie Parfitt	12:00-12:45 BA * Barre <i>Chandler Richards</i>	4:30-5:30 YS * Slow Flow Yoga <i>Jennifer Miller</i>	1:30-2:30 YS * Weekend Wind Down Yoga <i>Kimberly Pena</i>	12:45-1:45 YS * Yin Yoga <i>Cecily Guest</i>
5:00-5:45 BA * Barre <i>Tera Riddle</i>	4:15-5:00 BA * Bala Bangle Barre Burn <i>Whitney Kessler</i>	4:45-5:15 CS * Beats Ride 30 <i>Darren Bonilla</i>	4:15-5:00 BA * True Barre <i>Sallie Kinser</i>	5:00-5:45 BA * Barre <i>Jennifer Chung</i>		
5:30-6:15 MS * Stronger <i>Angela Tye</i>	4:30-5:15 YS * Pilates Fusion (HEATED) Darren Bonilla	5:00-5:50 BA * Pilates Rise <i>Whitney Kessler</i>	4:30-5:15 YS * Pilates Fusion (HEATED) <i>Whitney Kessler</i>	5:30-6:15 MS * Best Butt Ever <i>Kevin Wong</i>		
5:30-6:30 YS * Yin Yoga + Sound Meditation <i>Roberta Foster</i>	5:30-6:15 BA * True Barre <i>Sallie Kinser</i>	5:30-6:15 MS * Pure Strength <i>Kaitie Parfitt</i>	5:30-6:20 BA * Trilogy Barre <i>Sallie Kinser</i>			
5:45-6:30 TR * Precision Walk: Elevate <i>Kerry Silverstone</i>	5:30-6:15 MS * Stacked <i>Darren Bonilla</i>	5:30-6:30 YS * Sculpted Yoga™ <i>Caramia Tambornino</i>	5:30-6:15 MS * Stronger <i>Darren Bonilla</i>			
6:15-7:10 BA * Trilogy Barre <i>Kathe Oster</i>	6:00-7:00 YS * Vinyasa Yoga (L2) <i>Malia Hill</i>	5:45-6:30 TR * Precision Walk: Elevate <i>Darren Bonilla</i>	6:00-7:00 YS * Vinyasa Yoga <i>Malia Hill</i>			
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	7:15-8:15 YS * Yin Yoga (HEATED) <i>Kimberly Pena</i>	7:00-8:00 YS * Yin Yoga Meditation <i>Caramia Tambornino</i>				

EQUINOX

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MON-THU 05:00 AM 09:00 PM

FRI 05:00 AM 08:00 PM

SAT-SUN 07:00 AM 06:00 PM

Kids

MON-SUN 08:00 AM 12:00 PM

GROUP FITNESS MANAGER

chandler.richards@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

CL Club Lobby

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.

Beats Ride 30 Get ready for 30 minutes of intense, challenging Cycling intervals with a bangin' playlist to motivate you in this max ride. With zero down time, we'll have you in and out in 30 minutes. Guaranteed.

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 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.

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.

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 + Sound Meditation Relax and rejuvenate with a healing mix of yin yoga along with a live sound bath. You'll experience restorative yoga poses, designed to open hips, pelvis and lower back, combined with the therapeutic sounds of crystal singing bowls to bring you a much deeper mind-body connection.

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.

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.

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

Lower Body Blast Train everything below the belt in a class that focuses on lower body strength, definition, and endurance. Expect exercises using bodyweight and a variety of equipment including weights and bands. You'll push your legs and glutes to the limit.

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.

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.

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.

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.

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.

Pilates Fusion (HEATED) 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: Zumba® A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

Boxing and Kickboxing

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.

Stretch and Recovery

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.

Best Stretch Ever (HEATED) 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

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.