

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:00 YS * Vinyasa Yoga <i>Michael DeCorte</i>	6:30-7:20 TR * Precision Walk: Elevate <i>Nima Nourhaghighi</i>	7:15-8:00 MS * Stacked <i>Nima Nourhaghighi</i>	6:30-7:20 TR * Precision Walk: Elevate <i>Michael DeCorte</i>	7:00-7:45 CS * Beats Ride <i>Angela LaFosse</i>	8:00-8:45 MS * Athletic Conditioning Shawn Marzalik	8:15-9:00 MS * MetCon3 <i>Eva Redpath</i>
7:15-8:00 MS * MetCon3 <i>Laura Colucci</i>	6:30-7:15 YS * True Barre <i>Sydney Keir</i>	7:30-8:15 CS * Beats Ride <i>Maddi Soubry</i>	6:30-7:15 YS * True Barre <i>Sean De Francia</i>	7:15-8:00 MS * Athletic Conditioning <i>Bianca Celotti</i>	8:15-9:00 YS * Barre <i>Sean De Francia</i>	8:15-9:00 YS * True Barre <i>Karen Medina</i>
8:15-9:00 YS * Pilates Fusion <i>Aimee Brothman</i>	7:15-8:00 MS * Athletic Conditioning Shawn Marzalik	7:30-8:15 YS * Bala Bangle Barre Burn <i>Eva Redpath</i>	7:15-7:45 MS * Upper Body Pump Shawn Marzalik	7:30-8:20 YS * Power Vinyasa <i>Michael DeCorte</i>	9:00-9:50 CS * Precision Ride <i>Jill Niedoba</i>	9:15-10:00 MS * Lower Body Blast <i>Eva Redpath</i>
9:15-10:00 YS * True Barre <i>Aimee Brothman</i>	7:30-8:15 YS * Pilates Mat <i>Adina Oprea</i>	8:30-9:15 YS * Pilates Fusion <i>Anastasia McQueen</i>	7:30-8:15 YS * Pilates Fusion <i>Melanie Chung</i>	8:30-9:15 YS * Pilates Fusion <i>Carla Kava</i>	9:00-9:45 MS * MetCon3 Shawn Marzalik	9:15-10:05 YS * Pilates Rise <i>Karen Medina</i>
9:30-10:15 MS * Athletic Conditioning <i>Liam Grimes</i>	8:30-9:15 YS * Trilogy Barre <i>Sydney Keir</i>	9:30-10:15 MS * Lower Body Blast <i>Eva Redpath</i>	7:45-8:15 MS * Best Butt Ever Shawn Marzalik	9:30-10:00 MS * Upper Body Pump <i>Bianca Celotti</i>	9:15-10:00 YS * Pilates Fusion <i>Anastasia McQueen</i>	9:30-10:15 TR * Precision Run@ <i>Matthew Rossoff</i>
10:30-11:15 YS * Pilates Fusion <i>Claudia Ong</i>	9:15-10:05 CS * Precision Ride <i>Jill Niedoba</i>	9:30-10:15 YS * Pilates Mat <i>Kim McBean</i>	8:30-9:30 YS * Vinyasa Yoga <i>Michael DeCorte</i>	9:30-10:30 YS * Yin Yoga <i>Jaffer Hussain</i>	10:00-10:45 MS * Rhythmic Sculpt Carmen Puyo	10:15-11:00 YS * Bala Bangle Barre Burn <i>Eva Redpath</i>
12:00-12:30 MS * Best Butt Ever Eva Redpath	9:30-10:15 MS * Stacked Shawn Marzalik	10:30-11:15 YS * Bala Bangle Barre Burn <i>Eva Redpath</i>	9:15-10:05 CS * Precision Ride <i>Jill Niedoba</i>	10:00-10:30 MS * Best Butt Ever <i>Bianca Celotti</i>	10:05-10:50 CS * Beats Ride <i>Maddi Soubry</i>	10:30-11:15 MS * Stacked <i>Tori Marshall</i>
12:00-12:45 YS * Pilates Mat <i>Anastasia McQueen</i>	9:45-10:30 YS * Pilates Fusion <i>Bianca Gross</i>	12:00-12:45 YS * Pilates Fusion <i>Britanny Booth</i>	9:30-10:15 MS * Stronger <i>Liam Grimes</i>	10:45-11:45 YS * Yin Yoga Meditation <i>Jaffer Hussain</i>	10:15-11:00 YS * Bala Bangle Barre Burn <i>Karen Medina</i>	10:45-11:45 CS * Beats Ride <i>Charlotte Steel</i>
12:30-1:00 MS * Upper Body Pump Eva Redpath	10:45-11:45 YS * Hatha Yoga <i>Anastasia McQueen</i>	12:15-1:00 MS * Stacked <i>Liam Grimes</i>	9:45-10:30 YS * True Barre <i>Bianca Celotti</i>	12:15-1:00 MS * Rounds: Boxing Circuit <i>Constantine Patiniotis</i>	11:00-11:45 MS * Stronger <i>Liam Grimes</i>	11:30-12:15 YS * Pilates Fusion <i>Anastasia McQueen</i>
1:30-2:15 YS * Bala Bangle Barre Burn <i>Eva Redpath</i>	12:15-1:15 YS * Sculpted Yoga™ <i>Tricia Tomiczek</i>	1:30-2:15 YS * Barre <i>Britanny Booth</i>	10:45-11:30 YS * Pilates Mat <i>Bianca Gross</i>	12:15-1:00 Pilates Fusion <i>Claudia Ong</i>	11:00-11:50 TR * Precision Run@ <i>Michael DeCorte</i>	12:00-12:45 MS * Whipped! <i>Tori Marshall</i>
4:15-5:00 YS * True Barre <i>Sydney Keir</i>	12:30-1:15 MS * Athletic Conditioning Noa Egher	4:15-5:00 YS * Pilates Fusion <i>Claudia Ong</i>	12:30-1:00 MS * Best Butt Ever <i>Tori Marshall</i>	1:30-2:15 YS * True Barre <i>Karen Medina</i>	11:15-12:15 YS * Vinyasa Yoga <i>Shawna Nichol</i>	12:30-1:30 YS * Restorative Yoga <i>Anastasia McQueen</i>
5:00-5:45 MS * Stronger <i>Brian Palic</i>	1:30-2:30 YS * Yin Yoga <i>Jaffer Hussain</i>	5:00-5:45 MS * Whipped! <i>Liam Grimes</i>	12:30-1:15 YS * Trilogy Barre <i>Sydney Keir</i>	5:00-5:45 MS * Athletic Conditioning <i>Julian Ho</i>	12:00-12:45 MS * Athletic Conditioning <i>Liam Grimes</i>	1:00-1:30 MS * Upper Body Pump Victoria Macchione
5:15-6:00 YS * Pilates Fusion <i>Anastasia McQueen</i>	5:00-5:50 YS * Pilates Rise <i>Aimee Brothman</i>	5:15-6:15 YS * Vinyasa Yoga <i>Jacqui Wells</i>	1:00-1:30 MS * Upper Body Pump <i>Tori Marshall</i>	5:15-6:15 YS * Vinyasa Yoga <i>Anastasia McQueen</i>	12:30-1:30 YS * Restorative Yoga <i>Shawna Nichol</i>	1:30-2:00 MS * Best Butt Ever Victoria Macchione
6:00-6:45 MS * MetCon Monday <i>Eva Redpath</i>	5:15-6:00 MS * Athletic Conditioning <i>Julian Ho</i>	6:00-6:45 MS * Stronger <i>Tori Marshall</i>	1:30-2:15 YS * Pilates Mat Adina Oprea	6:00-6:45 CS * Beats Ride <i>Julian Ho</i>	1:00-1:50 TR * Precision Walk: Elevate <i>Michael DeCorte</i>	1:45-2:30 YS * Pilates Fusion <i>Aimee Brothman</i>
6:15-7:05 TR * Precision Run@ <i>Brian Palic</i>	5:45-6:35 TR * Precision Walk: Elevate <i>Anastasia McQueen</i>	6:00-6:50 TR * Precision Run@ <i>Nima Nourhaghighi</i>	5:00-5:45 YS * Pilates Fusion <i>Victoria Bannister</i>	6:30-7:15 YS * Pilates Fusion <i>Aimee Brothman</i>	1:15-2:15 MS * Studio Dance: Hip Hop <i>Tuch</i>	2:45-3:30 YS * True Barre <i>Aimee Brothman</i>
6:30-7:15 YS * Bala Bangle Barre Burn <i>Carla Kava</i>	6:00-7:00 YS * Vinyasa Yoga <i>Shawna Nichol</i>	6:15-7:00 CS * Beats Ride <i>Joey Bacauanu</i>	5:15-6:00 MS * MetCon3 <i>Tori Marshall</i>	6:45-7:45 MS * Studio Dance: Hip Hop <i>Tuch</i>	1:45-2:30 YS * Pilates Fusion <i>Adina Oprea</i>	4:30-5:30 YS * Weekend Wind Down Yoga <i>Marla Bond</i>
7:00-7:45 CS * Beats Ride Courtney Norton	6:15-7:00 CS * Beats + Bands Ride Julian Ho	6:30-7:15 YS * True Barre <i>Sydney Keir</i>	6:00-7:00 YS * Sculpted Yoga™ <i>Carla Kava</i>	7:30-8:15 YS * True Barre <i>Aimee Brothman</i>	2:45-3:30 YS * Bala Bangle Barre Burn Adina Oprea	
7:00-7:45 MS * Athletic Conditioning <i>Tori Marshall</i>	6:15-7:00 MS * MetCon3 <i>Monika Czupryna</i>	7:30-8:15 YS * Pilates Rise <i>Aimee Brothman</i>	6:15-7:00 CS * Beats + Bands Ride Joey Bacauanu	6:15-7:00 CS * Beats + Bands Ride Joey Bacauanu	3:45-4:45 YS * Power Vinyasa <i>Michael DeCorte</i>	
7:30-8:30 YS * Vinyasa Yoga <i>Carla Kava</i>	7:15-8:00 MS * Stronger <i>Monika Czupryna</i>		6:15-7:00 MS * Athletic Conditioning Noa Egher	7:15-8:00 MS * Stacked <i>Tori Marshall</i>	5:00-6:00 YS * Yin Yoga (HEATED) Michael DeCorte	
	7:15-8:15 YS * Yin Yoga (HEATED) Shawna Nichol		7:15-8:15 YS * Slow Flow Yoga <i>Marla Bond</i>			

EQUINOX

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MON-THU 05:30 AM 10:00 PM

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Kids

MON-FRI 09:00 AM 02:00 PM

SAT-SUN 08:00 AM 02:00 PM

GROUP FITNESS MANAGER

kathia.wittenborn@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 + 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.

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® 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

Hatha Yoga A classic take on a physical yoga practice— without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.

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.

Restorative Yoga A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

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.

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 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.

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.

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.

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.

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 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

Studio Dance: Hip Hop A choreography-driven dance class using the latest street dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.

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.

Sculpt

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.