

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:30 MS * Stronger Robert Burke	6:45-7:35 CS * Precision Ride Avery Washington	6:45-7:30 MS * Athletic Conditioning Scott Gervais	6:45-7:30 CS * Beats Ride Leah Clark	7:15-8:15 YS * Ashtanga Yoga Dylan Evans	8:00-9:00 YS * Vinyasa Yoga Caitlyn Casson	8:30-9:15 YS * Pilates Mat Caroline Strong
7:00-8:00 YS * Vinyasa Yoga Dana Slamp	7:00-7:45 YS * Barre Diane LaVon	7:00-8:00 YS * Sculpted Yoga™ Jessica Chin	7:00-7:45 YS * Pilates Mat Caroline Strong	7:30-8:15 BR * Rounds: Boxing Champ Parris	9:00-9:45 MS * Athletic Conditioning Garry Baddal	8:45-9:35 TR * Precision Walk: Elevate Lisa Raphael
7:30-8:15 BR * Rounds: Bags and Mitts Khaled Zeidan	7:30-8:15 MS * MetCon3 Allison Rowland	7:30-8:15 BR * Rounds: Boxing Alexei Kuznietsov	7:30-8:15 MS * Athletic Conditioning Katie Mattar	8:30-9:15 MS * Stronger Robert Burke	9:15-10:00 YS * Barre Richel Ruiz	9:30-10:15 YS * Vinyasa Yoga Dylan Evans
8:15-9:05 YS * Pilates Rise Diane LaVon	8:30-9:15 MS * Off the Barre Alyssa Samoff	8:15-9:00 YS * True Barre Genieve Gordon	8:30-9:15 MS * True Barre: Off the Barre Caroline Strong	9:15-10:05 YS * True Barre Kevin VerEecke	9:30-10:15 CS * Beats Ride D Gunnz	10:00-10:45 PD * Hydro Sculpt Lisa Raphael
8:30-9:15 MS * Cardio Sculpt Stephanie Levinson	8:45-9:45 YS * Vinyasa Yoga Karen Hyland Monteith	8:30-9:15 MS * Stronger Denay Rogers	8:45-9:45 YS * Vinyasa Yoga Robert Nguyen	9:30-10:15 MS * Cardio Sculpt Stephanie Levinson	9:45-10:30 TR * Precision Run® Waz Ashayer	10:15-11:00 MS * Cardio Sculpt Stephanie Levinson
9:15-10:05 YS * True Barre Mel Gallo	9:30-10:15 MS * Body Sculpt Nicky Venditti	9:15-10:05 YS * Pilates Rise Genieve Gordon	9:30-10:15 MS * Body Sculpt Monique Dash	10:00-11:00 PD * Hydro Sculpt Torello Cabrol	10:00-10:45 MS * Stronger Stephen Bel Davies	10:30-11:15 BR * Rounds: Boxing Delida Torres
9:30-10:15 MS * Best Stretch Ever Rika Henry	10:00-10:45 PD * Hydro Sculpt Allison Rowland	9:30-10:15 MS * Cardio Sculpt Stephanie Levinson	10:00-10:45 PD * Hydro Sculpt Erwin Gonzalez	10:30-11:30 YS * Gentle Yoga Robert Nguyen	10:00-10:45 PD * Hydro Sculpt Torello Cabrol	10:45-11:35 YS * True Barre Kevin VerEecke
10:30-11:15 YS * Pilates Mat Itsy Rachatasumrit	10:30-11:20 Strength Shaun Anthony	10:30-11:30 YS * Gentle Yoga Robert Nguyen	10:45-11:30 YS * Barre Sarah Marchetti Gleim	12:15-1:05 YS * Pilates Rise Ross Daniel	10:15-11:00 YS * Pilates Mat Erin Ginn	11:00-11:45 CS * Beats Ride Zach Williams
12:00-1:00 PD * Swim: Pro Margaret Schwarz	10:45-11:30 YS * Pilates Mat Andy Santana	12:00-1:00 PD * Swim: Pro Margaret Schwarz	12:00-1:00 YS * Yin Yoga Kelly Raspberry	12:30-1:20 MS * 360 Strength Alyssa Cerrachio	10:45-11:30 BR * Rounds: Boxing Alexei Kuznietsov	11:15-12:00 Cardio Dance: 305 Dance JJ Montell
12:15-1:00 YS * Barre Richel Ruiz	12:00-1:00 YS * Slow Flow Yoga Rose Firouzbakht	12:15-1:00 YS * Pilates Mat Erin Ginn	12:15-1:00 BR * Rounds: Boxing Jermaine Bailey	4:00-4:45 MS * Stronger Sara Deberry	11:15-12:05 MS * MetCon3 Waz Ashayer	12:00-1:00 YS * Vinyasa Yoga Jamison Goodnight
12:30-1:15 MS * Best Butt Ever Eddie Carrington	12:15-1:00 BR * Rounds: Boxing Jermaine Bailey	12:30-1:15 MS * Best Butt Ever Natasha Ross	5:00-6:00 PD * Swim: Skills + Drills Caleb Bright	5:00-5:45 CS * Beats Ride D Gunnz	12:00-1:00 YS * Vinyasa Yoga Jessica Chin	1:00-1:30 YS * Meditation Jamison Goodnight
4:00-5:00 YS * Yin Yoga Kelly Raspberry	5:00-6:00 PD * Swim: Pro Caleb Bright	4:00-5:00 YS * Vinyasa Yoga Johan Montijano	5:30-6:15 YS * Pilates Mat Erin Ginn	5:45-6:45 YS * Vinyasa Yoga Suzanne Taylor	1:15-2:00 YS * Sonic Meditation Jessica Chin	2:30-3:20 YS * Pilates Rise Lucas Blankenhorn
5:30-6:15 MS * True Barre: Off the Barre Carolina Rivera	5:30-6:30 YS * Power Vinyasa Babette Godefroy	5:30-6:15 YS * True Barre Elizabeth Portnoy	6:00-6:50 MS * MetCon3 Pamela Trujillo		2:30-3:15 YS * Barre Monica Colino	5:00-6:00 YS * Vinyasa Yoga Erica Mather
6:00-6:45 BR * Rounds: Boxing Justin Walker	6:00-6:50 MS * 360 Strength Dario Torres	6:00-6:45 CS * Beats Ride D Gunnz	6:15-7:00 CS * Beats Ride Mario Martinez			
6:00-6:45 CS * Beats Ride Shweky	6:15-7:00 BR * Rounds: Pro Jermaine Bailey	6:15-7:05 TR * Precision Run® Christina Lee	6:45-7:45 YS * Vinyasa Yoga Dana Slamp			
6:15-7:05 TR * Precision Run® Mia Wenger	6:15-7:00 CS * Beats Ride Alfonso Alchaer	6:30-7:15 BR * Rounds: Boxing Yohancé Primus	7:00-7:45 BR * Rounds: Boxing Christian Reyes			
6:30-7:20 MS * MetCon Monday Waz Ashayer	6:45-7:35 YS * Pilates Rise Ross Daniel	6:30-7:20 MS * Stronger Rob Lavecchia				
7:00-8:00 YS * Vinyasa Yoga Kristina Erikson	7:15-8:00 Cardio Dance: 305 Dance JJ Montell	7:00-8:00 YS * Vinyasa Yoga Juan Gamboa				
8:00-8:30 YS * Meditation Kristina Erikson	MS *					

EQUINOX

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MON-THU 05:30 AM 11:00 PM

FRI 05:30 AM 10:00 PM

SAT-SUN 07:00 AM 08:00 PM

GROUP FITNESS MANAGER

waz.ashayer@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

BR Boxing Studio

PD Pool Deck

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.

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

Ashtanga Yoga Developed by K. Pattabhi Jois, this challenging class integrates breath with a specific sequence of poses designed to focus and build strength.

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.

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.



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.

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.



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.

Off the Barre This off-the-barre class incorporates a continuous series of contemporary exercises. 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: Off the Barre This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.



Pilates

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.



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.



Boxing

Rounds: Bags and Mitts Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in authentic boxing drills as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

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.



Swim

Hydro Sculpt A head above water, non-stop full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with programming that is gain without pain. Swim cap required.

Swim: Pro Test your limits in an intermediate/advanced team-based swim class. Train all 4 strokes like a pro, focusing on technique, form, and stamina. Must be able to swim 100 yards continuously. Swim cap and goggles required.

Swim: Skills + Drills Build upon your freestyle as you learn new skills, drills and strokes. Must be able to swim 25 yds continuous. An Equinox exclusive. Swim cap and goggles are required.



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.

Meditation Turn your senses inward to transform your state in real time. Own the stillness of the moment as you cycle through focused breath work and guided observation of body and mind.

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

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

360 Strength Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, ViPR, and dynamic full-body exercises. An Equinox exclusive.

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.