

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

EQUINOX

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NEW YORK NY 10025

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MON-THU 05:30 AM 10:00 PM

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

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® 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.

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.

◆ 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 and bodyweight. This structured interval flow with bursts of high intensity will build a stronger, more resilient foundation that supports you 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

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.

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, Ilaria 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, 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.

◆ Strength

Atletica A weight training workout using traditional power moves created by global fitness expert, Ilaria 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.

Limited Series: Stronger Women Introducing 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.

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.