

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div>7:30-8:15 MS *</div> <div>Barefoot Sculpt <i>Melinda Porto</i></div>	<div>7:00-7:45 MS *</div> <div>Athletic Conditioning <i>Matt Ortel</i></div>	<div>7:00-7:45 MS *</div> <div>True Barre: Bala Bangle <i>Maureen Duke</i></div>	<div>7:00-7:45 MS *</div> <div>Athletic Conditioning <i>Emily Comerford</i></div>	<div>8:00-8:50 MS *</div> <div>Pilates Rise <i>Jake Thereault</i></div>	<div>9:45-10:30 MS *</div> <div>Athletic Conditioning <i>Melissa Chisholm</i></div>	<div>9:15-10:00 MS *</div> <div>Pilates Mat <i>Maureen Duke</i></div>
<div>12:15-1:00 MS *</div> <div>Stronger <i>Amanda Butler</i></div>	<div>8:00-8:45 MS *</div> <div>Vinyasa Yoga <i>Lipe</i></div>	<div>7:30-8:20 TR *</div> <div>Precision Run® <i>Jaimie Austin</i></div>	<div>12:00-12:45 MS *</div> <div>MetCon3 <i>Jason Tran</i></div>	<div>12:15-12:45 MS *</div> <div>Upper Body Pump <i>Daxton Bloomquist</i></div>	<div>10:45-11:35 MS *</div> <div>Pilates Fusion <i>Vivian Jonokuchi</i></div>	<div>10:15-11:05 MS *</div> <div>Limited Series: Stronger Women <i>Lynsey F</i></div>
<div>5:30-6:15 MS *</div> <div>Rounds: Bags and Mitts <i>Yohancé Primus</i></div>	<div>12:00-12:45 MS *</div> <div>Stacked <i>Maddie Myers</i></div>	<div>8:00-8:50 MS *</div> <div>Stronger <i>LR Davidson</i></div>	<div>1:00-1:45 MS *</div> <div>Vinyasa Yoga <i>Katey Lewis</i></div>	<div>12:45-1:15 MS *</div> <div>Best Abs Ever <i>Daxton Bloomquist</i></div>	<div>11:00-11:45 CS *</div> <div>Beats Ride <i>Erin Ay</i></div>	
<div>6:30-7:20 MS *</div> <div>Stronger <i>Shanice Reyes</i></div>	<div>1:00-1:45 MS *</div> <div>Pilates Mat <i>Itsy Rachatasumrit</i></div>	<div>12:15-1:00 MS *</div> <div>Athletic Conditioning <i>Amanda Butler</i></div>	<div>5:30-6:20 MS *</div> <div>Circuit Training <i>Matt Ortel</i></div>	<div>5:30-6:15 MS *</div> <div>MetCon3 <i>Kyle White</i></div>	<div>11:45-12:45 MS *</div> <div>Slow Flow Yoga <i>Ozzy Aydogdu</i></div>	
<div>6:45-7:30 CS *</div> <div>Beats Ride <i>Moses Alcid</i></div>	<div>5:15-6:15 MS *</div> <div>Vinyasa Yoga <i>Michael Gervais</i></div>	<div>5:15-6:00 MS *</div> <div>MetCon3 <i>Tracy Gordon</i></div>	<div>6:30-7:20 MS *</div> <div>Pilates Mat <i>Richel Ruiz</i></div>			
<div>7:30-8:15 MS *</div> <div>Pilates Mat <i>Alex Dill</i></div>	<div>5:45-6:35 TR *</div> <div>Precision Run® <i>JP Prishwalko</i></div>	<div>6:15-7:05 MS *</div> <div>Stronger <i>Jacques Delaugere</i></div>				<div>11:15-12:15 MS *</div> <div>Vinyasa Yoga <i>Jane Johnsen</i></div>
	<div>6:15-7:00 CS *</div> <div>Beats Ride <i>John King</i></div>					
	<div>6:30-7:15 MS *</div> <div>Stacked <i>Jason Tran</i></div>					

EQUINOX

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EQUINOX.COM

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MON-THU 05:30 AM 09:00 PM

FRI 05:30 AM 08:00 PM

SAT-SUN 08:00 AM 06:00 PM

GROUP FITNESS MANAGER

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SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main 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.



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

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.



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.

Circuit Training Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

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: 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.



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

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.



Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.



Strength

Best Abs Ever A challenging six-pack of exercises that builds and defines abdominal muscles. Strengthen and chisel your core while you ignite your metabolism and enhance total-body performance.

Limited Series: Stronger Women Introducing Stronger Women. Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women's performance program. Optimized for women, but open to all.

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.