

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * Atletica <i>Kyle O'Brien</i>	6:15-7:00 CS * Beats Ride <i>Lisa Raphael</i>	6:15-7:00 MS * Stronger <i>Lisa Raphael</i>	6:15-7:00 BR * Rounds: Boxing <i>Thomas Heath</i>	6:15-7:00 MS * MetCon3 <i>Amanda Katz</i>	8:30-9:15 YS * Pilates Mat <i>Samantha Paulik</i>	8:00-8:45 TR * Precision Walk: Elevate <i>Candace Peterson</i>
7:15-8:00 BA * True Barre <i>Manon Hallay</i>	6:30-7:15 MS * Athletic Conditioning <i>Amanda Katz</i>	6:30-7:15 BA * True Barre <i>Kat Steers</i>	6:15-7:00 CS * Beats Ride <i>Kyle O'Brien</i>	7:15-8:05 TR * Precision Run® <i>Amanda Katz</i>	8:45-9:45 BA * True Barre <i>Kevin VerEecke</i>	8:15-9:15 BR * Rounds: Boxing <i>Thomas Heath</i>
8:00-8:45 MS * MetCon Monday <i>Kyle O'Brien</i>	6:45-7:30 TR * Precision Walk: Elevate <i>Shaun Anthony</i>	7:15-8:15 YS * Vinyasa Yoga <i>Kevin Bigger</i>	6:45-7:30 YS * Pilates Mat <i>Adele Carlson</i>	7:30-8:15 YS * Pilates Mat <i>Kat Steers</i>	9:00-9:45 MS * Athletic Conditioning <i>Sabrina Cohen</i>	8:45-9:45 YS * Vinyasa Yoga <i>Danicia Ambron</i>
8:15-9:15 YS * Vinyasa Yoga <i>Lauren Harris</i>	7:15-8:00 BA * True Barre <i>Sarah Marchetti Gleim</i>	7:30-8:30 BR * Rounds: Boxing <i>Ahmad Simmons</i>	7:00-7:50 TR * Precision Run® <i>Evan Wood</i>	8:00-8:45 MS * Athletic Conditioning <i>Taylor Cooley</i>	9:30-10:15 CS * Beats Ride <i>Alex Puette</i>	9:00-9:45 MS * Leg Day Joey Ledonio
8:30-9:15 BA * Pilates at the Barre <i>Manon Hallay</i>	8:00-8:45 MS * Stronger <i>Bryce Vaewsorn</i>	8:00-8:45 CS * Beats Ride <i>Nowani Rattray</i>	7:15-8:00 BA * True Barre <i>Erin Gamble</i>	8:30-9:15 BA * True Barre <i>Kat Steers</i>	10:00-10:45 MS * Powerstrike! <i>Sabrina Cohen</i>	9:15-10:00 BA * True Barre <i>Sarah Marchetti Gleim</i>
9:15-10:00 MS * Core6 <i>Bryce Vaewsorn</i>	8:15-9:00 YS * Pilates Fusion <i>Sarah Marchetti Gleim</i>	8:15-9:00 MS * MetCon3 <i>Joey Ledonio</i>	8:00-8:45 MS * Body Sculpt <i>Lisa Raphael</i>	8:45-9:00 MS * Best Abs Ever <i>Taylor Cooley</i>	10:15-11:00 BA * True Barre <i>Andy Santana</i>	9:30-10:15 CS * Beats Ride <i>Thomas Heath</i>
9:30-10:15 CS * Beats Ride <i>Candace Peterson</i>	8:30-9:20 CS * Precision Ride <i>Amanda Katz</i>	8:45-9:30 YS * Pilates Mat <i>Maureen Duke</i>	8:30-9:20 CS * Precision Ride <i>Coco Cohen</i>	8:45-9:45 YS * Slow Flow Yoga <i>Jackie Prete</i>	10:30-11:30 YS * Vinyasa Yoga <i>Emma Poole</i>	10:00-11:00 BR * Rounds: Pro (L3) <i>Thomas Heath</i>
10:15-11:00 MS * Leg Day Bryce Vaewsorn	8:45-9:45 BA * True Barre <i>Kevin VerEecke</i>	9:15-10:00 MS * Athletic Conditioning <i>Or Artzi</i>	8:45-9:00 MS * Best Abs Ever <i>Lisa Raphael</i>	9:15-10:00 MS * Core6 <i>Andrew Slane</i>	11:00-11:45 MS * MetCon3 <i>James Donegan</i>	10:00-10:45 MS * Body Sculpt <i>Paige Bodnar</i>
10:30-11:15 YS * Pilates Fusion <i>Susan Rappaport</i>	9:30-10:15 MS * Best Butt Ever <i>Andrew Slane</i>	9:45-10:45 YS * Power Vinyasa <i>Stephanie Schwartz</i>	9:00-9:45 BA * True Barre <i>Pamela Newkirk</i>	9:30-10:15 CS * Beats Ride <i>Amanda Katz</i>	11:15-12:00 BR * Rounds: Boxing <i>Sabrina Cohen</i>	10:15-11:00 YS * Pilates Mat <i>Sarah Marchetti Gleim</i>
10:45-11:45 BA * True Barre <i>Pamela Newkirk</i>	9:45-10:45 YS * Vinyasa Yoga <i>Jenny Mendez</i>	10:00-10:50 BA * Pilates at the Barre <i>Kat Steers</i>	9:30-10:15 MS * MetCon3 <i>Esteban Deleon</i>	10:00-10:45 YS * Pilates Mat <i>Sammy Tuchman</i>	11:45-12:30 YS * Pilates Fusion <i>Claire Crause</i>	11:15-12:00 MS * Stacked <i>Kyle White</i>
12:00-1:00 YS * Gentle Yoga <i>Anubha Elaine Boudouris</i>	10:45-11:30 MS * Powerstrike! <i>Sabrina Cohen</i>	11:15-12:00 MS * Cardio Dance: Zumba® <i>Monique Alhaddad</i>	9:45-10:45 YS * Iyengar Yoga <i>Cheryl Malter</i>	10:15-11:05 MS * Whipped! <i>Amanda Butler</i>	12:00-1:00 BA * True Barre <i>Pamela Newkirk</i>	11:15-12:15 YS * Weekend Wind Down Yoga <i>Lawrence Cardenas</i>
12:30-1:15 MS * Cardio Dance <i>Mitchell Wayne</i>	12:00-12:45 BR * Rounds: Boxing <i>Sabrina Cohen</i>	12:00-12:50 BA * True Barre <i>Pamela Newkirk</i>	10:45-11:30 BA * True Barre <i>James Ervin</i>	10:30-11:30 BA * True Barre <i>Rosie Fiedelman</i>	12:15-1:00 MS * Cardio Dance: Latin Beats <i>Joshua Beaver</i>	12:15-1:00 MS * Cardio Dance: Zumba® <i>Joanna Romero</i>
4:00-4:45 BA * True Barre <i>Pamela Newkirk</i>	12:30-1:20 BA * Pilates at the Barre <i>Kevin VerEecke</i>	12:30-1:15 MS * Atletica <i>Marie Jasmin</i>	12:00-12:45 BR * Rounds: Boxing Justin Walker	12:30-1:15 MS * Cardio Dance: Zumba® <i>Diego Chauca</i>	1:30-2:15 MS * Rhythmic Sculpt <i>Abbey Hunt</i>	2:00-3:00 YS * Vinyasa Yoga <i>Kristina Erikson</i>
5:30-6:15 YS * Pilates Mat <i>Gabe Villanueva</i>	4:00-4:45 MS * Body Sculpt <i>Lisa Raphael</i>	4:00-5:00 YS * Iyengar Yoga <i>Cheryl Malter</i>	12:30-1:15 MS * Cardio Dance: Zumba® <i>Diego Chauca</i>	12:30-1:15 MS * Stronger <i>Kyle White</i>	2:15-3:15 YS * Vinyasa Yoga <i>Suzanne Taylor</i>	3:15-4:00 MS * Stronger <i>Wyatt Slone</i>
5:45-6:30 TR * Precision Run® <i>James Donegan</i>	5:00-5:50 YS * Pilates Fusion <i>Lipe</i>	5:30-6:15 BA * True Barre <i>Claire Crause</i>	4:00-4:45 YS * Pilates Mat <i>Gabe Villanueva</i>	4:00-4:45 MS * Studio Dance: Contemporary <i>Rosie Fiedelman</i>	3:30-4:15 MS * Stronger <i>Brian Ahn</i>	3:30-4:20 BA * Pilates at the Barre <i>Kevin VerEecke</i>
6:00-6:50 MS * Whipped! <i>Jeff Robinson</i>	5:30-6:20 BA * True Barre <i>Pamela Newkirk</i>	5:45-6:30 MS * Stronger Women <i>Sarah Cucuzzella</i>	5:00-5:50 BR * Rounds: Boxing <i>Ugo Peter-Obiagwu</i>	5:00-6:00 YS * Iyengar Yoga <i>Kavi Patel</i>	4:15-5:05 TR * Precision Run® <i>Evan Wood</i>	5:00-6:00 YS * Yin Yoga <i>Kelly Raspberry</i>
6:30-7:15 CS * Beats Ride <i>Nowani Rattray</i>	6:00-6:45 CS * Anthem Ride <i>Kidd Solomon</i>	6:00-6:50 TR * Precision Run® <i>Jason Strong</i>	5:30-6:15 MS * Stacked <i>James Donegan</i>	5:30-6:15 BA * True Barre <i>Rachel Bonet</i>	4:00-4:50 BA * True Barre <i>Kimberly Dawn Neumann</i>	6:15-7:00 YS * Sonic Meditation <i>Kelly Raspberry</i>
6:45-7:45 YS * Vinyasa Yoga <i>James Donegan</i>	6:30-7:15 MS * MetCon3 <i>Taylor Cooley</i>	6:30-7:30 YS * Vinyasa Yoga <i>Alicia Morris</i>	6:00-6:50 BA * True Barre <i>Manon Hallay</i>	5:45-6:30 MS * MetCon3 <i>Joshua Beaver</i>	4:30-5:15 TR * Precision Walk: Elevate <i>Brian Ahn</i>	
7:00-8:00 BA * True Barre <i>Andrea Salazar Martinez</i>	7:00-8:00 YS * Vinyasa Yoga <i>Emma Poole</i>	6:45-7:30 MS * Best Stretch Ever Sarah Cucuzzella	6:15-7:15 YS * Slow Flow Yoga <i>Whitney Chapman</i>	6:30-7:15 BR * Rounds: Boxing <i>Champ Parris</i>		
7:15-8:00 MS * Athletic Conditioning <i>Jeff Robinson</i>	7:15-8:00 BA * True Barre <i>Erin Gamble</i>	7:00-7:45 BA * True Barre <i>Rachel Bonet</i>				
7:30-8:30 BR * Rounds: Boxing <i>Ahmad Simmons</i>	7:30-8:15 MS * Leg Day Wyatt Slone	7:30-8:30 BR * Rounds: Boxing <i>Thomas Heath</i>				

EQUINOX

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FRI 05:30 AM 09:00 PM

SAT-SUN 07:00 AM 08:00 PM

Kids

MON-FRI 09:00 AM 02:00 PM

SAT-SUN 08:00 AM 02:00 PM

GROUP FITNESS MANAGER

pamela.newkirkarkin@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

BR Boxing Studio

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.

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

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.

Iyengar Yoga An open class focusing on precision and physical alignment of the body. Named after B.K.S. Iyengar and therapeutic in approach, props are used to increase awareness and understand the nuance of each pose.

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.

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.



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.

Core6 Train your center from every angle. Explore six distinct core pathways using SandBells, dumbbells, and bodyweight. This structured interval flow with bursts of high intensity will build a stronger, more resilient foundation that supports your every movement inside and outside the club. 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.

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.

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

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.

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.

Cardio Dance: Latin Beats A cardio dance experience that exclusively explores a musical artist, genre, or dance style -- with a playlist carefully curated by your Equinox instructor. 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.

Studio Dance: Contemporary A choreography-driven dance class incorporating styles from jazz to lyrical. Learn a complete combination, improve technique, and unleash your inner dancer.



Boxing

Powerstrike! An authentic martial arts based, rhythmic-cardio workout created by global fitness expert, Iliaria Montagnani. Punch and kick to improve speed, balance and coordination.

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: Pro Gloves on, skills up. Rounds Pro is the pinnacle of our boxing and kickboxing offerings. Led by our elite instructors, this advanced class refines your technique, hones your precision, and pushes your limits. Elevate your training, refine your craft, and step into the professional arena. An Equinox exclusive.



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.



Sculpt

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.

Rhythmic Sculpt Move to the beat in this dynamic Sculpt class that keeps you moving in steady, light-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.



Strength

Aletica A weight training workout using traditional power moves created by global fitness expert, Iliaria Montagnani. Build and sculpt muscle and solidify a strong core.

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.

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.

Leg Day Don't skip Leg Day: lower-body strength training featuring squats, hinges, lunges, and carries. Heavier loads. Structured intervals. Designed to deliver visible definition. 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.

Stronger Women Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women's performance program. Optimized for women, but open to all. An Equinox exclusive.