

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00-7:45 MS * Best Butt Ever <i>Greg Alan</i>	6:30-7:15 TR * Precision Walk: Elevate <i>Trevor Hill</i>	7:00-7:30 MS * Tabata Cardio 30 <i>Winnie Siu</i>	6:45-7:15 TR * Precision Run 30 <i>Trevor Hill</i>	7:15-8:05 YS * Pilates Rise <i>Melinda Soldan</i>
7:15-8:00 CS * Beats Ride <i>Ashley Chin</i>	7:15-8:00 YS * Pilates Rise <i>Jordanna Dworkin</i>	7:15-8:15 YS * Vinyasa Yoga <i>Warren Lange</i>	7:15-8:15 YS * Sculpted Yoga™ <i>Marinna Kus</i>	7:30-8:15 RG * The Rig: Circuit <i>Chris Turner</i>
12:00-12:50 YS * Pilates Rise <i>Jordanna Dworkin</i>	7:30-8:15 MS * MetCon3 <i>Eric Guerra</i>	7:30-7:45 MS * Upper Body Pump <i>Winnie Siu</i>	7:30-8:15 MS * Stronger <i>Iris Vazquez</i>	8:15-8:30 RG * Best Abs Ever <i>Chris Turner</i>
4:00-4:45 MS * MetCon Monday <i>Mark Protacio</i>	12:00-12:30 CS * Beats Ride 30 <i>NinaAnn Phan</i>	7:45-8:00 MS * Best Abs Ever <i>Winnie Siu</i>	12:00-12:30 CS * Beats Ride 30 <i>Grace Lee</i>	12:00-1:00 YS * Vinyasa Yoga <i>Warren Lange</i>
4:00-4:45 YS * Power Vinyasa <i>Haley Havelock</i>	12:30-1:15 YS * Bala Bangle Barre Burn <i>Vanessa Wilkins</i>	12:00-12:45 YS * Power Vinyasa <i>Kiley Holliday</i>	12:30-1:15 YS * Pilates Fusion <i>Precious Moreno</i>	4:00-4:45 MS * Rounds: Boxing Circuit <i>Eric Guerra</i>
5:00-5:45 MS * Best Butt Ever <i>Rich Morris</i>	12:45-1:15 MS * Best Butt Ever <i>NinaAnn Phan</i>	4:00-4:45 MS * Bala Bangle Barre Burn <i>Kate Wiles</i>	12:45-1:15 MS * Best Abs Ever <i>Grace Lee</i>	4:00-4:45 YS * Trilogy Barre <i>Kate Wiles</i>
5:00-5:50 YS * Trilogy Barre <i>Lily Klausner</i>	4:00-4:30 MS * Best Butt Ever <i>NinaAnn Phan</i>	4:00-4:45 YS * Yin Yoga <i>Warren Lange</i>	4:00-4:50 MS * Ropes and Rowers <i>Evan Chasan</i>	4:45-5:00 MS * Best Abs Ever <i>Eric Guerra</i>
5:15-6:00 TR * Precision Run® <i>Garrett Kale</i>	4:00-4:45 YS * Trilogy Barre <i>Kate Wiles</i>	5:00-5:45 MS * Stacked <i>Lauren Settembrino</i>	4:00-4:50 YS * Pilates Rise <i>Vanessa Wilkins</i>	5:00-6:00 YS * Weekend Wind Down Yoga <i>Cecily Guest</i>
5:45-6:35 CS * Precision Ride <i>Malcolm Eaton</i>	4:30-4:45 MS * Upper Body Pump <i>NinaAnn Phan</i>	5:00-5:45 YS * Pilates Fusion <i>Richel Kumar</i>	5:00-6:00 YS * Vinyasa Yoga <i>Taylor Chang</i>	
5:45-6:00 MS * Upper Body Pump <i>Rich Morris</i>	4:45-5:00 MS * Best Abs Ever <i>NinaAnn Phan</i>	5:15-5:45 TR * Precision Run 30 <i>Eli Portales</i>	5:15-6:00 CS * Beats + Bands Ride <i>NinaAnn Phan</i>	
6:00-6:15 MS * Best Abs Ever <i>Rich Morris</i>	5:00-6:00 YS * Vinyasa Yoga <i>Ryan Gerard</i>	5:45-6:35 CS * Beats Ride <i>Willy Kellogg</i>	5:15-5:45 MS * Best Butt Ever <i>Vanessa Wilkins</i>	
6:15-7:15 YS * Vinyasa Yoga <i>Cecily Guest</i>	5:15-6:00 CS * Beats Ride <i>Stephen Selnick</i>	5:45-6:15 MS * Athletic Stretch <i>Lauren Settembrino</i>	5:45-6:05 MS * Best Abs Ever <i>Vanessa Wilkins</i>	
6:30-7:15 MS * Cardio Dance: Zumba® <i>Ailin Lian</i>	5:15-6:10 MS * Rounds: Boxing Circuit <i>Mark Protacio</i>	6:15-7:00 YS * Vinyasa Yoga <i>Stephanie Vu</i>	6:15-7:05 YS * Barre Beyond <i>Annalisa Brown</i>	
	6:15-7:00 YS * Pilates Fusion <i>Precious Moreno</i>	6:30-7:15 MS * Cardio Dance <i>Jessica Rae</i>	6:30-7:15 MS * Stronger <i>Christopher Lee</i>	
	6:30-7:15 MS * MetCon3 <i>Christopher Lee</i>			

EQUINOX

BEALE 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

RG The Rig

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

Cycling

Beats + Bands Ride Beats + Bands combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving 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 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.

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.

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.

Athletic Training

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.

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 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.

The Rig: Circuit A bootcamp style station-based class to challenge all fitness levels utilizing the Functional Training Rig. Class focus is improving cardiovascular and muscular endurance, coordination and agility.

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.

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.

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 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

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.

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 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.

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.

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.