

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15-8:00 MetCon3 MS * <i>Joey Ledonio</i> 7:30-8:20 Sculpted Yoga™ YS * <i>Jenny Mendez</i> 12:00-12:45 Rounds: Boxing BR * <i>Alexei Kuznietsov</i> 12:15-1:05 Pilates Rise YS * <i>Lipe</i> 12:30-1:15 MetCon Monday MS * <i>KaRa Dizon</i> 4:30-5:15 True Barre: Off the BR * <i>Barre</i> YS * <i>Emily Naim</i> 4:30-5:15 True Barre: Bala Bangle YS * <i>Emily Naim</i> 5:30-6:30 Vinyasa Yoga YS * <i>Dorian Shorts</i> 5:45-6:30 Cardio Dance: Zumba® MS * <i>Diego Chauca</i> 5:45-6:35 Precision Run® TR * <i>Eddie Carrington</i> 6:15-7:00 Beats Ride CS * <i>Diego Lanza</i> 6:45-7:30 Athletic Conditioning MS * <i>Devin Symone</i>	6:30-7:20 Pilates Rise YS * <i>Pam Nahal</i> 7:00-7:45 Rhythmic Sculpt MS * <i>JP Prishwalko</i> 7:00-7:50 Precision Run® TR * <i>Amy Chiu</i> 7:15-8:00 Beats Ride CS * <i>Sophie Newman</i> 7:30-8:20 True Barre: Cardio YS * <i>Pavee Kiwun</i> 12:00-12:45 Rounds: Boxing BR * <i>Justin Walker</i> 12:15-1:05 Vinyasa Yoga YS * <i>Johan Montijano</i> 12:30-1:15 Stacked MS * <i>Sarah Cucuzzella</i> 4:30-5:15 Barefoot Sculpt YS * <i>Sarah Esser</i> 5:15-6:00 Stronger MS * <i>Jack McGowan</i> 5:30-6:30 Vinyasa Yoga YS * <i>Rose Firouzbakht</i> 6:15-7:00 Beats Ride CS * <i>Nowani Rattray</i> 6:15-6:30 Best Abs Ever MS * <i>Carolann Valentino</i> 6:30-7:15 Tabata Max MS * <i>Carolann Valentino</i> 6:45-7:35 Pilates Rise YS * <i>Becca Wood</i>	6:30-7:15 True Barre: Off the YS * <i>Barre</i> 7:00-7:50 Stronger MS * <i>Manon Hallay</i> 7:15-8:00 Beats Ride CS * <i>Jack McGowan</i> 7:30-8:15 Pilates Fusion YS * <i>Dave M.</i> 12:00-12:45 Rounds: Boxing BR * <i>Jermaine Bailey</i> 12:15-1:00 True Barre: Bala Bangle YS * <i>Diane LaVon</i> 12:30-1:15 Superset Athlete MS * <i>TomJohn Mershon</i> 4:30-5:15 Pilates Fusion YS * <i>Kylie Treacy</i> 5:30-6:00 Upper Body Pump MS * <i>Alfie Tauste</i> 5:30-6:15 True Barre: Off the YS * <i>Barre</i> 5:45-6:30 Precision Run® TR * <i>Erin Gamble</i> 6:00-6:30 Best Abs Ever MS * <i>Jack McGowan</i> 6:15-7:00 Beats Ride CS * <i>Alfie Tauste</i> 6:30-7:30 Vinyasa Yoga YS * <i>Betty Kasper</i> 6:45-7:30 Stronger MS * <i>Alfie Tauste</i>	6:30-7:15 Pilates Fusion YS * <i>Kimberly Bridgewater</i> 7:00-7:30 Best Butt Ever MS * <i>Sophie Newman</i> 7:15-8:00 Beats Ride CS * <i>Nowani Rattray</i> 7:30-8:00 Upper Body Pump MS * <i>Sophie Newman</i> 7:30-8:15 True Barre: Bala Bangle YS * <i>Melinda Porto</i> 12:15-1:05 Vinyasa Yoga YS * <i>Alexa Kerner</i> 12:30-1:20 Stronger MS * <i>Jack McGowan</i> 4:30-5:15 True Barre: Off the YS * <i>Barre</i> 5:15-6:00 Beats Ride CS * <i>Manon Hallay</i> 5:30-6:15 Vinyasa Yoga YS * <i>Danielle Wettan</i> 5:45-6:35 Core6 MS * <i>Peyton Royal</i> 6:00-6:50 Rounds: Bags and Mitts BR * <i>Khaled Zeidan</i> 6:15-7:05 Precision Run® TR * <i>Danielle Wettan</i> 6:30-7:15 Pilates Fusion YS * <i>Bret Yamanaka</i>	7:15-8:00 True Barre: Bala Bangle YS * <i>Tegan H</i> 7:30-8:20 Core6 MS * <i>Alison O'Connor</i> 12:00-12:45 Rounds: Boxing BR * <i>Ugo Peter-Obiagwu</i> 12:15-1:05 Pilates Fusion YS * <i>Jennifer Herrera</i> 12:30-1:20 Athletic Conditioning MS * <i>Lauren Anthony</i> 1:30-2:30 Yin Yoga YS * <i>Josh Mathew-Meier</i> 5:00-5:45 Off the Barre YS * <i>Nikki Rosenbloom</i>	10:30-11:20 Vinyasa Yoga YS * <i>Stella Stephanopolous</i> 11:30-12:20 True Barre: Bala Bangle YS * <i>Bella Merritt</i> 12:00-12:50 Rounds: Boxing BR * <i>Mark Morris</i>	11:45-12:30 Pilates Fusion YS * <i>Adele Carlson</i>

EQUINOX

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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

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SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

BR Boxing 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.



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.

Yin Yoga Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower 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.

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.

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.

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.

Superset Athlete This strength and conditioning class by TomJohn Merzhon is built on progressive supersets that drive performance. Work through powerful lifts, explosive movement drills, and isometric holds to build primed strength, speed, and control. Resistance, agility, and power combine to elevate your game.

Tabata Max Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.



Barre

Off the Barre This off-the-barre class incorporates a continuous series of contemporary exercises. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

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: Cardio Give your barre workout a cardio boost with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. 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.



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 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.



Dance

Cardio Dance: Zumba® A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.



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.

Rounds: Boxing Gloves on, guard up. Step into the ring with Rounds: Boxing, where every punch, every move, is a step towards mastering the art of boxing. Elevate your skill and power through expert-guided sessions and immersive rounds 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.

Rhythmic Sculpt Move to the beat in this dynamic Sculpt class that keeps you moving in steady, low-impact motion. This mid-intensity workout shapes and tones your body. Increase endurance with movement that seamlessly flows to the rhythm of the music. An Equinox exclusive.



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.

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.