EQUINOX

EAST 85TH 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

6:45-7:35 MS *	MetCon Monday *Diane LaVon*
7:15-8:00 YS *	Pilates Mat *Erin Giordano*
8:00-8:50 MS *	Stronger *Shannon Kronstadt*
8:15-9:00 YS *	True Barre *Erin Giordano*
9:15-10:00 MS *	Body Sculpt *Nicole Uribarri*
9:30-10:30 YS *	Vinyasa Yoga *Mary Horne*
10:00-10:45 CS *	Beats Ride *Mario Martinez*
11:00-11:45 YS *	Re-formation Pilates *Zach Bergfelt*
12:15-1:00 YS *	True Barre *Carolina Rivera*
4:30-5:15 YS *	True Barre *Arianna Dolan*
5:30-6:15 MS *	Best Butt Ever *Monique Alhaddad*
5:45-6:30 YS *	Power Vinyasa *Kristina Erikson*
6:00-6:50 TR *	Precision Run® *Anastasiia Gavriukhova*
6:15-7:00 CS *	Beats Ride *Marirose Aleardi*
6:30-7:15 MS *	Stacked *Chris Yeoh*
7:00-7:50 YS *	Pilates Rise *Kylie Treacy*
7:30-8:15 MS *	Cardio Dance: 305 Dance *Marielle A*

TUESDAY

6:15-7:00 YS *	Pilates Fusion *Adele Carlson*
6:30-7:15 CS *	Beats Ride *Chelsea Amengual*
6:30-7:15 MS *	Stronger *Vincent Ruiz*
7:15-8:05 YS *	True Barre *Erika Spondike*
8:00-8:45 MS *	Cardio Sculpt *Jeff Robinson*
8:15-9:05 TR *	Precision Run + Strength *Shaun Anthony*
8:30-9:15 YS *	Pilates Mat *Gabrielle Marino*
9:15-10:05 MS *	MetCon3 *Shaun Anthony*
9:30-10:15 YS *	True Barre *Mel Gallo*
10:30-11:15 MS *	Body Sculpt *Molly Mook*
10:45-11:30 YS *	Pilates Mat *Mia Wenger*
12:00-1:00 YS *	Yin Yoga Meditation *Mary Aranas*
4:30-5:15 YS *	Pilates Mat *Erin Ginn*
5:15-6:00 MS *	Leg Day *Emily Comerford*
5:30-6:15 YS *	True Barre *Brian Slaman*
6:15-7:15 CS *	Beats Ride 60 *Jason Strong*
6:15-7:00 MS *	Core6 *Emily Comerford*
6:30-7:30 YS *	Vinyasa Yoga *Lauren Harris*
7:45-8:30 YS *	Sonic Meditation *Dorian Shorts*

WEDNESDAY

6:15-7:00 CS *	Beats Ride *Shweky*
6:45-7:30 MS *	**Athletic Conditioning** ***Lauren Anthony***
7:00-7:45 YS *	Pilates Fusion *Mia Wenger*
7:30-8:20 TR *	Precision Run® *Shweky*
8:00-8:45 MS *	Best Butt Ever *Carolann Valentino*
8:15-9:00 YS *	True Barre *Pavee Kwun*
9:15-10:05 MS *	Stronger *Monique Alhaddad*
9:30-10:30 YS *	Vinyasa Yoga *Josh Mathew-Meier*
11:00-11:45 YS *	True Barre *James Ervin*
12:15-1:00 MS *	Body Sculpt *Molly Mook*
12:15-1:00 YS *	Pilates Mat *Alison Mathis*
4:30-5:15 YS *	Pilates at the Barre *Mia Wenger*
4:45-5:35 TR *	Precision Walk: Elevate *Margaret Schwarz*
5:30-6:15 MS *	MetCon3 *Bella Preneta*
5:45-6:30 YS *	Vinyasa Yoga *Margaret Schwarz*
6:15-7:00 CS *	Beats Ride *Leah Clark*
6:30-7:20 MS *	Stronger *Carolann Valentino*
7:00-7:45 YS *	True Barre *Lindsey Miller*

THURSDAY

6:15-7:00 YS *	True Barre *Marina Colonna*
6:30-7:15 CS *	Beats Ride *D Gunnz*
6:30-7:15 MS *	Stacked *Eddie Carrington*
7:15-8:00 YS *	Vinyasa Yoga *Margaret Schwarz*
8:00-8:45 MS *	Rounds: Pro *CJ Reyes*
8:15-9:05 TR *	Precision Walk: Elevate *Miriam Shestack*
8:30-9:15 YS *	True Barre *Sarah Marchetti Gleim*
9:15-10:00 MS *	Body Sculpt *Mel Gallo*
9:30-10:15 YS *	Pilates Fusion *Sarah Marchetti Gleim*
10:30-11:15 MS *	Cardio Dance: 305 Dance *Katie Lakotko*
10:45-11:45 YS *	Sculpted Yoga™ *Lindsey Miller*
12:00-12:50 YS *	True Barre *Lindsey Miller*
4:30-5:15 YS *	Barefoot Sculpt *Mel Gallo*
5:15-6:05 MS *	Stronger *Diego Guevara*
5:30-6:15 YS *	Pilates Mat *Kylie Treacy*
6:15-7:00 CS *	Beats Ride *Nora Herbstman*
6:15-7:00 MS *	Leg Day *Shannon Kronstadt*
6:30-7:30 YS *	Sculpted Yoga™ *Izzy VanHall*

FRIDAY

7:00-7:50 CS *	Precision Ride *Chelsea Amengual*
7:15-8:00 YS *	Barefoot Sculpt: The Ring *Sammy Tuchman*
7:30-8:00 TR *	Precision Run 30 *Robert Burke*
8:00-8:45 MS *	Cardio Sculpt *Mel Gallo*
8:45-9:00 MS *	Best Abs Ever *Mel Gallo*
9:00-9:45 YS *	Pilates at the Barre *Deena Parrilla*
9:15-10:05 MS *	Stronger *Diego Guevara*
10:00-10:45 CS *	Beats Ride *Zach Williams*
10:45-11:30 YS *	Pilates Fusion *Mia Wenger*
12:15-1:00 MS *	Body Sculpt *Mel Gallo*
12:15-1:00 YS *	Pilates at the Barre *Mia Wenger*
4:30-5:20 YS *	Pilates Rise *Toni Fuller*
5:15-6:00 MS *	**Stronger** ***KaRa Dizon***
6:00-6:45 YS *	Slow Flow Yoga *Jessica Metz*
7:00-7:45 YS *	**Sonic Meditation** ***Lindsey Miller***

SATURDAY

8:00-8:45 CS *	Beats Ride *D Gunnz*
8:30-9:15 MS *	Cardio Sculpt *Stephanie Levinson*
9:00-9:50 YS *	Vinyasa Yoga *Stephie Maravankin*
9:45-10:30 MS *	MetCon3 *Patrick Flannery*
10:00-10:45 CS *	Beats Ride *Shweky*
10:15-11:00 YS *	True Barre: Bala Bangle *Pam Nahal*
10:45-11:30 MS *	Ballet by Equinox x ABT *Zach Williams*
11:15-12:00 YS *	Barefoot Sculpt: The Ring *Pam Nahal*
11:30-12:20 TR *	Precision Run® *Shaun Anthony*
12:15-1:00 YS *	Pilates Mat *Adele Carlson*
12:30-1:15 MS *	Circuit Training *Shaun Anthony*
1:30-2:20 MS *	Stronger *Shaun Anthony*
2:45-3:30 YS *	Pilates Fusion *Jennifer Herrera*
4:00-4:45 YS *	Sonic Meditation *Jennifer Herrera*

SUNDAY

8:30-9:15 MS *	Rounds: Boxing *Ronnie Love*
9:00-9:50 YS *	Pilates at the Barre *Kevin VerEecke*
9:45-10:30 MS *	Body Sculpt *Vanita Iyer*
10:15-11:00 YS *	Pilates Fusion *Adele Carlson*
10:45-11:30 MS *	Cardio Dance: Zumba® *Khalia Frazier*
11:00-11:45 CS *	Beats Ride *D Gunnz*
11:30-12:20 TR *	Precision Walk: Elevate *Lisa Raphael*
12:00-1:00 YS *	Vinyasa Yoga *Kristina Erikson*
1:30-2:15 YS *	Pilates Mat *Jen Tarentino*
2:30-3:20 MS *	Stronger *Monique Alhaddad*
2:45-3:30 YS *	True Barre *Mary Ann Massa*
3:30-4:15 MS *	Best Stretch Ever *Monique Alhaddad*
4:00-5:00 YS *	Yin Yoga *Jane Johnsen*

VISIT 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

carolina.riveramoreno@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.

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.

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.

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.

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.

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.

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 30 An express version of our signature interval-based treadmill program, created by running expert, David Siik. Perfectly balanced speeds and inclines will have you crushing goals while having fun. An Equinox exclusive, welcome to the express lane. Bring headphones.
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.

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, 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.

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.

Sculpt

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