

# EQUNOX

EAST 43RD STREET

February 2026 | SCHEDULE EFFECTIVE 02.01.26-02.28.26

**KEY** Studio key on back

**Bold** New/Updated Class, Instructor, or Time

**\*** Advance sign-up required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00-8:00 PG *  12:00-12:30 MS * 12:30-1:00 MS * 1:00-1:45 CS *  5:30-6:20 MS * 6:00-7:00 PG * 6:30-7:15 MS *  Playground Experience - PGX <i>LR Davidson KaRa Dizon</i>	7:30-8:15 MS *  12:00-12:50 MS * 12:30-1:30 PG * 1:00-1:50 MS *  Stronger <i>Joey Ledonio</i> Playground Experience - PGX <i>Jason Tran Amanda Butler</i> Vinyasa Yoga <i>Dorian Shorts</i>	7:00-8:00 PG *  7:30-8:20 MS *  12:00-12:45 MS * 1:00-1:50 MS *  Playground Experience - PGX <i>Michael Keeney Alyssa Cerrachio</i> Stronger <i>Jaclyn Michelle</i> Core6 <i>Gaby Moreno</i> Pilates Fusion <i>Cameron Norsworthy</i>	7:30-8:15 MS *  12:00-12:45 MS * 12:30-1:30 PG * 1:00-1:45 CS *  Athletic Conditioning <i>Taylor Cooley</i> Athletic Conditioning <i>Niki Farahani</i> Playground Experience - PGX <i>Amanda Butler Melissa Chisholm</i> Beats Ride <i>Erin Ay</i>	7:00-8:00 PG *  12:30-1:30 MS * 1:00-2:00 PG *  Playground Experience - PGX <i>Michael Keeney Amanda Butler</i>  Pilates Fusion <i>Jennifer Herrera</i> Pure Strength <i>Alyssa Cerrachio</i>
Upper Body Pump <i>Jeff Robinson</i> Best Butt Ever <i>Jeff Robinson</i> Beats Ride <i>Leah Clark</i>  Playground Experience - PGX <i>Erin Sanders Zach Schanne</i> Pilates Fusion <i>Bret Yamanaka</i>	5:30-6:20 MS * 5:45-6:30 TR * 6:00-7:00 PG * 6:45-7:35 MS *  Athletic Conditioning <i>Pamela Trujillo</i> Precision Run® <i>Andrew Briedis</i> Playground Experience - PGX <i>Felix Ferreira Kevin Scott</i> True Barre: Off the Barre <i>Caroline Strong</i>	5:30-6:30 MS * 6:00-7:00 PG * 6:45-7:30 MS *  Vinyasa Yoga <i>Natasha Augoustopoulos</i> Playground Experience - PGX <i>Jason Tran Melissa Chisholm</i> Core6 <i>Joshua Beaver</i>	5:30-6:15 MS * 5:30-6:15 PG * 6:30-7:15 MS *  Stacked <i>Alison O'Connor</i> Rounds: Bags and Mitts <i>Yohancé Primus</i> Body Sculpt <i>Mandy Corcione</i>	Vinyasa Yoga <i>Johan Montijano</i> Playground Experience - PGX <i>Michael Keeney Amanda Butler</i>  Pilates Fusion <i>Jennifer Herrera</i> Pure Strength <i>Alyssa Cerrachio</i>

VISIT [EQUINOX.COM](http://EQUINOX.COM) OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

# E Q U I N O X

## EAST 43RD STREET

521 Fifth Avenue

NEW YORK NY 10175

EQUINOX.COM

@EQUINOX

MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 08:00 PM

## GROUP FITNESS MANAGER

amanda.palma@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

CS Cycling Studio

MS Main Studio

TR Treadmill Area

PG The Playground

## 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

**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.

**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.

**Playground Experience - PGX** Team up for this challenging circuit-training program. Catapult through cycles of timed rounds and intervals. Increase power, strength, agility, core, and 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: 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.

### 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-backed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

### Sculpt

**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.

### Strength

**Best Butt Ever** Fire up your glutes and entire lower body using dumbbells, mini-bands, and other equipment. Get active. Get strong. Get powerful. An Equinox exclusive.

**Pure Strength** Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. 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.