EQUINOX

WEST 92ND STREET

November 2026 | SCHEDULE EFFECTIVE 11.01.26-11.30.26

KEY **Studio key on back**

Bold — New/Updated Class, Instructor, or Time

* — Advance sign-up required

MONDAY

6:30-7:15 MS *	Atletica *Kyle O'Brien*
7:15-8:00 BA *	True Barre *Manon Hallay*
8:00-8:45 MS *	MetCon Monday *Kyle O'Brien*
8:15-9:15 YS *	Vinyasa Yoga *Lauren Harris*
8:30-9:15 BA *	Pilates at the Barre *Manon Hallay*
9:15-10:00 MS *	Core6 *Bryce Vaewsorn*
9:30-10:15 CS *	Beats Ride *Candace Peterson*
10:15-11:00 MS *	Leg Day *Bryce Vaewsorn*
10:30-11:15 YS *	Pilates Fusion *Susan Rappaport*
10:45-11:45 BA *	True Barre *Pamela Newkirk*
12:00-1:00 YS *	Gentle Yoga *Anubha Elaine Boudouris*
12:30-1:15 MS *	Cardio Dance *Mitchell Wayne*
4:00-4:45 BA *	True Barre *Pamela Newkirk*
5:30-6:15 YS *	Pilates Mat *Gabe Villanueva*
5:45-6:30 TR *	Precision Run® *James Donegan*
6:00-6:50 MS *	Whipped! *Jeff Robinson*
6:30-7:15 CS *	Beats Ride *Nowani Rattray*
6:45-7:45 YS *	Vinyasa Yoga *James Donegan*
7:00-8:00 BA *	True Barre *Kyla Owen*
7:15-8:00 MS *	Athletic Conditioning *Jeff Robinson*
7:30-8:30 BR *	Rounds: Boxing *Ahmad Simmons*

TUESDAY

6:15-7:00 CS *	Beats Ride *Lisa Raphael*
6:30-7:15 MS *	Athletic Conditioning *Amanda Katz*
6:45-7:30 TR *	Precision Walk: Elevate *Shaun Anthony*
7:15-8:00 BA *	True Barre *Sarah Marchetti Gleim*
8:00-8:45 MS *	Stronger *Bryce Vaewsorn*
8:15-9:00 YS *	Pilates Fusion *Sarah Marchetti Gleim*
8:30-9:20 CS *	Precision Ride *Amanda Katz*
8:45-9:45 BA *	True Barre *Kevin VerEecke*
9:30-10:15 MS *	Best Butt Ever *Andrew Slane*
9:45-10:45 YS *	Vinyasa Yoga *Jenny Mendez*
10:45-11:30 MS *	Powerstrike! *Sabrina Cohen*
12:00-12:45 BR *	Rounds: Boxing *Sabrina Cohen*
12:30-1:20 BA *	Pilates at the Barre *Kevin VerEecke*
4:00-4:45 MS *	Body Sculpt *Lisa Raphael*
5:00-5:45 YS *	Barefoot Sculpt: The Ring *Andrea Salazar Martinez*
5:30-6:20 BA *	True Barre *Pamela Newkirk*
6:00-6:45 CS *	Anthem Ride *Kidd Solomon*
6:30-7:15 MS *	MetCon3 *Taylor Cooley*
7:00-8:00 YS *	Vinyasa Yoga *Emma Poole*
7:15-8:00 BA *	True Barre *Erin Gamble*

WEDNESDAY

6:15-7:00 MS *	Stronger *Lisa Raphael*
6:30-7:15 BA *	True Barre *Kat Steers*
7:15-8:15 YS *	Vinyasa Yoga *Kevin Bigger*
7:30-8:30 BR *	Rounds: Boxing *Ahmad Simmons*
8:15-9:00 MS *	Leg Day *Joey Ledonio*
8:45-9:30 YS *	Pilates Mat *Susan Rappaport*
9:15-10:00 MS *	Athletic Conditioning *Or Artzi*
10:00-10:50 BA *	Pilates at the Barre *Kat Steers*
10:30-11:30 YS *	Power Vinyasa *Lindsay Carson*
11:15-12:00 MS *	Cardio Dance: Zumba® *Monique Alhaddad*
12:00-12:50 BA *	True Barre *Pamela Newkirk*
12:30-1:15 MS *	Atletica *Marie Jasmin*
4:00-5:00 YS *	Iyengar Yoga *Cheryl Malter*
5:30-6:15 BA *	True Barre *Claire Crause*
5:45-6:30 MS *	Stronger Women *Sarah Cucuzzella*
6:00-6:50 TR *	Precision Run® *Jason Strong*
6:30-7:30 YS *	Vinyasa Yoga *Alicia Morris*
6:45-7:30 MS *	Best Stretch Ever *Sarah Cucuzzella*
7:00-7:45 BA *	True Barre *Rachel Bonet*
7:30-8:30 BR *	Rounds: Boxing *Ronnie Love*

THURSDAY

6:15-7:00 BR *	Rounds: Boxing *Thomas Heath*
6:15-7:00 CS *	Beats Ride *Kyle O'Brien*
6:45-7:30 YS *	Pilates Mat *Adele Carlson*
7:00-7:50 TR *	Precision Run® *Evan Wood*
7:15-8:00 BA *	True Barre *Erin Gamble*
8:00-8:45 MS *	Body Sculpt *Lisa Raphael*
8:30-9:20 CS *	Precision Ride *Coco Cohen*
8:45-9:00 MS *	Best Abs Ever *Lisa Raphael*
9:00-9:45 BA *	True Barre *Pamela Newkirk*
9:30-10:15 MS *	MetCon3 *Esteban Deleon*
9:45-10:45 YS *	Iyengar Yoga *Cheryl Malter*
10:45-11:30 BA *	True Barre *James Ervin*
12:00-12:45 BR *	Rounds: Boxing *Justin Walker*
12:30-1:15 MS *	Cardio Dance: Zumba® *Diego Chauca*
4:00-4:45 YS *	Pilates Mat *Gabe Villanueva*
5:00-5:50 BR *	Rounds: Boxing *Ugo Peter-Obiagwu*
5:45-6:30 MS *	Stacked *James Donegan*
6:00-6:50 BA *	True Barre *Kimberly Dawn Neumann*
6:15-7:15 YS *	Yin Yoga *Whitney Chapman*

FRIDAY

6:15-7:00 MS *	MetCon3 *Amanda Katz*
7:15-8:05 TR *	Precision Run® *Amanda Katz*
7:30-8:15 YS *	Pilates Mat *Kat Steers*
8:00-8:45 MS *	Athletic Conditioning *Taylor Cooley*
8:30-9:15 BA *	True Barre *Kat Steers*
8:45-9:00 MS *	Best Abs Ever *Taylor Cooley*
8:45-9:45 YS *	Slow Flow Yoga *Jackie Prete*
9:15-10:00 MS *	Core6 *Andrew Slane*
9:30-10:15 CS *	Beats Ride *Amanda Katz*
10:00-10:45 YS *	Pilates Mat *Sammy Tuchman*
10:15-11:05 MS *	Whipped! *Amanda Butler*
10:30-11:30 BA *	True Barre *Rosie Fiedelman*
12:00-1:00 YS *	Sculpted Yoga™ *Jenny Mendez*
12:30-1:15 MS *	Stronger *Kyle White*
4:00-4:45 MS *	Studio Dance: Contemporary *Rosie Fiedelman*
5:00-6:00 YS *	Iyengar Yoga *Kavi Patel*
5:30-6:15 BA *	True Barre *Rachel Bonet*
5:45-6:30 MS *	MetCon3 *Joshua Beaver*
6:30-7:15 BR *	Rounds: Boxing *Champ Parris*

SATURDAY

8:30-9:15 YS *	Pilates Mat *Samantha Paulik*
8:45-9:45 BA *	True Barre *Kevin VerEecke*
9:00-9:45 MS *	Athletic Conditioning *Sabrina Cohen*
9:30-10:15 CS *	Beats Ride *Alex Puette*
10:00-10:45 MS *	Powerstrike! *Sabrina Cohen*
10:15-11:00 BA *	True Barre *Andy Santana*
10:30-11:30 YS *	Vinyasa Yoga *Emma Poole*
11:00-11:45 MS *	MetCon3 *James Donegan*
11:15-12:00 BR *	Rounds: Boxing *Sabrina Cohen*
11:45-12:30 YS *	Pilates Fusion *Claire Crause*
12:00-1:00 BA *	True Barre *Pamela Newkirk*
12:15-1:00 MS *	Cardio Dance: Latin Beats *Joshua Beaver*
1:30-2:15 MS *	Rhythmic Sculpt *Abbey Hunt*
2:15-3:15 YS *	Vinyasa Yoga *Suzanne Taylor*
2:30-3:15 MS *	Best Stretch Ever *Abbey Hunt*
3:30-4:15 MS *	Stronger *Brian Ahn*
4:00-4:50 BA *	True Barre *Kimberly Dawn Neumann*

SUNDAY

8:00-8:45 TR *	Precision Walk: Elevate *Candace Peterson*
8:15-9:15 BR *	Rounds: Boxing *Thomas Heath*
8:45-9:45 YS *	Vinyasa Yoga *Danicia Ambron*
9:00-9:45 MS *	Stronger *Joey Ledonio*
9:15-10:00 BA *	True Barre *Sarah Marchetti Gleim*
9:30-10:15 CS *	Beats Ride *Candace Peterson*
10:00-11:00 BR *	Rounds: Pro (L3) *Thomas Heath*
10:00-10:45 MS *	Body Sculpt *Paige Bodnar*
10:15-11:00 YS *	Pilates Mat *Sarah Marchetti Gleim*
10:30-11:15 BA *	True Barre *Jake Siffert*
11:15-12:00 MS *	Stacked *Kyle White*
11:15-12:15 YS *	Weekend Wind Down Yoga *Lawrence Cardenas*
12:15-1:00 MS *	Cardio Dance: Zumba® *Joanna Romero*
2:00-3:00 YS *	Vinyasa Yoga *Kristina Erikson*
3:15-4:00 MS *	MetCon3 *Wyatt Slone*
3:30-4:20 YS *	Barefoot Sculpt: The Ring *Kevin VerEecke*
4:15-5:00 TR *	Precision Run® *Evan Wood*
5:00-6:00 YS *	Yin Yoga *Kelly Raspberry*
6:15-7:00 YS *	Sonic Meditation *Kelly Raspberry*

VISIT EQUINOX.COM OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

EQUINOX

WEST 92ND STREET

2465 Broadway

NEW YORK NY 10025

EQUINOX.COM

@EQUINOX

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.newkirk-arkin@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.

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.

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.

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

Barefoot Sculpt: The Ring A low-impact sculpt class built around a weighted ring. Press, hold, and sweep to build functional strength, control, and endurance in one full-body format. Grounded, athletic, and intentional. An Equinox exclusive.
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.

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.

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 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.

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.

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.
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.