

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

EQUINOX

EAST 44TH STREET

420 Lexington Avenue
NEW YORK NY 10170
EQUINOX.COM
@EQUINOX

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: 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.

Leg Day Don't skip Leg Day: lower-body strength training featuring squats, hinges, lunges, and carries. Heavier loads. Structured intervals. Designed to deliver visible definition. 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.