

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>Shweky</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>Brandon Green</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>Brandon Green</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>Miriam Shestack</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>
8:00-8:45 MS * Athletic Conditioning <i>Shannon Kronstadt</i>	7:15-8:05 YS * True Barre <i>Maureen Duke</i>	7:30-8:20 TR * Precision Run® <i>Shweky</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: Boxing <i>Brandon Green</i>	9:00-9:50 YS * Pilates at the Barre <i>Christopher Howard</i>	10:00-10:45 CS * Beats Ride <i>Shweky</i>	10:45-11:30 MS * Cardio Dance: Zumba® <i>Khalia Frazier</i>
9:15-10:00 MS * Body Sculpt <i>Mandy Corcione</i>	8:15-9:05 TR * Precision Run + Strength <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>	9:15-10:05 MS * MetCon3 <i>Shaun Anthony</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>Brandon Green</i>	11:30-12:20 TR * Precision Run® <i>Shaun Anthony</i>	11:30-12:20 TR * Precision Walk: Elevate <i>Lisa Raphael</i>
10:00-10:45 CS * Beats Ride <i>Mario Martinez</i>	9:30-10:15 YS * True Barre <i>Mel Gallo</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>	12:00-12:45 YS * Pilates Mat <i>Alison Mathis</i>	12:00-1:00 YS * Vinyasa Yoga <i>Kristina Erikson</i>
11:00-11:45 YS * Pilates Fusion <i>Zach Bergfelt</i>	10:30-11:15 MS * Body Sculpt <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>	12:30-1:15 MS * Circuit Training <i>Shaun Anthony</i>	1:30-2:15 YS * Pilates Mat <i>Maureen Duke</i>
12:15-1:05 YS * True Barre: Bala Bangle <i>Christopher Howard</i>	10:45-11:30 YS * Pilates Mat <i>Mia Wenger</i>	12:15-1:00 YS * Pilates Mat <i>Alison Mathis</i>	10:30-11:15 MS * Cardio Dance: 305 Dance <i>Katie Lakotko</i>	12:15-1:05 YS * Pilates at the Barre <i>Christopher Howard</i>	1:30-2:20 MS * Stronger <i>Shaun Anthony</i>	2:30-3:20 MS * Stronger <i>Monique Alhaddad</i>
4:30-5:15 YS * Barre <i>Rachel King</i>	12:00-1:00 YS * Yin Yoga Meditation <i>Mary Aranas</i>	4:30-5:20 YS * Pilates at the Barre <i>Kyla Lloyd</i>	12:00-12:50 YS * True Barre <i>Pamela Newkirk</i>	4:30-5:20 YS * Pilates Rise <i>Rachel King</i>	1:30-2:15 YS * True Barre: Bala Bangle <i>Christopher Howard</i>	2:45-3:30 YS * True Barre <i>Maureen Duke</i>
5:30-6:15 MS * Best Butt Ever <i>Monique Alhaddad</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>	5:15-6:00 MS * MetCon3 <i>KaRa Dizon</i>	4:00-4:45 YS * Sonic Meditation <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>	5:15-6:00 MS * Body Sculpt <i>Allison Rowland</i>	5:30-6:15 MS * Body Sculpt <i>Kyla Lloyd</i>	5:15-6:05 MS * Stronger <i>Diego Guevara</i>	6:00-6:45 YS * Slow Flow Yoga <i>Jessica Metz</i>		4:00-5:00 YS * Yin Yoga <i>Jane Johnsen</i>
6:00-6:50 TR * Precision Run® <i>Chelsea Amengual</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>			
6:15-7:00 CS * Beats Ride <i>Marirose Aleardi</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>			
6:30-7:15 MS * Stacked <i>Christopher Howard</i>	6:15-7:00 MS * Athletic Conditioning <i>Allison Rowland</i>	6:30-7:20 MS * Stronger <i>Carolann Valentino</i>	6:15-7:05 MS * Rhythmic Sculpt <i>Anastasiia Gavriukhova</i>			
7:00-7:45 YS * Pilates Fusion <i>Julia Atkin</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>			
7:30-8:15 MS * Cardio Dance: 305 Dance <i>Marielle A</i>	7:45-8:30 YS * Sonic Meditation <i>Dorian Shorts</i>	7:30-8:15 MS * Best Stretch Ever <i>Carolann Valentino</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

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

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.

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

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.

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.



Dance

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.



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.

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

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.

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.