

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
7:00-8:00 PG *	Playground Experience - PGX <i>LR Davidson KaRa Dizon</i>	7:30-8:15 MS *	Pilates Fusion <i>Sammy Tuchman</i>	7:00-8:00 PG *	Playground Experience - PGX <i>Michael Keeney Alyssa Cerrachio</i>	7:30-8:15 MS *	Athletic Conditioning <i>Taylor Cooley</i>	7:00-8:00 PG *	Playground Experience - PGX <i>Or Artzi Felix Ferreira</i>
12:00-12:30 MS *	Upper Body Pump <i>Jeff Robinson</i>	12:00-12:50 MS *	Stronger <i>Joey Ledonio</i>	7:30-8:20 MS *	Stronger <i>Jaclyn Michelle</i>	12:00-12:45 MS *	Athletic Conditioning <i>Matt Ortel</i>	12:30-1:30 MS *	Vinyasa Yoga <i>Johan Montijano</i>
12:30-1:00 MS *	Best Butt Ever <i>Jeff Robinson</i>	12:30-1:30 PG *	Playground Experience - PGX <i>Jason Tran Amanda Butler</i>	12:00-12:45 MS *	Stacked <i>Miriam Shestack</i>	12:30-1:30 PG *	Playground Experience - PGX <i>Brennan Caldwell Melissa Chisholm</i>	1:00-2:00 PG *	Playground Experience - PGX <i>Michael Keeney Amanda Butler</i>
1:00-1:50 CS *	Beats Ride <i>Leah Clark</i>	1:00-2:00 MS *	Sculpted Yoga™ <i>Dorian Shorts</i>	1:00-1:50 MS *	Pilates Fusion <i>Cameron Norsworthy</i>				
5:30-6:20 MS *	MetCon Monday <i>Christina Lee</i>	5:30-6:20 MS *	Athletic Conditioning <i>Pamela Trujillo</i>	5:30-6:20 MS *	Pure Strength <i>Erin Sanders</i>	5:30-6:15 MS *	Stacked <i>Alison O'Connor</i>	5:30-6:20 MS *	Pure Strength <i>Alyssa Cerrachio</i>
6:00-7:00 PG *	Playground Experience - PGX <i>Erin Sanders Zach Schanne</i>	5:45-6:30 TR *	Precision Run® <i>Andrew Briedis</i>	6:00-7:00 PG *	Playground Experience - PGX <i>Jason Tran Melissa Chisholm</i>	5:30-6:15 PG *	Rounds: Bags and Mitts <i>Yohancé Primus</i>		
6:30-7:15 MS *	Pilates Fusion <i>Bret Yamanaka</i>	6:00-7:00 PG *	Playground Experience - PGX <i>Felix Ferreira Kevin Scott</i>	6:30-7:30 MS *	Vinyasa Yoga <i>Jess Reidy</i>	6:30-7:20 MS *	Pilates Mat <i>Emma DiLauro</i>		
		6:45-7:35 MS *	True Barre: Off the Barre <i>Caroline Strong</i>						

EQUINOX

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MON-THU 05:30 AM 09:00 PM

FRI 05:30 AM 07:00 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

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.



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.

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.

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: 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.



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.