

# EQUNOX

EAST 85TH STREET

February 2026 | SCHEDULE EFFECTIVE 02.01.26-02.28.26

KEY Studio key on back

**Bold** New/Updated Class, Instructor, or Time

\* Advance sign-up required

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

VISIT [EQUINOX.COM](http://EQUINOX.COM) OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

# 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.

**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.

**True Barre: Bala Bangles** 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 Bergfeld, 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.

## ◆ 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.