

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15-8:00 MS * 7:30-8:20 YS *	6:30-7:20 YS * 7:00-7:45 MS * 7:00-7:50 TR * 7:15-8:00 CS * 7:30-8:20 YS *	6:30-7:15 YS * 7:00-7:50 MS * 7:15-8:00 CS * 7:30-8:15 YS *	6:30-7:15 YS * 7:00-7:30 MS * 7:15-8:00 CS * 7:30-8:00 MS * 7:30-8:15 YS *	7:15-8:00 YS * 7:30-8:20 MS * 12:00-12:45 BR * 12:15-1:05 YS * 12:30-1:20 MS *	9:30-10:15 YS * 10:30-11:30 YS * 11:45-12:35 YS * 12:00-12:50 BR *	11:45-12:30 YS *
MetCon Monday <i>Joey Ledonio</i> Sculpted Yoga™ <i>Jenny Mendez</i> Rounds: Boxing <i>Alexei Kuznetsov</i> Pilates Rise <i>Lipe</i> MetCon Monday <i>KaRa Dizon</i>	Pilates Fusion Adele Carlson Rhythmic Sculpt <i>JP Prishwalko</i> Precision Run® <i>Amy Chiu</i> Beats Ride <i>Sophie Newman</i> True Barre: Cardio <i>Genieve Gordon</i> 12:00-12:45 Rounds: Boxing <i>Justin Walker</i> 12:15-1:05 Vinyasa Yoga <i>Johan Montijano</i> 12:30-1:15 Stacked <i>Sarah Cucuzzella</i> 4:30-5:15 Barefoot Sculpt <i>Sarah Esser</i> 5:15-6:00 Stronger <i>Jack McGowan</i> 5:30-6:30 Vinyasa Yoga <i>Rose Firouzbakht</i> 6:15-7:00 Beats Ride <i>Nowani Rattray</i> 6:15-6:30 Best Abs Ever <i>Carolann Valentino</i> 6:30-7:15 MetCon3 <i>Carolann Valentino</i> 6:45-7:35 Pilates Fusion Melly Barnhizer	True Barre: Off the Barre <i>Manon Hallay</i> Stronger <i>Jack McGowan</i> Beats Ride <i>Dave M.</i> Pilates Fusion <i>Jennifer Herrera</i> 12:00-12:45 Rounds: Boxing <i>Jermaine Bailey</i> 12:15-1:00 True Barre: Bala Bangle <i>Diane LaVon</i> 12:30-1:15 Superset Athlete <i>TomJohn Mershon</i> 4:30-5:15 Pilates Fusion <i>Kylie Treacy</i> 5:30-6:00 Upper Body Pump Smita Nalluri 5:30-6:15 True Barre: Off the Barre <i>Erin Gamble</i> 5:45-6:30 Precision Run® <i>Jack McGowan</i> 6:00-6:30 Best Abs Ever Smita Nalluri 6:15-7:00 Beats Ride <i>Betty Kasper</i> 6:30-7:30 Vinyasa Yoga <i>Jessica Stickler</i> 6:45-7:30 Stronger Smita Nalluri	Pilates Fusion <i>Kimberly Bridgewater</i> Best Butt Ever <i>Sophie Newman</i> Beats Ride <i>Nowani Rattray</i> Upper Body Pump <i>Sophie Newman</i> True Barre: Bala Bangle <i>Melinda Porto</i> 12:15-1:05 Vinyasa Yoga <i>Alexa Kerner</i> 12:30-1:20 Stronger <i>Jack McGowan</i> 4:30-5:15 True Barre: Off the Barre <i>Manon Hallay</i> 5:15-6:00 Beats Ride <i>Danielle Wettan</i> 5:30-6:15 Vinyasa Yoga <i>Johan Montijano</i> 5:45-6:35 Core6 <i>Peyton Royal</i> 6:00-6:50 Rounds: Bags and Mitts <i>Khaled Zeidan</i> 6:15-7:05 Precision Run® <i>Danielle Wettan</i> 6:30-7:15 Pilates Fusion <i>Bret Yamanaka</i>	True Barre: Bala Bangle <i>Tegan H</i> Core6 <i>Alison O'Connor</i> Rounds: Boxing <i>Ugo Peter-Obiagwu</i> Pilates Fusion <i>Jennifer Herrera</i> Athletic Conditioning <i>Lauren Anthony</i> 5:00-5:45 Off the Barre <i>Nikki Rosenbloom</i>	Pilates Fusion <i>Lucas Blankenhorn</i> Vinyasa Yoga <i>Stella Stephanopoulos</i> True Barre: Bala Bangle <i>Bella Merritt</i> Rounds: Boxing <i>Justin Walker</i>	Pilates Fusion <i>Adele Carlson</i>

EQUINOX

EAST 44TH STREET

420 Lexington Avenue

NEW YORK NY 10170

EQUINOX.COM

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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

jack.mcgowan@equinox.com

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.

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.

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 Mershon 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.

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, light-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.