

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:30 MS * Core6 <i>Robert Burke</i>	6:45-7:30 CS * Beats Ride <i>Avery Washington</i>	6:45-7:30 MS * Athletic Conditioning <i>Scott Gervais</i>	6:45-7:30 CS * Beats Ride <i>Leah Clark</i>	7:15-8:15 YS * Ashtanga Yoga <i>Dylan Evans</i>	8:00-9:00 YS * Vinyasa Yoga <i>Caitlyn Casson</i>	8:30-9:15 YS * Pilates Mat <i>Caroline Strong</i>
7:00-8:00 YS * Vinyasa Yoga <i>Dana Slamp</i>	7:00-7:45 YS * True Barre <i>Diane LaVon</i>	7:00-8:00 YS * Sculpted Yoga™ <i>Jessica Chin</i>	7:00-7:45 YS * Pilates Mat <i>Caroline Strong</i>	7:30-8:15 BR * Rounds: Boxing <i>Champ Parris</i>	9:00-9:45 MS * Body Sculpt <i>Garry Baddal</i>	8:45-9:35 TR * Precision Walk: Elevate <i>Lisa Raphael</i>
7:30-8:15 BR * Rounds: Bags and Mitts <i>Khaled Zeidan</i>	7:30-8:15 MS * MetCon3 <i>Allison Rowland</i>	7:30-8:15 BR * Rounds: Boxing <i>Alexei Kuznietsov</i>	7:30-8:15 MS * Athletic Conditioning <i>Katie Mattar</i>	8:30-9:15 MS * Stronger <i>Robert Burke</i>	9:15-10:00 YS * True Barre <i>Allie Taylor Mannle</i>	9:30-10:15 YS * Vinyasa Yoga <i>Dylan Evans</i>
8:15-9:00 MS * MetCon Monday <i>Stephanie Levinson</i>	8:30-9:15 MS * True Barre: Bala Bangle <i>Alyssa Samoff</i>	8:15-9:00 MS * Stacked <i>Allie Taylor Mannle</i>	8:30-9:15 MS * True Barre: Bala Bangle <i>Alexis Campbell</i>	8:30-9:15 YS * Pilates Mat <i>Sammy Tuchman</i>	9:30-10:15 CS * Beats Ride <i>D Gunnz</i>	10:00-10:45 PD * Hydro Sculpt <i>Lisa Raphael</i>
8:15-9:05 YS * Pilates at the Barre <i>Diane LaVon</i>	8:45-9:30 YS * Pilates Fusion <i>Karen Hyland Monteith</i>	8:15-9:00 YS * Barefoot Sculpt <i>Genieve Gordon</i>	8:45-9:45 YS * Slow Flow Yoga <i>Robert Nguyen</i>	9:30-10:15 MS * Cardio Sculpt <i>Stephanie Levinson</i>	9:45-10:30 TR * Precision Run® <i>Waz Ashayer</i>	10:15-11:00 MS * Cardio Sculpt <i>Stephanie Levinson</i>
9:15-10:00 MS * True Barre: Off the Barre <i>Allie Taylor Mannle</i>	9:30-10:15 MS * Body Sculpt <i>Nicky Venditti</i>	9:15-10:05 YS * Pilates Rise <i>Genieve Gordon</i>	9:30-10:15 MS * Body Sculpt <i>Monique Dash</i>	9:30-10:15 YS * True Barre <i>Kevin VerEecke</i>	10:00-10:45 MS * Stronger <i>Stephen Bel Davies</i>	10:30-11:15 MS * Rounds: Boxing <i>Delida Torres</i>
10:30-11:15 YS * Pilates Mat <i>Itsy Rachatasumrit</i>	10:00-10:45 PD * Hydro Sculpt <i>Allison Rowland</i>	9:30-10:15 MS * Cardio Sculpt <i>Stephanie Levinson</i>	10:00-10:45 PD * Hydro Sculpt <i>Erwin Gonzalez</i>	10:00-11:00 PD * Hydro Sculpt <i>Torello Cabrol</i>	10:00-10:45 PD * Hydro Sculpt <i>Torello Cabrol</i>	10:45-11:35 YS * True Barre <i>Kevin VerEecke</i>
10:45-11:30 MS * Rhythmic Sculpt <i>Nicky Venditti</i>	10:45-11:30 YS * True Barre <i>Andrea Salazar Martinez</i>	9:45-10:30 CS * Beats Ride <i>Allie Taylor Mannle</i>	10:45-11:30 YS * True Barre <i>Sarah Marchetti Gleim</i>	10:30-11:30 YS * Gentle Yoga <i>Robert Nguyen</i>	10:15-11:00 YS * Pilates Mat <i>Erin Ginn</i>	11:00-11:45 CS * Beats Ride <i>Jamal</i>
12:00-1:00 PD * Swim: Pro <i>Brad Cole</i>	11:00-11:45 MS * Cardio Dance: 305 Dance <i>JJ Montell</i>	10:30-11:30 YS * Gentle Yoga <i>Robert Nguyen</i>	11:45-12:30 YS * Re-formation Pilates <i>Zach Bergfelt</i>	12:15-1:05 YS * Pilates Rise <i>Ross Daniel</i>	10:45-11:30 BR * Rounds: Boxing <i>Alexei Kuznietsov</i>	11:15-12:00 MS * Cardio Dance: 305 Dance <i>JJ Montell</i>
12:15-1:00 YS * Barefoot Sculpt <i>Team Equinox</i>	12:00-1:00 YS * Vinyasa Yoga <i>Stephanie Schwartz</i>	12:00-1:00 PD * Swim: Pro <i>Brad Cole</i>	12:15-1:00 BR * Rounds: Boxing <i>Jermaine Bailey</i>	12:30-1:15 MS * Stacked <i>Alyssa Cerrachio</i>	11:15-12:05 MS * MetCon3 <i>Waz Ashayer</i>	12:00-1:00 YS * Vinyasa Yoga <i>Jamison Goodnight</i>
4:00-5:00 YS * Yin Yoga <i>Kelly Raspberry</i>	12:15-1:00 BR * Rounds: Boxing <i>Jermaine Bailey</i>	12:15-1:00 YS * Pilates Mat <i>Erin Ginn</i>	1:15-2:00 YS * Barefoot Sculpt <i>Allie Taylor Mannle</i>	4:00-4:45 YS * Barefoot Sculpt <i>Elise Shim</i>	12:00-1:00 YS * Vinyasa Yoga <i>Jessica Chin</i>	1:00-1:30 YS * Meditation <i>Jamison Goodnight</i>
5:30-6:15 MS * True Barre: Bala Bangle <i>Bella Merritt</i>	1:15-2:00 YS * Pilates Fusion <i>Isabella Baklayan</i>	12:30-1:15 MS * Stronger <i>Natasha Ross</i>	4:00-4:45 YS * Pilates Fusion <i>Sammy Tuchman</i>	5:30-6:15 CS * Beats Ride <i>D Gunnz</i>	1:15-2:00 YS * Sonic Meditation <i>Jessica Chin</i>	2:30-3:15 YS * Pilates Fusion <i>Caitlin Potosnak Boe</i>
6:00-6:45 BR * Rounds: Boxing <i>Justin Walker</i>	4:00-4:45 YS * Pilates Mat <i>Miriam Shestack</i>	4:00-5:00 YS * Vinyasa Yoga <i>Johan Montijano</i>	5:00-6:00 PD * Swim: Skills + Drills <i>Jasper Jurman</i>	5:45-6:45 YS * Vinyasa Yoga <i>Lori Brungard</i>	3:00-3:45 YS * True Barre <i>Team Equinox</i>	5:00-6:00 YS * Vinyasa Yoga <i>Erica Mather</i>
6:00-6:45 YS * Pilates Mat <i>Mia Wenger</i>	5:00-6:00 PD * Swim: Pro <i>Brad Cole</i>	5:30-6:15 YS * True Barre <i>Elizabeth Portnoy</i>	5:30-6:15 YS * Pilates Mat <i>Erin Ginn</i>			
6:30-7:15 MS * MetCon Monday <i>Smita Nalluri</i>	5:30-6:30 YS * Power Vinyasa <i>Kristina Erikson</i>	6:00-6:45 CS * Beats Ride <i>D Gunnz</i>	6:00-6:45 MS * 360 Strength <i>CJ Reyes</i>			
7:00-8:00 YS * Vinyasa Yoga <i>Kristina Erikson</i>	6:00-6:45 MS * Core6 <i>Dario Torres</i>	6:15-7:05 TR * Precision Run® <i>Christina Lee</i>	6:15-7:00 CS * Beats Ride <i>Serena DiLiberto</i>			
8:00-8:30 YS * Meditation <i>Kristina Erikson</i>	6:15-7:00 BR * Rounds: Bags and Mitts <i>Jermaine Bailey</i>	6:30-7:15 BR * Rounds: Boxing <i>Yohancé Primus</i>	6:45-7:45 YS * Vinyasa Yoga <i>Dana Slamp</i>			
	6:45-7:30 YS * Pilates Fusion <i>Kat Steers</i>	6:30-7:20 MS * Stronger <i>Rob Lavecchia</i>	7:00-7:45 BR * Rounds: Boxing <i>CJ Reyes</i>			
		7:00-8:00 YS * Vinyasa Yoga <i>Juan Gamboa</i>				

# 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**

**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, 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.

## **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.

**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.

**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.

## **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**

**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.

**Rhythmic Sculpt** Move to the beat in this dynamic Sculpt class that keeps you moving in steady, light-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**

**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.

**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.