

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:30 MS * Stronger Robert Burke	6:45-7:30 CS * <b>Beats Ride</b> <b>Avery Washington</b>	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 * True 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 Smita Nalluri	8:30-9:15 MS * Stronger Robert Burke	9:15-10:00 YS * True Barre Richel Ruiz	9:30-10:15 YS * Vinyasa Yoga Dylan Evans
8:15-9:05 YS * Pilates Fusion Diane LaVon	8:30-9:15 MS * True Barre: Off the Barre Alyssa Samoff	8:15-9:00 YS * True Barre Genieve Gordon	8:30-9:15 MS * True Barre: Off the Barre Alexis Campbell	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	8:45-9:30 YS * Vinyasa Yoga Karen Hyland Monteith	8:30-9:15 MS * <b>Stacked</b> <b>Allie Taylor Mannle</b>	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 Allie Taylor Mannle	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	10:45-11:30 YS * Pilates Fusion Andy Santana	9:45-10:30 CS * <b>Anthem Ride</b> <b>Allie Taylor Mannle</b>	10:45-11:30 YS * True 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 Brad Cole	11:45-12:30 MS * <b>Cardio Dance: 305 Dance</b> <b>JJ Montell</b>	10:30-11:30 YS * Gentle Yoga Robert Nguyen	12:00-1:00 YS * Yin Yoga Kelly Raspberry	12:30-1:15 MS * Core6 Alyssa Cerrachio	10:45-11:30 BR * Rounds: Boxing Alexei Kuznietsov	11:15-12:00 MS * Cardio Dance: 305 Dance JJ Montell
12:15-1:00 YS * <b>Barefoot Sculpt</b> <b>Richel Ruiz</b>	12:00-1:00 YS * Slow Flow Yoga Rose Firouzbakht	12:00-1:00 PD * Swim: Pro Brad Cole	12:15-1:00 BR * Rounds: Boxing Jermaine Bailey	5:15-6:00 CS * <b>Beats Ride</b> <b>D Gunnz</b>	11:15-12:05 MS * MetCon3 Waz Ashayer	12:00-1:00 YS * Vinyasa Yoga Jamison Goodnight
4:00-5:00 YS * Yin Yoga Kelly Raspberry	12:15-1:00 BR * Rounds: Boxing Jermaine Bailey	12:15-1:00 YS * Pilates Mat Erin Ginn	1:15-2:00 YS * <b>Barefoot Sculpt</b> <b>Allie Taylor Mannle</b>	5:45-6:45 YS * Vinyasa Yoga Lori Brungard	12:00-1:00 YS * Vinyasa Yoga Jessica Chin	1:00-1:30 YS * Meditation Jamison Goodnight
5:30-6:15 MS * True Barre: Off the Barre Carolina Rivera	1:15-2:00 YS * Re-formation Pilates Zach Bergfelt	12:30-1:15 MS * <b>Stronger</b> <b>Natasha Ross</b>	5:00-6:00 PD * Swim: Skills + Drills Jasper Jurman		1:15-2:00 YS * Sonic Meditation Jessica Chin	2:30-3:20 YS * Pilates Rise Lucas Blankenhorn
6:00-6:45 BR * Rounds: Boxing Justin Walker	5:00-6:00 PD * Swim: Pro Brad Cole	4:00-5:00 YS * Vinyasa Yoga Johan Montijano	5:30-6:15 YS * Pilates Mat Erin Ginn		2:30-3:15 YS * True Barre Monica Colino	5:00-6:00 YS * Vinyasa Yoga Erica Mather
6:00-6:45 CS * Beats Ride Shweky	5:30-6:30 YS * Power Vinyasa Kristina Erikson	5:30-6:15 YS * True Barre Elizabeth Portnoy	6:00-6:45 MS * Athletic Conditioning Orli Levitt			
6:15-7:05 TR * Precision Run® Mia Wenger	6:00-6:45 MS * Core6 Dario Torres	6:00-6:45 CS * Beats Ride D Gunnz	6:15-7:00 CS * Beats Ride Mario Martinez			
6:30-7:15 MS * MetCon Monday Allie Taylor Mannle	6:15-7:00 BR * Rounds: Bags and Mitts Jermaine Bailey	6:15-7:05 TR * Precision Run® Christina Lee	6:45-7:45 YS * Vinyasa Yoga Dana Slamp			
7:00-8:00 YS * Vinyasa Yoga Kristina Erikson	6:45-7:30 YS * Pilates Fusion Kat Steers	6:30-7:15 BR * Rounds: Boxing Yohancé Primus	7:00-7:45 BR * Rounds: Boxing Christian Reyes			
8:00-8:30 YS * Meditation Kristina Erikson		6:30-7:20 MS * Stronger Rob Lavecchia				
		7:00-8:00 YS * Vinyasa Yoga Juan Gamboa				

# EQUINOX

## EAST 63RD STREET

817 Lexington Avenue

NEW YORK NY 10065

EQUINOX.COM

@EQUINOX

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

allie.mannle@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

**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.



## Running

**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.

**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 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.



## 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: 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 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.

**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

**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.



## 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

**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

**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.