

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * Athletic Conditioning <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>Rachel King</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>	7:15-8:00 BA * True Barre <i>Sarah Marchetti Gleim</i>	7:15-8:15 YS * Vinyasa Yoga <i>Kevin Bigger</i>	7:00-7:50 TR * Precision Run® <i>Evan Wood</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>	8:00-8:45 MS * Stronger <i>Bryce Vaewsorn</i>	7:30-8:30 BR * Rounds: Boxing <i>Ahmad Simmons</i>	7:15-8:00 BA * True Barre <i>Erin Gamble</i>	8:00-8:45 MS * Athletic Conditioning <i>Taylor Cooley</i>	9:30-10:15 CS * Beats Ride <i>Alex Puette</i>	9:00-9:50 MS * MetCon3 <i>Joey Ledonio</i>
8:30-9:15 BA * Pilates at the Barre <i>Manon Hallay</i>	8:15-9:00 YS * Pilates Fusion <i>Kayla Prestel</i>	8:00-8:45 CS * Beats Ride <i>Nowani Rattray</i>	8:00-8:45 MS * Body Sculpt <i>Lisa Raphael</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 * Tabata Max <i>Denay Rogers</i>	8:30-9:20 CS * Precision Ride <i>Amanda Katz</i>	8:15-9:00 MS * MetCon3 <i>Joey Ledonio</i>	8:30-9:20 CS * Precision Ride <i>Coco Cohen</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>Candace Peterson</i>
9:30-10:15 CS * Beats Ride <i>Candace Peterson</i>	8:45-9:45 BA * True Barre <i>Kevin VerEecke</i>	8:45-9:30 YS * Pilates Mat <i>Maureen Duke</i>	8:45-9:00 MS * Best Abs Ever <i>Lisa Raphael</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 * Rhythmic Sculpt <i>Bryce Vaewsorn</i>	9:30-10:15 MS * Best Butt Ever <i>Andrew Slane</i>	9:15-10:00 MS * Athletic Conditioning <i>Or Artzi</i>	9:00-9:45 BA * True Barre <i>Pamela Newkirk</i>	9:15-10:00 MS * Best Butt Ever <i>LR Davidson</i>	11:00-11:45 MS * MetCon3 <i>James Donegan</i>	10:00-10:45 MS * Body Sculpt <i>Paige Bodnar</i>
10:30-11:30 YS * Sculpted Yoga™ <i>Jenny Mendez</i>	9:45-10:45 YS * Vinyasa Yoga <i>Jenny Mendez</i>	9:45-10:45 YS * Power Vinyasa <i>Lindsay Carson</i>	9:30-10:15 MS * MetCon3 <i>Esteban Deleon</i>	9:30-10:15 CS * Beats Ride <i>Amanda Katz</i>		10:15-11:00 YS * Pilates Mat <i>Sarah Marchetti Gleim</i>
10:45-11:45 BA * True Barre <i>Pamela Newkirk</i>	12:00-12:45 BR * Rounds: Boxing <i>Sabrina Cohen</i>	10:00-10:50 BA * Pilates at the Barre <i>Kat Steers</i>	9:45-10:45 YS * Iyengar Yoga <i>Cheryl Malter</i>	10:00-10:45 YS * Pilates Mat <i>Sammy Tuchman</i>		10:30-11:15 BA * True Barre <i>Maureen Duke</i>
12:00-1:00 YS * Gentle Yoga <i>Anubha Elaine Boudouris</i>	12:30-1:20 BA * Pilates at the Barre <i>Kevin VerEecke</i>	12:00-12:50 BA * True Barre <i>Pamela Newkirk</i>	10:45-11:30 BA * True Barre <i>James Ervin</i>	10:15-11:05 MS * Whipped! <i>Amanda Butler</i>		
12:30-1:15 MS * Cardio Dance: Zumba® <i>Joshua Beaver</i>		12:30-1:15 MS * Atletica <i>Marie Jasmin</i>	12:00-1:00 YS * Sculpted Yoga™ <i>Lipe</i>	10:30-11:30 BA * True Barre <i>Rosie Fiedelman</i>		
	4:00-4:45 MS * Body Sculpt <i>Lisa Raphael</i>		12:30-1:15 MS * Cardio Dance: Zumba® <i>Diego Chauca</i>			
4:00-4:45 BA * True Barre <i>Pamela Newkirk</i>	5:00-5:50 YS * Pilates Rise <i>Lipe</i>	4:00-5:00 YS * Iyengar Yoga <i>Cheryl Malter</i>		12:00-12:50 YS * Pilates Rise <i>Kylie Treacy</i>		11:15-12:00 BR * Rounds: Boxing <i>Sabrina Cohen</i>
5:30-6:15 YS * Pilates Mat <i>Gabe Villanueva</i>	5:30-6:20 BA * True Barre <i>Pamela Newkirk</i>	5:30-6:15 BA * True Barre <i>Claire Crause</i>	4:00-4:45 YS * Pilates Mat <i>Gabe Villanueva</i>	12:30-1:15 MS * Stronger <i>Kyle White</i>		11:45-12:30 YS * Pilates Fusion <i>Claire Crause</i>
5:45-6:30 TR * Precision Run® <i>James Donegan</i>	6:00-6:45 CS * Anthem Ride <i>Kidd Solomon</i>	5:45-6:30 MS * Limited Series: Stronger Women <i>Sarah Cucuzzella</i>	5:00-5:50 BR * Rounds: Boxing <i>Ugo Peter-Obiagwu</i>			12:00-1:00 BA * True Barre <i>Pamela Newkirk</i>
6:00-6:50 MS * Whipped! <i>Jeff Robinson</i>	6:30-7:15 MS * MetCon3 <i>Maddie Myers</i>	6:00-6:50 TR * Precision Run® <i>Jason Strong</i>	5:30-6:15 MS * Stacked <i>James Donegan</i>	4:00-4:45 MS * Studio Dance: Contemporary <i>Rosie Fiedelman</i>		12:15-1:00 MS * Cardio Dance: Zumba® <i>Joshua Beaver</i>
6:30-7:15 CS * Beats Ride <i>Nowani Rattray</i>	7:00-8:00 YS * Vinyasa Yoga <i>Emma Poole</i>	6:30-7:30 YS * Vinyasa Yoga <i>Alicia Morris</i>	6:00-6:50 BA * True Barre <i>Manon Hallay</i>	5:00-6:00 YS * Iyengar Yoga <i>Kavi Patel</i>		1:30-2:15 MS * Rhythmic Sculpt <i>Abbey Hunt</i>
6:45-7:45 YS * Vinyasa Yoga <i>James Donegan</i>	7:15-8:00 BA * True Barre <i>Erin Gamble</i>	6:45-7:30 CS * Anthem Ride <i>Sarah Cucuzzella</i>	6:15-7:15 YS * Slow Flow Yoga <i>Whitney Chapman</i>	5:30-6:15 BA * True Barre <i>Rachel Bonet</i>		2:15-3:15 YS * Vinyasa Yoga <i>Suzanne Taylor</i>
7:00-8:00 BA * Barre <i>Nikki Rosenbloom</i>	7:30-8:15 MS * Cardio Dance: Zumba® <i>Jose Ozuna</i>	7:00-7:45 BA * True Barre <i>Rachel Bonet</i>	6:30-7:15 MS * Cardio Kickboxing <i>Ary Nunez</i>	5:45-6:30 MS * MetCon3 <i>Joshua Beaver</i>		2:30-3:15 MS * Best Stretch Ever <i>Abbey Hunt</i>
7:15-8:00 MS * Athletic Conditioning <i>Jeff Robinson</i>		7:15-8:00 MS * Stacked <i>Libby Lloyd</i>		6:30-7:15 BR * Rounds: Boxing <i>Champ Parris</i>		3:30-4:15 MS * Stronger <i>Brian Ahn</i>
7:30-8:30 BR * Rounds: Boxing <i>Ahmad Simmons</i>						3:15-4:00 MS * Stronger <i>Wyatt Slone</i>
						3:30-4:20 BA * Pilates at the Barre <i>Kevin VerEecke</i>
						4:15-5:05 TR * Precision Walk: Elevate <i>Brian Ahn</i>
						5:00-6:00 YS * Yin Yoga <i>Kelly Raspberry</i>
						6:15-7:00 YS * Sonic Meditation <i>Kelly Raspberry</i>

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WEST 92ND STREET

2465 Broadway

NEW YORK NY 10025

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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.

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.

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.

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: 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

Cardio Kickboxing An intense, no-contact class inspired by boxing and kickboxing training methods. A combination of kicks, punches, and blocks with cardio and strength drills for a high-energy workout.

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.