

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

# EQUINOX

## EAST 44TH STREET

420 Lexington Avenue

NEW YORK NY 10170

EQUINOX.COM

@EQUINOX

MON-THU 05:30 AM 09:00 PM

FRI 05:30 AM 07:00 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

**Power Vinyasa** A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

**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.

**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.

**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.

**Whipped!** Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.



## 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.