

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

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FRI 05:30 AM 08:00 PM

SAT-SUN 08:00 AM 07:00 PM

GROUP FITNESS MANAGER

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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.