

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:45 MS * MetCon Monday <i>Emily Stubler</i>	5:45-6:45 MS * Athletic Conditioning <i>Brett Kamin</i>	5:45-6:45 MS * Best Butt Ever <i>Rachel Neal</i>	5:45-6:30 MS * Athletic Conditioning <i>Emily Stubler</i>	5:45-6:30 MS * Tabata Max <i>William Bui</i>	7:15-8:15 YS * Power Vinyasa (HEATED) <i>Chrys Landeros</i>	9:00-9:45 MS * Stronger <i>Tracey Brenneise</i>
6:00-6:45 YS * Barefoot Sculpt <i>Cami Marseilles</i>	6:00-6:45 YS * Pilates Fusion <i>Anamaria Mitcham</i>	6:00-6:45 YS * Pilates Fusion <i>Jordan Harp</i>	6:00-7:00 YS * Vinyasa Yoga (HEATED) <i>Darren Obong</i>	6:00-6:45 YS * Barefoot Sculpt <i>Rachel Neal</i>	8:30-9:15 CS * Anthem Ride <i>Chrys Landeros</i>	9:30-10:15 YS * True Barre <i>Kelly Hesp</i>
8:00-9:00 YS * Power Vinyasa (HEATED) <i>Paige Johnston</i>	6:50-7:35 TR * Precision Walk: Elevate <i>William Bui</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>Rachel Neal</i>	9:00-10:15 YS * Vinyasa Yoga (HEATED) <i>Natalie Makardish</i>	10:00-10:45 CS * Beats Ride <i>Tracey Brenneise</i>
9:00-9:45 MS * Cardio Sculpt <i>Chrys Landeros</i>	8:00-8:45 YS * Pilates Mat <i>Jasmine Adele</i>	8:00-9:00 YS * Power Vinyasa <i>Alexis Holden</i>	8:00-8:45 YS * True Barre <i>Lindsey Treadwell</i>	8:00-8:50 YS * Pilates Rise <i>Mathew Makings</i>	9:30-10:20 MS * Rounds: Boxing Circuit <i>Sheryl Emery</i>	10:15-11:00 MS * Circuit Training <i>Kimball Theoret</i>
9:45-10:30 YS * True Barre <i>Marley Crouch</i>	8:30-9:15 MS * Body Sculpt <i>Rucky McKinley</i>	8:30-9:15 MS * Stacked <i>Tracey Brenneise</i>	8:30-9:00 MS * Upper Body Pump <i>Kisha Maher</i>	8:30-9:15 MS * Rhythmic Sculpt <i>Rachele Marsh</i>	10:00-10:45 CS * Precision Ride <i>Jason Stamm</i>	11:00-12:00 YS * Vinyasa Yoga <i>Lin Salas</i>
10:00-10:45 MS * Stronger <i>Tracey Brenneise</i>	9:30-10:15 MS * Rounds: Boxing <i>Rucky McKinley</i>	9:30-9:55 MS * Best Abs Ever <i>Chrys Landeros</i>	9:00-9:15 MS * Best Abs Ever <i>Kisha Maher</i>	9:30-10:00 MS * Best Butt Ever <i>Kimball Theoret</i>	10:30-11:15 MS * Athletic Conditioning <i>William Bui</i>	
11:00-11:45 YS * Pilates Fusion <i>Rachele Marsh</i>	9:45-10:30 YS * Pilates Fusion <i>Lindsey Treadwell</i>	9:30-10:15 YS * Pilates Fusion (HEATED) <i>Jasmine Adele</i>	9:30-10:15 MS * Athletic Conditioning <i>Sam Lee Herring</i>	9:45-10:30 YS * True Barre <i>Jasmine Adele</i>	10:45-11:30 YS * Pilates Fusion <i>Marley Crouch</i>	
11:45-12:00 YS * Best Abs Ever <i>Rachele Marsh</i>	11:00-11:45 YS * Bala Bangle Barre Burn <i>Chrys Landeros</i>	10:00-10:45 MS * Best Butt Ever <i>Chrys Landeros</i>	9:45-10:30 YS * Pilates Fusion <i>Kisha Maher</i>	10:00-10:15 MS * Tabata Cardio 30 <i>Kimball Theoret</i>		
12:30-1:30 YS * Power Vinyasa (HEATED) <i>Chrys Landeros</i>	12:00-12:45 MS * Kettlebell Power <i>Jonathan Celis</i>	11:00-11:45 MS * Rhythmic Sculpt <i>Shannon Ward</i>	10:30-11:15 CS * Beats Ride <i>Matthew Ritter</i>	10:30-11:15 MS * Best Stretch Ever <i>Kimball Theoret</i>	11:30-12:15 MS * Cardio Dance <i>Kari McKillip</i>	
	1:00-2:00 YS * Vinyasa Yoga <i>Paul DaSilva</i>	12:00-12:45 MS * Cardio Dance <i>Shannon Ward</i>	11:00-11:45 YS * Barre Beyond <i>Lindsey Treadwell</i>	11:00-11:45 YS * Pilates Fusion <i>Rachele Marsh</i>	11:30-12:00 TR * Precision Run 30 <i>William Bui</i>	
		12:30-1:15 YS * Barefoot Sculpt <i>Chrys Landeros</i>		11:45-12:15 YS * Best Abs Ever <i>Rachele Marsh</i>	12:00-1:00 YS * Sound Meditation <i>Grace Gangitano</i>	
4:30-5:15 MS * Body Sculpt <i>Rucky McKinley</i>	4:30-5:15 MS * Athletic Conditioning <i>William Bui</i>	4:00-5:15 YS * Gentle Yoga <i>Team Equinox</i>	12:00-12:45 MS * Kettlebell Power <i>Jonathan Celis</i>	12:00-12:45 CS * Beats Ride <i>Matthew Ritter</i>	1:30-2:30 YS * Weekend Wind Down Yoga <i>Paul DaSilva</i>	
5:15-6:05 YS * Pilates Rise <i>Dave Leong</i>	5:00-5:45 YS * Pilates Fusion <i>Marley Crouch</i>	4:30-5:15 MS * MetCon3 <i>Trey Mitcham</i>	1:00-2:00 YS * Vinyasa Yoga <i>James Afshar</i>	1:00-2:15 YS * Vinyasa Yoga (HEATED) <i>James Afshar</i>		
5:30-6:15 CS * Anthem Ride <i>Tracey Brenneise</i>	5:30-6:15 CS * Beats Ride <i>Matthew Ritter</i>	5:30-6:15 YS * Pilates Fusion <i>Dave Leong</i>	4:30-5:15 MS * Body Sculpt <i>Rucky McKinley</i>			
5:30-6:15 MS * Cardio Dance <i>Rucky McKinley</i>	5:30-6:00 TR * Precision Run 30 <i>William Bui</i>	6:30-7:20 MS * Stronger <i>Emily Stubler</i>	5:00-6:00 YS * Power Vinyasa <i>Paige Johnston</i>			
6:30-7:30 YS * Vinyasa Yoga <i>Natalia Morozkina</i>	6:30-7:15 MS * Kettlebell Power <i>Trey Mitcham</i>	6:30-7:15 YS * True Barre <i>Kelly Hesp</i>	5:30-6:20 CS * Precision Ride <i>Riley Weeks-Wynne</i>			
	6:30-7:30 YS * Vinyasa Yoga (HEATED) <i>Lin Salas</i>	7:30-8:15 YS * Sonic Meditation <i>Grace Gangitano</i>	5:30-6:15 MS * Rounds: Boxing <i>Rucky McKinley</i>			
			6:30-7:15 MS * Athletic Conditioning <i>Riley Weeks-Wynne</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

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.

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

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 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.

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.

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.

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.

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.

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

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.

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.

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 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.

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.

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.

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.

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.

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.