

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>Kyle O'Brien</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>Niki Farahani</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 *	Core6 <i>Butchie Gamble</i>	12:30-1:30 PG *	Playground Experience - PGX <i>Amanda Butler Melissa Chisholm</i>	1:00-2:00 PG *	Playground Experience - PGX <i>Michael Keeney Amanda Butler</i>
1:00-1:45 CS *	Beats Ride <i>Leah Clark</i>	1:00-1:50 MS *	Vinyasa Yoga <i>Dorian Shorts</i>	1:00-1:50 MS *	Pilates Fusion <i>Cameron Norsworthy</i>	1:00-1:45 CS *	Beats Ride <i>Danielle Wettan</i>	5:30-6:20 MS *	Stronger <i>Alyssa Cerrachio</i>
5:30-6:20 MS *	Stronger <i>Christina Lee</i>	5:30-6:20 MS *	Athletic Conditioning <i>Amanda Butler</i>	5:30-6:30 MS *	Vinyasa Yoga <i>Natasha Augoustopoulos</i>	5:30-6:15 MS *	Pilates Fusion <i>Alison O'Connor</i>		
6:00-7:00 PG *	Playground Experience - PGX <i>Erin Sanders Zach Schanne</i>	6:00-7:00 PG *	Playground Experience - PGX <i>Felix Ferreira Kevin Scott</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>	6:45-7:35 MS *	True Barre: Off the Barre <i>Caroline Strong</i>	6:45-7:30 MS *	Barefoot Sculpt <i>Pasquale Guiducci</i>	6:30-7:15 MS *	Body Sculpt <i>Mandy Corcione</i>		

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GROUP FITNESS MANAGER

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SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

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.



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, dumbbells, 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.



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-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.

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.

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.