EQUINOX

WEST 50TH 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

7:30-8:15	MS *	Barefoot Sculpt: The Ring *Melinda Porto*
12:15-1:05	MS *	Stronger *Amanda Butler*
1:15-2:00	MS *	**Studio Dance: The Choreo Collective** ***Rob Coglitore***
4:15-5:00	MS *	Pilates Fusion *Vivian Jonokuchi*
5:30-6:15	MS *	Rounds: Kickboxing *Yohancé Primus*
6:30-7:20	MS *	Stronger *Shanice Reyes*

TUESDAY

7:30-8:15	MS *	True Barre: Off the Barre *Leah Hulgin*
12:00-12:45	MS *	MetCon3 *Kyle White*
1:00-1:45	MS *	Pilates Mat *Itsy Rachatasumrit*
5:15-6:15	MS *	Vinyasa Yoga *Michael Gervais*
6:15-7:00	CS *	Beats Ride *John King*
6:30-7:15	MS *	Stacked *Jason Tran*

WEDNESDAY

6:45-7:30	MS *	Body Sculpt *Betty Kasper*
7:45-8:35	MS *	Stronger *Diego Guevara*
1:15-2:00	MS *	**Cardio Dance: Zumba®** ***Team Equinox***
4:15-5:00	MS *	Best Stretch Ever *Shawn Kobetz*
5:15-6:00	MS *	Athletic Conditioning *Tracy Gordon*
6:15-7:00	CS *	Beats Ride *John King*
6:15-7:05	MS *	Stronger *Jacques Delaugere*
7:15-8:00	MS *	True Barre: Bala Bangle *Margaret Cunzio*

THURSDAY

6:45-7:15	MS *	Upper Body Pump *Emily Comerford*
7:15-7:45	MS *	Best Abs Ever *Emily Comerford*
12:00-12:45	MS *	**Stacked** ***Shanice Reyes***
1:00-1:45	MS *	Barefoot Sculpt: The Ring *Leah Hulgin*
5:30-6:15	MS *	Body Sculpt *Lindsey Delbello*
6:30-7:20	MS *	Pilates Mat *Samantha Paulik*

FRIDAY

7:45-8:30	CS *	Beats Ride *Chayanne Joel*
8:15-9:00	MS *	Pilates Fusion *Kristy DiScipio*
12:00-12:45	MS *	Amplified Vinyasa *Rika Henry*
1:00-1:45	MS *	Stronger *Michael Gervais*
5:15-5:45	MS *	Upper Body Pump *Kyle White*
5:45-6:15	MS *	Best Abs Ever *Kyle White*

SATURDAY

9:30-10:15	MS *	MetCon3 *Melissa Chisholm*
10:30-11:15	MS *	Pilates Fusion *Vivian Jonokuchi*
10:45-11:30	CS *	Beats Ride *Erin Ay*
11:30-12:15	MS *	Rounds: Kickboxing *Yohancé Primus*

SUNDAY

10:15-11:05	MS *	Stronger Women *Lynsey F*
11:15-12:15	MS *	Vinyasa Yoga *Matt D'Amico*

EQUINOX

WEST 50TH STREET

1633 Broadway

NEW YORK NY 10019

EQUINOX.COM

@EQUINOX

MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 08:00 PM

SAT-SUN 08:00 AM 06:00 PM

GROUP FITNESS MANAGER

shawn.kobetz@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

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.

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.
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.

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.

Boxing

Rounds: Kickboxing Shoes on, guard up. Unleash the fusion of power and agility in Rounds: Kickboxing. This dynamic class blends boxing with kickboxing techniques, pushing you to your limits through skillful combinations and intense bag work. Your journey to peak fitness starts here. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

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.
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.
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. 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.

Yoga

Amplified Vinyasa Improve physical and mental strength, flexibility, and stamina in this fast-paced flow class led by Rika Henry. Challenge yourself with arm balances and inversions seamlessly woven together with creative sequences set to the steady beats of electronic music. A familiarity with vinyasa is recommended.
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.

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.
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: Zumba® A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.
Studio Dance: The Choreo Collective Join pro dancer Rob Coglitore for a high-energy fusion of grooves, stretch, and Street Funk choreography. Each week builds a routine that leaves you sharper, sweatier, and more confident. Feel like you’re dancing on tour — no experience required, just good vibes and pure joy.

Regeneration

Best Stretch Ever Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. An Equinox Exclusive.

Sculpt

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.