

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:35 MS * MetCon Monday <i>Diane LaVon</i>	6:15-7:00 YS * Pilates Fusion <i>Maureen Duke</i>	6:15-7:00 CS * Beats Ride <i>Marirose Aleardi</i>	6:15-7:00 YS * True Barre <i>Marina Colonna</i>	7:00-7:50 CS * Precision Ride <i>Chelsea Amengual</i>	8:00-8:45 CS * Beats Ride <i>D Gunnz</i>	8:30-9:15 MS * Rounds: Boxing <i>Abraham DelValle</i>
7:00-7:45 CS * Beats Ride <i>Leah Clark</i>	6:30-7:15 CS * Beats Ride <i>Chelsea Amengual</i>	6:45-7:30 MS * True Barre: Cardio <i>Pavee Kwun</i>	6:30-7:15 CS * Beats Ride <i>D Gunnz</i>	7:15-8:00 YS * True Barre <i>Robert Burke</i>	8:30-9:15 MS * Cardio Sculpt <i>Stephanie Levinson</i>	9:00-9:50 YS * Pilates at the Barre <i>Kevin VerEecke</i>
7:15-8:00 YS * Pilates Mat <i>Erin Giordano</i>	6:30-7:15 MS * Stronger <i>Vincent Ruiz</i>	7:00-7:45 YS * Pilates Fusion <i>Mia Wenger</i>	6:30-7:15 MS * Stacked <i>Eddie Carrington</i>	8:00-8:45 MS * Cardio Sculpt <i>Mel Gallo</i>	9:00-9:50 YS * Vinyasa Yoga <i>Stephie Maravankin</i>	9:45-10:30 MS * Body Sculpt <i>Vanita Iyer</i>
8:00-8:50 MS * Stronger <i>Shannon Kronstadt</i>	7:15-8:05 YS * True Barre <i>Maureen Duke</i>	7:30-8:20 TR * Precision Run@ <i>Chelsea Amengual</i>	7:15-8:00 YS * Vinyasa Yoga <i>Margaret Schwarz</i>	8:45-9:00 MS * Best Abs Ever <i>Mel Gallo</i>	9:45-10:30 MS * Stacked <i>Christopher Howard</i>	10:30-11:15 YS * Pilates Fusion <i>Adele Carlson</i>
8:15-9:00 YS * True Barre <i>Erin Giordano</i>	8:00-8:50 MS * Whipped! <i>Miriam Shestack</i>	8:00-8:45 MS * Best Butt Ever <i>Carolann Valentino</i>	8:00-8:45 MS * Rounds: Pro <i>CJ Reyes</i>	9:00-9:45 YS * Pilates at the Barre <i>Christopher Howard</i>	10:00-10:45 CS * <b>Anthem Ride</b> <i>Jon Gluckner</i>	10:45-11:30 MS * Cardio Dance: Zumba@ <i>Khalia Frazier</i>
9:15-10:00 MS * Body Sculpt <i>Nicole Uribaldi</i>	8:15-9:05 TR * <b>Precision Run + Strength</b> <i>Shaun Anthony</i>	8:15-9:00 YS * True Barre <i>Pavee Kwun</i>	8:15-9:05 TR * Precision Walk: Elevate <i>Miriam Shestack</i>	9:15-10:05 MS * Stronger <i>Diego Guevara</i>	10:30-11:15 YS * True Barre: Bala Bangle <i>Pam Nahal</i>	11:00-11:45 CS * Beats Ride <i>D Gunnz</i>
9:30-10:30 YS * Vinyasa Yoga <i>Mary Horne</i>	8:30-9:15 YS * Pilates Mat <i>Gabrielle Marino</i>	9:15-10:05 MS * Stronger <i>Monique Alhaddad</i>	8:30-9:15 YS * True Barre <i>Sarah Marchetti Gleim</i>	10:00-10:45 CS * Beats Ride <i>Jon Gluckner</i>	10:45-11:30 MS * Ballet by Equinox x ABT <i>Zach Williams</i>	11:30-12:20 TR * Precision Walk: Elevate <i>Lisa Raphael</i>
10:00-10:45 CS * Beats Ride <i>Mario Martinez</i>	9:15-10:05 MS * MetCon3 <i>Shaun Anthony</i>	9:30-10:30 YS * Vinyasa Yoga <i>Josh Mathew-Meier</i>	9:15-10:00 MS * Body Sculpt <i>Mel Gallo</i>	10:45-11:30 YS * Pilates Fusion <i>Mia Wenger</i>	11:30-12:20 TR * Precision Run@ <i>Shaun Anthony</i>	12:00-1:00 YS * Vinyasa Yoga <i>Kristina Erikson</i>
11:00-11:45 YS * Re-formation Pilates <i>Zach Bergfelt</i>	9:30-10:15 YS * True Barre <i>Mel Gallo</i>	11:00-11:45 YS * True Barre <i>James Ervin</i>	9:30-10:15 YS * Pilates Fusion <i>Sarah Marchetti Gleim</i>	12:15-1:00 MS * Body Sculpt <i>Mel Gallo</i>	12:15-1:00 YS * Pilates at the Barre <i>Christopher Howard</i>	1:30-2:15 YS * Pilates Mat <i>Adele Carlson</i>
12:15-1:05 YS * True Barre: Bala Bangle <i>Christopher Howard</i>	10:30-11:15 MS * Body Sculpt <i>Mel Gallo</i>	12:15-1:00 MS * Body Sculpt <i>Molly Mook</i>	10:30-11:15 MS * Cardio Dance: 305 Dance <i>Katie Lakotko</i>	12:15-1:00 YS * Pilates at the Barre <i>Christopher Howard</i>	12:30-1:15 MS * Circuit Training <i>Shaun Anthony</i>	2:30-3:20 MS * Stronger <i>Monique Alhaddad</i>
4:30-5:15 YS * True Barre <i>Arianna Dolan</i>	10:45-11:30 YS * Pilates Mat <i>Mia Wenger</i>	12:15-1:00 YS * Pilates Mat <i>Alison Mathis</i>	10:45-11:45 YS * <b>Sculpted Yoga™</b> <i>Lindsey Miller</i>	4:30-5:20 YS * Pilates Rise <i>Toni Fuller</i>	1:30-2:20 MS * Stronger <i>Shaun Anthony</i>	2:45-3:30 YS * True Barre <i>Maureen Duke</i>
5:30-6:15 MS * Best Butt Ever <i>Monique Alhaddad</i>	12:00-1:00 YS * Yin Yoga Meditation <i>Mary Aranas</i>	4:30-5:15 YS * Pilates at the Barre <i>Christopher Howard</i>	12:00-12:50 YS * True Barre <i>Pamela Newkirk</i>	5:15-6:00 MS * Core6 <i>KaRa Dizon</i>	2:45-3:30 YS * Pilates Fusion <i>Jennifer Herrera</i>	3:30-4:15 MS * Best Stretch Ever <i>Monique Alhaddad</i>
5:45-6:30 YS * Power Vinyasa <i>Kristina Erikson</i>	4:30-5:15 YS * Pilates Mat <i>Erin Ginn</i>	4:45-5:35 TR * Precision Walk: Elevate <i>Margaret Schwarz</i>	4:30-5:15 YS * Barefoot Sculpt <i>Mel Gallo</i>	6:00-6:45 YS * Slow Flow Yoga <i>Jessica Metz</i>	4:00-4:45 YS * Sonic Meditation <i>Jennifer Herrera</i>	4:00-5:00 YS * Yin Yoga <i>Jane Johnsen</i>
6:00-6:50 TR * Precision Run@ <i>Anastasia Gavriukhova</i>	5:15-6:00 MS * True Barre <i>Brian Slaman</i>	5:30-6:15 MS * MetCon3 <i>JD Martin</i>	5:15-6:05 MS * Stronger <i>Diego Guevara</i>			
6:15-7:00 CS * Beats Ride <i>Marirose Aleardi</i>	5:30-6:15 YS * True Barre <i>Brian Slaman</i>	5:45-6:30 YS * Vinyasa Yoga <i>Margaret Schwarz</i>	5:30-6:15 YS * Pilates Mat <i>Christopher Howard</i>			
6:30-7:15 MS * Stacked <i>Christopher Howard</i>	6:15-7:15 CS * Beats Ride 60 <i>Jason Strong</i>	6:15-7:00 CS * Beats Ride <i>Leah Clark</i>	6:15-7:00 CS * Beats Ride <i>Nora Herbstman</i>			
7:00-7:50 YS * Pilates Rise <i>Kylie Treacy</i>	6:15-7:00 MS * Core6 <i>Emily Comerford</i>	6:30-7:20 MS * Stronger <i>Carolann Valentino</i>	6:15-7:00 MS * <b>Leg Day</b> <i>Shannon Kronstadt</i>			
7:30-8:15 MS * Cardio Dance: 305 Dance <i>Marielle A</i>	6:30-7:30 YS * Power Vinyasa <i>Izzy VanHall</i>	7:00-7:45 YS * True Barre: Bala Bangle <i>Christopher Howard</i>	6:30-7:30 YS * Sculpted Yoga™ <i>Izzy VanHall</i>			
	7:45-8:30 YS * Sonic Meditation <i>Dorian Shorts</i>	7:30-8:15 MS * Body Sculpt <i>Vanita Iyer</i>	7:45-8:30 YS * Sonic Meditation <i>Lindsey Miller</i>			

# EQUINOX

## EAST 85TH STREET

203 East 85th St

NEW YORK NY 10028

EQUINOX.COM

@EQUINOX

**MON-THU** 05:30 AM 10:00 PM

**FRI** 05:30 AM 08:00 PM

**SAT-SUN** 07:00 AM 07:00 PM

## GROUP FITNESS MANAGER

christopher.howard@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**

**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.

**Beats Ride 60** An extended rhythmic cycling class so you can ride those extra miles to 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 + Strength** A track and field circuit-based workout, created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

**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**

**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.

**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 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.

## **HIIT**

**Circuit Training** Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

**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.

**True Barre: Bala Bangle** This sculpt 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.

**True Barre: Cardio** Give your barre workout a cardio boost with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. 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.

**Re-formation Pilates** A contemporary Pilates-based, high-intensity, low-impact workout by Zach Bergfelt, fusing strength and mobility into one electric, high-energy flow. Build power, elevate movement, and boost flexibility through intentional, full-body sequencing, lighting up every muscle to create an athletic burn.

## **Dance**

**Ballet by Equinox x ABT** Created in exclusive partnership with American Ballet Theatre, this class incorporates fundamentals of ballet with an exhilarating series of turns, jumps, combinations, and Thera-band sequences.

**Cardio Dance: 305 Dance** Dance like no one's watching in this free-spirited, inclusive dance cardio workout designed for all levels, no dance experience required. 35 minutes of high-intensity cardio followed by 5 minutes of targeted toning, and 5 minutes of stretching for a joyful full body workout.

**Cardio Dance: Zumba®** A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

## **Boxing**

**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**

**Barefoot Sculpt** A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

**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.

**Cardio Sculpt** A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.

## **Strength**

**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.