

EQUNOX

EAST 54TH 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
6:45-7:30 Kickbox Burn MS * <i>Akin</i>	6:45-7:30 Pilates Fusion YS * <i>Lipe</i>	6:45-7:30 Stronger MS * <i>Peyton Royal</i>	6:45-7:30 Cardio Sculpt MS * <i>Melissa Bimbaum</i>	6:45-7:30 Beats Ride CS * <i>D Gunrz</i>	8:30-9:15 True Barre: Off the Barre MS * <i>Erin Monteleone</i>	8:30-9:15 Core6 MS * <i>Robert Burke</i>
7:00-7:45 True Barre: Off the Barre YS * <i>Joan Ferraro</i>	7:00-7:50 Precision Run® TR * <i>Steve Mitchell</i>	7:00-7:50 Beats Ride CS * <i>Serena DiLiberto</i>	7:00-7:45 Pilates Mat YS * <i>Lillian Gering</i>	7:00-7:45 True Barre: Bala Bangle Ellen Mihalick	9:00-9:50 Pilates Rise YS * <i>Pam Nahal</i>	
7:30-8:20 Beats Ride CS * <i>Serena DiLiberto</i>	7:45-8:35 Beats Ride CS * <i>Brett Gordon</i>	7:15-8:00 True Barre: Off the Barre YS * <i>Pam Nahal</i>	7:45-8:35 Beats Ride CS * <i>Matt Stevenson</i>	7:00-7:50 Precision Run® TR * <i>Cooper Chou</i>	9:30-10:20 Stronger MS * <i>Ara Sussmann</i>	
8:00-8:45 Pilates Fusion YS * <i>Joan Ferraro</i>	8:15-9:00 True Barre: Off the Barre YS * <i>Diane LaVon</i>	7:45-8:30 Core6 MS * <i>Peyton Royal</i>	8:00-8:45 True Barre: Bala Bangle Lucas Blankenhorn	7:15-8:00 Pilates Fusion YS * <i>Genieve Gordon</i>	10:00-10:45 Beats Ride CS * <i>Zach Schanne</i>	
8:15-9:00 Body Sculpt MS * <i>Miriam Shestack</i>	8:30-9:15 Stronger MS * <i>Allie Taylor Mannie</i>	8:15-9:00 Barefoot Sculpt YS * <i>Stephen Bel Davies</i>	12:00-1:00 Vinyasa Yoga YS * <i>Ana Sussmann</i>	8:00-8:45 Stronger MS * <i>Jacques Delaugere</i>	9:45-10:30 Beats Ride CS * <i>Serena DiLiberto</i>	
9:30-10:15 True Barre YS * <i>Brian Slaman</i>	9:30-10:20 Sculpted Yoga™ Lipe	9:30-10:20 Sculpted Yoga™ Lipe	12:30-1:15 Rhythmic Sculpt Joan Ferraro	9:00-9:50 True Barre: Off the Barre YS * <i>Alison O'Connor</i>	10:15-11:15 Vinyasa Yoga YS * <i>Lauren Solomon</i>	10:45-11:35 Cardio Dance MS * <i>Joshua Beaver</i>
12:00-12:45 True Barre: Off the Barre YS * <i>Cindya Davis</i>	12:00-12:45 True Barre: Off the Barre YS * <i>Joan Ferraro</i>	12:15-1:05 Pilates Rise MS * <i>Miriam Shestack</i>	5:00-5:45 Barefoot Sculpt YS * <i>Carolina Rivera</i>	12:15-1:15 Power Vinyasa YS * <i>Alison O'Connor</i>	11:30-12:15 Shadow-Do MS * <i>Steve Feinberg</i>	11:45-12:45 Vinyasa Yoga YS * <i>Alyssa Sarnoff</i>
12:30-1:15 Rhythmic Sculpt MS * <i>Diane LaVon</i>	12:30-1:15 Body Sculpt Monique Dash	12:30-1:30 Power Vinyasa YS * <i>Josh Mathew-Meier</i>	5:15-6:00 Beats Ride CS * <i>Lucas Blankenhorn</i>	1:30-2:15 Pilates Mat YS * <i>Lucas Blankenhorn</i>	12:15-1:00 True Barre: Off the Barre YS * <i>Carolina Rivera</i>	1:00-2:00 Sculpted Yoga™ Alyssa Sarnoff
5:15-6:00 Pilates Mat YS * <i>Erin Ginn</i>	5:15-6:00 True Barre: Off the Barre YS * <i>Alyssa Sarnoff</i>	5:15-6:00 True Barre: Off the Barre YS * <i>Sarah Marchetti Gleim</i>	5:30-6:15 360 Strength MS * <i>Miriam Shestack</i>	5:15-6:00 Vinyasa Yoga YS * <i>Suzanne Taylor</i>	1:15-2:05 Pilates Rise YS * <i>Erin Monteleone</i>	1:15-2:00 Stacked MS * <i>Zach Schanne</i>
5:30-6:15 Stronger MS * <i>Lauren Anthony</i>	5:30-6:15 Stacked MS * <i>Jeff Robinson</i>	6:00-6:45 Stronger MS * <i>Emily Comerford</i>	6:15-7:00 Pilates Fusion YS * <i>Lucas Blankenhorn</i>	5:30-6:20 Feel Good Friday: Miriam Shestack	2:15-3:00 True Barre: Off the Barre YS * <i>Paige Bodnar</i>	2:15-3:00 True Barre: Off the Barre MS * <i>Rosie Fiedelman</i>
6:15-7:00 True Barre: Off the Barre YS * <i>Erin Monteleone</i>	6:15-7:15 Vinyasa Yoga YS * <i>Alyssa Sarnoff</i>	6:15-7:05 Pilates Rise YS * <i>Sarah Marchetti Gleim</i>	6:30-7:15 MetCon3 MS * <i>Miriam Shestack</i>	6:15-7:00 Sonic Meditation YS * <i>Suzanne Taylor</i>	2:15-3:00 Pilates Mat MS * <i>Alexei Kuznetsov</i>	
6:30-7:15 Athletic Conditioning MS * <i>Lauren Anthony</i>	6:30-7:20 Body Sculpt MS * <i>Jeff Robinson</i>	6:30-7:20 Anthem Ride CS * <i>Amy Chiu</i>	7:15-8:00 True Barre: Off the Barre YS * <i>Andrea Salazar Martinez</i>	6:30-7:20 Barefoot Sculpt MS * <i>Melinda Porto</i>		
6:45-7:30 Beats Ride CS * <i>Serena DiLiberto</i>	7:30-8:20 Pilates Mat YS * <i>Erin Giordano</i>	7:00-7:45 Shadow-Do YS * <i>Steve Feinberg</i>				
7:15-8:05 Power Vinyasa YS * <i>Sage Hall</i>	7:45-8:30 Cardio Dance MS * <i>Joshua Beaver</i>	7:30-8:20 Yin Yoga Meditation YS * <i>Jessica Metz</i>				

VISIT EQUINOX.COM OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

EQUINOX

EAST 54TH STREET

250 East 54th Street

NEW YORK NY 10022

EQUINOX.COM

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MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 08:00 PM

SAT-SUN 08:00 AM 07:00 PM

GROUP FITNESS MANAGER

matt.damico@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

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.

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.

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.

Weekend Wind Down Yoga A soothing yoga journey that uses extended postures and supportive props to fully reset body and mind. Move slowly, breathe deeply, and restore completely in this special weekend only class.

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.

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.

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.

Tabata Max Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

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

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.

Dance

Cardio Dance A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

Feel Good Friday: Cardio Dance Fridays are all about the "feels". Start your weekend with a feel-good dance class. A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations.

Boxing

Kickbox Burn Kickbox Burn, led by martial arts expert Akinwale, offers a fast and fun take on cardio kickboxing. From beginners to black belts, this class will guide you through precise movements and challenging combinations to train your body and mind together.

Shadow-Do Challenging combination of boxing and kung fu drills, set to fast-paced house and hip hop music. Created by career martial artist Steve Feinberg, this marriage of applicable combat skill and cardio exercise will keep you at your highest energy possible!

Regeneration

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

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.