EQUINOX **EAST 54TH STREET**

November 2026 | SCHEDULE EFFECTIVE 11.01.26-11.30.26

KEY **Studio key on back**

Bold — New/Updated Class, Instructor, or Time

* — Advance sign-up required

MONDAY

6:45-7:30 MS * — MetCon Monday — *Avery Royal*
7:00-7:45 YS * — True Barre: Off the Barre — *Joan Ferraro*
7:30-8:15 CS * — Beats Ride — *Matt Stevenson*
8:00-8:45 YS * — Pilates Fusion — *Joan Ferraro*
8:15-9:00 MS * — Body Sculpt — *Miriam Shestack*
9:30-10:15 YS * — True Barre — *Arianna Dolan*

12:00-12:45 YS * — True Barre: Off the Barre — *Cindya Davis*
12:30-1:15 MS * — Rhythmic Sculpt — *Diane LaVon*

5:15-6:00 YS * — Pilates Mat — *Erin Ginn*
5:30-6:15 MS * — Stronger — *Jordan Bantista*
6:15-7:00 YS * — True Barre: Off the Barre — *Erin Monteleone*
6:30-7:15 MS * — MetCon Monday — *Jordan Bantista*
6:45-7:30 CS * — Beats Ride — *Serena DiLiberto*
7:15-8:05 YS * — Power Vinyasa — *Sage Hall*

TUESDAY

6:45-7:30 YS * — Pilates Fusion — *Miriam Shestack*
7:00-7:50 TR * — Precision Run® — *Steve Mitchell*
7:45-8:35 CS * — Beats Ride — *Brett Gordon*
8:15-9:00 YS * — True Barre: Off the Barre — *Diane LaVon*
8:30-9:15 MS * — Stronger — *Allie Taylor Mannle*
9:30-10:15 YS * — Barefoot Sculpt: The Ring — *Allie Taylor Mannle*

12:00-12:45 MS * — Body Sculpt — *Zuta Gilchriest*
12:30-1:30 YS * — Power Vinyasa — *Kristina Erikson*

5:15-6:00 YS * — True Barre: Off the Barre — *Alyssa Sarnoff*
5:30-6:15 MS * — Stacked — *Jeff Robinson*
6:15-7:15 YS * — Vinyasa Yoga — *Alyssa Sarnoff*
6:30-7:20 MS * — Body Sculpt — *Jeff Robinson*
6:45-7:30 CS * — Beats Ride — *Jon Gluckner*
7:30-8:20 YS * — Pilates Mat — *Erin Giordano*
7:45-8:30 MS * — Cardio Dance: Latin Beats — *Jose Ozuna*

WEDNESDAY

6:45-7:30 MS * — Stronger — *Peyton Royal*
7:00-7:50 CS * — Beats Ride — *Serena DiLiberto*
7:15-8:00 YS * — True Barre: Off the Barre — *Andrea Salazar Martinez*
7:45-8:15 MS * — **Core6 Express** — ***Peyton Royal***
8:15-8:45 MS * — **Upper Body Pump** — ***Peyton Royal***
8:15-9:00 YS * — Barefoot Sculpt: The Ring — *Stephen Bel Davies*
9:30-10:15 YS * — True Barre — *Brian Slaman*

12:15-1:05 MS * — Pilates Rise — *Miriam Shestack*
12:30-1:30 YS * — Vinyasa Yoga — *Josh Mathew-Meier*

5:15-5:45 MS * — **Leg Day 30** — ***Emily Comerford***
5:15-6:00 YS * — True Barre: Off the Barre — *Sarah Marchetti Gleim*
6:00-6:45 MS * — Stronger — *Emily Comerford*
6:15-7:05 YS * — Pilates Rise — *Sarah Marchetti Gleim*
7:00-7:45 MS * — Shadow-Do — *Steve Feinberg*
7:30-8:20 YS * — Yin Yoga Meditation — *Jessica Metz*

THURSDAY

6:45-7:30 MS * — Body Sculpt — *Pamela Trujillo*
7:00-7:45 TR * — Precision Run® — *Lauren Anthony*
7:00-7:45 YS * — Pilates Mat — *Maddie Eisler*
7:45-8:35 CS * — Beats Ride — *Kristy DiScipio*
8:00-8:45 YS * — True Barre: Bala Bangle — *Lucas Blankenhorn*
9:30-10:15 YS * — Barefoot Sculpt: The Ring — *Andrea Salazar Martinez*

12:00-1:00 YS * — Vinyasa Yoga — *Ana Sussmann*
12:30-1:15 MS * — Rhythmic Sculpt — *Jess Strohmyer*

5:15-6:00 YS * — Barefoot Sculpt — *Miriam Shestack*
6:00-6:45 CS * — Beats Ride — *Lucas Blankenhorn*
6:15-7:00 YS * — Pilates Fusion — *Miriam Shestack*
6:30-7:15 MS * — Body Sculpt — *Erin Miller*
7:15-8:00 YS * — True Barre: Off the Barre — *Andrea Salazar Martinez*
7:30-8:15 MS * — Stronger — *Zach Schanne*

FRIDAY

7:00-7:45 MS * — True Barre: Bala Bangle — *Arianna Dolan*
7:00-7:50 TR * — Precision Run® — *Cooper Chou*
7:45-8:30 CS * — **Beats Ride** — ***D Gunnz***
8:00-8:45 MS * — Stronger — *Grace Cerda*
9:00-9:45 YS * — Pilates Fusion — *Alison O'Connor*
9:30-10:15 MS * — Body Sculpt — *Zuta Gilchriest*
10:30-11:30 YS * — Power Vinyasa — *Alicia Morris*

12:15-1:00 YS * — True Barre — *Alison O'Connor*
1:30-2:15 YS * — Pilates Mat — *Lucas Blankenhorn*

4:00-4:45 YS * — True Barre: Off the Barre — *Tegan H*
5:15-6:00 YS * — Vinyasa Yoga — *Suzanne Taylor*
5:30-6:20 MS * — Cardio Dance: Zumba® — *Monique Alhaddad*
6:15-7:00 YS * — Sonic Meditation — *Suzanne Taylor*
6:30-7:15 MS * — Barefoot Sculpt — *Melinda Porto*

SATURDAY

8:30-9:15 MS * — True Barre: Off the Barre — *Erin Monteleone*
8:45-9:45 YS * — Weekend Wind Down Yoga — *Ana Sussmann*
9:30-10:15 MS * — Tabata Max — *Jenna Matroni*
9:45-10:30 CS * — Beats Ride — *Serena DiLiberto*
10:15-11:15 YS * — Vinyasa Yoga — *Lauren Solomon*
10:30-11:20 MS * — Whipped! — *Jenna Matroni*

11:30-12:15 MS * — Shadow-Do — *Steve Feinberg*
12:15-1:00 YS * — True Barre: Off the Barre — *Carolina Rivera*
1:15-2:05 YS * — Pilates Rise — *Erin Monteleone*
2:15-3:00 MS * — **Leg Day** — ***Avery Royal***

4:00-4:45 YS * — Pilates Fusion — *Ash Richard*

SUNDAY

9:00-9:50 YS * — Pilates Rise — *Pam Nahal*
9:30-10:20 MS * — Stronger — *Joshua Beaver*
10:00-10:45 CS * — Beats Ride — *Siercia O'Brien*
10:15-11:00 YS * — True Barre: Bala Bangle — *Pam Nahal*
10:45-11:35 MS * — Cardio Dance: Latin Beats — *Joshua Beaver*

11:45-12:45 YS * — Vinyasa Yoga — *Michelle Savage*
1:00-2:00 YS * — Sculpted Yoga™ — *Michelle Savage*
1:15-2:00 MS * — Whipped! — *Zach Schanne*
2:15-3:00 MS * — True Barre: Off the Barre — *Paige Bodnar*

4:00-4:45 YS * — Barefoot Sculpt: The Ring — *Kyla Owen*

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EQUINOX

EAST 54TH STREET

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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

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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

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.

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.

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.

Dance

Cardio Dance: Latin Beats A cardio dance experience that exclusively explores a musical artist, genre, or dance style -- with a playlist carefully curated by your Equinox instructor. Increase cardio endurance as you let the rhythm be your guide.
Cardio Dance: Zumba® A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

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.

Strength

Leg Day Don't skip Leg Day: lower-body strength training featuring squats, hinges, lunges, and carries. Heavier loads. Structured intervals. Designed to deliver visible definition. An Equinox exclusive.
Leg Day 30 Thirty minutes of lower-body strength training featuring squats, hinges, lunges, and carries. Heavier loads. Structured intervals. Designed to deliver visible definition. 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.
Upper Body Pump Quick and efficient strength training, targeting your arms, chest, and back. Get pumped up and ready to rock in just 30 minutes or less. An Equinox Exclusive.

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.

HIIT

Core6 Express Explore six distinct core pathways in this 30-minute structured interval flow with bursts of high intensity. 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.
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.

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.

Boxing

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!

Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.
Barefoot Sculpt: The Ring A low-impact sculpt class built around a weighted ring. Press, hold, and sweep to build functional strength, control, and endurance in one full-body format. Grounded, athletic, and intentional. An Equinox exclusive.
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.
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.