

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:30 MS * MetCon Monday <i>Emily Stubler</i>	5:45-6:30 MS * Athletic Conditioning <i>Brett Kamin</i>	5:45-6:30 MS * Lower Body Blast <i>Sierra Retrosi</i>	5:45-6:30 MS * Athletic Conditioning <i>Emily Stubler</i>	5:45-6:30 MS * Body Sculpt <i>Sierra Retrosi</i>	7:30-8:30 YS * Power Vinyasa <i>Chrys Landeros</i>	8:30-9:30 YS * Vinyasa Yoga <i>Sierra Retrosi</i>
6:00-6:45 YS * Pilates Rise <i>Tracey Brenneise</i>	6:00-7:00 YS * Power Vinyasa <i>Sierra Retrosi</i>	6:00-6:45 YS * Pilates Fusion <i>Anamaria Mitcham</i>	6:00-7:00 YS * Vinyasa Yoga <i>Darren Obong</i>	6:00-6:45 YS * Barefoot Sculpt <i>Rachel Neal</i>	8:30-9:15 CS * Beats Ride <i>Sierra Retrosi</i>	9:00-9:45 MS * Stronger <i>Tracey Brenneise</i>
8:00-9:00 YS * Power Vinyasa <i>Paige Johnston</i>	6:50-7:35 TR * Precision Walk: Elevate <i>Brett Kamin</i>	7:00-7:45 CS * Beats Ride <i>Tracey Brenneise</i>	6:50-7:35 TR * Precision Run® <i>Emily Stubler</i>	7:00-7:45 CS * Beats Ride <i>Dan Rappa</i>	9:00-10:15 YS * Vinyasa Yoga <i>Natalie Makardish</i>	9:45-10:30 YS * True Barre <i>Kelly Hesp</i>
8:30-9:15 MS * Body Sculpt <i>Chrys Landeros</i>	8:00-8:45 YS * Pilates Mat <i>Laura Hanlon</i>	8:00-8:45 YS * Pilates at the Barre <i>Lindsey Treadwell</i>	8:30-9:15 MS * Cardio Sculpt <i>Kisha Maher</i>	8:00-8:45 YS * True Barre <i>Mathew Makings</i>	9:30-10:15 MS * Body Sculpt <i>Sheryl Emery</i>	10:00-10:45 CS * Beats Ride <i>Tracey Brenneise</i>
9:15-9:45 MS * Best Abs Ever <i>Chrys Landeros</i>	8:30-9:15 MS * Body Sculpt <i>Rucky McKinley</i>	8:30-9:15 MS * Stacked <i>Tracey Brenneise</i>	8:30-9:30 YS * Power Vinyasa <i>Chrys Landeros</i>	9:30-10:15 MS * Tabata Max <i>Kimball Theoret</i>	10:30-11:15 MS * Athletic Conditioning <i>Sierra Retrosi</i>	10:30-11:15 MS * MetCon3 <i>Sierra Retrosi</i>
10:00-10:45 MS * Stronger <i>Tracey Brenneise</i>	9:30-10:15 MS * Rounds: Boxing <i>Rucky McKinley</i>	9:00-10:00 YS * Sculpted Yoga™ <i>James Afshar</i>	9:30-10:15 MS * MetCon3 <i>Sierra Retrosi</i>	9:30-10:30 YS * Vinyasa Yoga <i>James Afshar</i>	10:45-11:30 YS * Pilates Fusion <i>Natalie Makardish</i>	11:00-12:00 YS * Vinyasa Yoga <i>Lin Salas</i>
10:00-10:45 YS * Pilates at the Barre <i>Rachele Marsh</i>	9:45-10:30 YS * Pilates Fusion <i>Lindsey Treadwell</i>	9:30-10:15 MS * Lower Body Blast <i>Chrys Landeros</i>	9:45-10:30 YS * Pilates Fusion <i>Kisha Maher</i>	10:30-11:15 MS * Best Stretch Ever <i>Kimball Theoret</i>	11:30-12:15 MS * Cardio Dance <i>Kari McKillip</i>	12:30-1:30 YS * Sound Meditation <i>Grace Gangitano</i>
11:00-12:00 YS * Pilates Fusion <i>Rachele Marsh</i>	11:00-11:45 YS * True Barre: Bala Bangle <i>Chrys Landeros</i>	10:30-11:15 YS * Barefoot Sculpt <i>Chrys Landeros</i>	11:00-11:45 YS * True Barre <i>Lindsey Treadwell</i>	11:00-12:00 YS * Pilates Fusion <i>Rachele Marsh</i>		
12:00-12:45 CS * Beats Ride <i>Sean McVety</i>	12:00-12:45 MS * Kettlebell Power <i>Jonathan Celis</i>	11:30-12:00 MS * Cardio Sculpt <i>Shannon Ward</i>	12:00-12:45 MS * Kettlebell Power <i>Jonathan Celis</i>	12:00-12:45 CS * Beats Ride <i>Matthew Ritter</i>		
4:30-5:15 MS * Body Sculpt <i>Rucky McKinley</i>	4:30-5:15 MS * Athletic Conditioning <i>Sheryl Emery</i>	12:00-12:45 MS * Cardio Dance <i>Shannon Ward</i>	4:30-5:15 MS * Body Sculpt <i>Rucky McKinley</i>	1:00-2:15 YS * Vinyasa Yoga <i>James Afshar</i>	12:00-1:00 YS * Sound Meditation <i>Grace Gangitano</i>	
5:15-6:05 YS * Pilates Rise <i>Dave Leong</i>	5:00-5:45 YS * Pilates Fusion <i>Marley Crouch</i>	4:00-5:00 YS * Yin Yoga + Sound Meditation <i>Sierra Retrosi</i>	5:15-6:00 YS * Barefoot Sculpt <i>Sierra Retrosi</i>	4:30-5:00 MS * Quick HIIT <i>Sierra Retrosi</i>	1:30-2:30 YS * Weekend Wind Down Yoga <i>Paul DaSilva</i>	
5:30-6:15 MS * Cardio Dance <i>Rucky McKinley</i>	5:30-6:15 CS * Beats Ride <i>Matthew Ritter</i>	4:30-5:15 MS * MetCon3 <i>Emily Stubler</i>	5:30-6:15 CS * Beats Ride <i>Matthew Ritter</i>	5:00-5:15 MS * Best Abs Ever <i>Sierra Retrosi</i>		
6:30-7:15 MS * Athletic Conditioning <i>Trey Mitcham</i>	5:30-6:00 TR * Precision Run 30 <i>Sheryl Emery</i>	5:15-6:00 YS * Pilates Fusion <i>Jasmine Adele</i>	5:30-6:15 MS * Cardio Dance <i>Rucky McKinley</i>	5:30-6:30 YS * Vinyasa Yoga <i>Sierra Retrosi</i>		
6:30-7:30 YS * Vinyasa Yoga <i>Amanda Walter</i>	6:15-7:00 MS * Stronger <i>Sheryl Emery</i>	6:15-7:00 YS * True Barre <i>Kelly Hesp</i>	6:30-7:15 MS * Athletic Conditioning <i>Sierra Retrosi</i>			
	6:30-7:30 YS * Vinyasa Yoga <i>Lin Salas</i>	7:15-8:00 YS * Sonic Meditation <i>Grace Gangitano</i>	6:30-7:30 YS * Vinyasa Yoga <i>Heidi Blackstock</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-SAT 08:00 AM 12:00 PM

GENERAL MANAGER

Zach Guensler

zach.guensler@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 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 + 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.



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.

Kettlebell Power This total-body workout combines strength-focused compound movements, explosive power, and core conditioning. Learn how to safely navigate this classic modality with expert instruction.

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.

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.

Quick HIIT A fast and effective full-body HIIT workout. A mix of strength, cardio, and core will bring the heat in just 30 minutes. 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.



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.



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

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 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.



Regeneration

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.

Sonic Meditation Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. 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.

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.



Strength

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.

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.