

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 CS * Beats Ride <i>Serena DiLiberto</i> 8:00-8:45 YS * Pilates Fusion <i>Joan Ferraro</i> 8:15-9:00 MS * MetCon Monday <i>Miriam Shestack</i> 9:30-10:15 YS * True Barre <i>Brian Slaman</i>  12:00-12:45 YS * True Barre: Off the Barre <i>Cindy Davis</i> 12:30-1:15 MS * Rhythmic Sculpt <i>Diane LaVon</i>  5:15-6:00 YS * Pilates Mat <i>Erin Ginn</i> 5:30-6:15 MS * Stronger <i>Matt Ortel</i> 6:15-7:00 YS * True Barre: Off the Barre <i>Erin Monteleone</i> 6:30-7:15 MS * Athletic Conditioning <i>Matt Ortel</i> 6:45-7:30 CS * Beats Ride <i>Serena DiLiberto</i> 7:15-8:05 YS * Power Vinyasa <i>Sage Hall</i>	6:45-7:30 MS * Pilates Fusion <i>Rachel Marchica</i> 7:00-7:50 TR * Precision Run® <i>Steve Mitchell</i> 7:00-8:00 YS * Vinyasa Yoga <i>Kavi Patel</i> 7:45-8:35 CS * Beats Ride <i>Brett Gordon</i> 8:15-9:00 YS * True Barre: Off the Barre <i>Diane LaVon</i> 8:30-9:15 MS * Stronger <i>Matt Ortel</i>  12:00-12:50 YS * True Barre: Off the Barre <i>Joan Ferraro</i> 12:30-1:15 MS * Body Sculpt <i>Monique Dash</i>  5:15-6:00 YS * True Barre: Off the Barre <i>Alyssa Sarnoff</i> 5:30-6:15 MS * Stacked <i>Jeff Robinson</i> 6:00-6:50 CS * Beats Ride <i>Jon Gluckner</i> 6:15-7:15 YS * Vinyasa Yoga <i>Alyssa Sarnoff</i> 6:30-7:20 MS * Body Sculpt <i>Jeff Robinson</i> 7:30-8:20 YS * Pilates Mat <i>Erin Giordano</i> 7:45-8:30 MS * Cardio Dance: Zumba® <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 YS * True Barre: Off the Barre <i>Pam Nahal</i> 7:45-8:30 MS * Stacked <i>Peyton Royal</i> 8:15-9:00 YS * Barefoot Sculpt <i>Stephen Bel Davies</i> 9:30-10:20 YS * Sculpted Yoga™ <i>Lipe</i>  12:15-1:05 YS * Pilates Rise <i>Pavee Kwun</i>  5:15-6:00 YS * True Barre: Off the Barre <i>Sarah Marchetti Gleim</i> 6:00-6:45 MS * Stronger <i>Emily Comerford</i> 6:15-7:05 YS * Pilates Rise <i>Sarah Marchetti Gleim</i> 6:30-7:20 CS * Anthem Ride <i>Amy Chiu</i> 7:00-7:45 MS * Shadow-Do <i>Steve Feinberg</i> 7:30-8:20 YS * Yin Yoga Meditation <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 CS * Beats Ride <i>Matt Stevenson</i> 8:00-8:45 YS * True Barre: Bala Bangle <i>Lucas Blankenhorn</i>  12:00-1:00 YS * Vinyasa Yoga <i>Ana Sussmann</i> 12:30-1:15 MS * Rhythmic Sculpt <i>Joan Ferraro</i>  5:00-5:45 YS * True Barre <i>Carolina Rivera</i> 5:15-6:00 CS * Beats Ride <i>Lucas Blankenhorn</i> 5:30-6:15 MS * 360 Strength <i>Miriam Shestack</i> 6:15-7:00 YS * Pilates Fusion <i>Lucas Blankenhorn</i> 6:30-7:15 MS * MetCon3 <i>Miriam Shestack</i> 7:15-8:00 YS * True Barre: Off the Barre <i>Nikki Rosenbloom</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 TR * Precision Run® <i>Cooper Chou</i> 7:15-8:00 YS * Barefoot Sculpt <i>Genieve Gordon</i> 8:00-8:45 MS * Stronger <i>Jacques Delaugere</i> 9:00-9:50 YS * True Barre: Off the Barre <i>Alison O'Connor</i>  12:15-1:15 YS * Power Vinyasa <i>Alison O'Connor</i> 1:30-2:15 YS * Pilates Mat <i>Lucas Blankenhorn</i>  5:15-6:15 YS * Vinyasa Yoga <i>Josh Mathew-Meier</i> 5:30-6:20 MS * Cardio Dance: Zumba® <i>Monique Alhaddad</i> 6:30-7:20 MS * Barefoot Sculpt <i>Rachel King</i> 6:30-7:15 YS * Sonic Meditation <i>Josh Mathew-Meier</i>	8:30-9:15 MS * True Barre: Off the Barre <i>Erin Monteleone</i> 8:45-9:45 YS * Weekend Wind Down Yoga <i>Ana Sussmann</i> 9:30-10:15 MS * Tabata Max <i>Zach Schanne</i> 9:45-10:30 CS * Beats Ride <i>Serena DiLiberto</i> 10:15-11:15 YS * Vinyasa Yoga <i>Robert Nguyen</i> 10:30-11:20 MS * Whipped! <i>Zach Schanne</i>  11:30-12:15 MS * Shadow-Do <i>Steve Feinberg</i> 12:15-1:00 YS * True Barre: Off the Barre <i>Carolina Rivera</i> 1:00-1:45 MS * 360 Strength <i>Jess Strohmyer</i> 1:15-2:00 YS * Pilates Fusion <i>Erin Monteleone</i>	9:00-9:50 YS * Pilates Rise <i>Pam Nahal</i> 9:30-10:20 MS * Stronger <i>Joshua Beaver</i> 10:00-10:45 CS * Beats Ride <i>Lucas Blankenhorn</i> 10:15-11:00 YS * True Barre: Off the Barre <i>Pam Nahal</i> 10:45-11:35 MS * Cardio Dance: Zumba® <i>Joshua Beaver</i>  11:45-12:45 YS * Vinyasa Yoga <i>Alyssa Sarnoff</i> 1:00-2:00 YS * Sculpted Yoga™ <i>Alyssa Sarnoff</i> 1:15-2:00 MS * Stacked <i>Zach Schanne</i> 2:15-3:00 MS * True Barre: Off the Barre <i>Paige Bodnar</i> 3:00-3:45 YS * Pilates Mat <i>Rosie Fiedelman</i>

# EQUINOX

## EAST 54TH STREET

250 East 54th Street

NEW YORK NY 10022

EQUINOX.COM

@EQUINOX

**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.

**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.

**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: Zumba®** A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.



## 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.