

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:45 MS * Core6 <i>Lisa Bosalavage</i>	6:30-7:15 MS * Athletic Conditioning <i>Lisa Bosalavage</i>	6:45-7:30 MS * Tabata Max <i>John Cianca</i>	6:30-7:15 MS * Barefoot Sculpt <i>Sarah Esser</i>	6:45-7:30 MS * Stronger <i>Elizabeth Tretter</i>	9:15-10:00 MS * Barefoot Sculpt <i>Alison Mathis</i>	9:30-10:15 MS * Pilates Fusion <i>Gabe Villanueva</i>
8:15-9:00 MS * <b>Leg Day</b> <i>Keenen Johns-Harris</i>	7:15-8:00 CS * Beats Ride <i>D Gunnz</i>	7:45-8:35 TR * Precision Run@ <i>John Cianca</i>	6:45-7:30 CS * Beats Ride <i>Lisa Bosalavage</i>	7:45-8:35 TR * Precision Run@ <i>Elizabeth Tretter</i>	10:00-10:45 CS * Beats Ride <i>Jeanette Smith</i>	9:30-10:20 TR * Precision Run@ <i>Elizabeth Tretter</i>
12:00-12:30 MS * Upper Body Pump <i>Keenen Johns-Harris</i>	8:00-8:45 MS * True Barre: Off the Barre <i>Angela Joy</i>	8:15-9:00 MS * Stronger <i>Robert Burke</i>	7:00-7:45 BR * Rounds: Bags and Mitts <i>Jermaine Bailey</i>	8:00-8:45 MS * Vinyasa Yoga <i>Katey Lewis</i>	10:15-11:00 MS * Stronger <i>Monique Alhaddad</i>	10:00-10:45 BR * Rounds: Bags and Mitts <i>Jermaine Bailey</i>
12:30-1:00 MS * Lower Body Blast <i>Keenen Johns-Harris</i>	12:30-1:15 MS * MetCon3 <i>Eddie Carrington</i>	12:00-12:45 BR * Rounds: Boxing <i>Champ Parris</i>	8:00-8:45 MS * True Barre: Off the Barre <i>Khaleah London</i>	11:00-11:45 MS * <b>Restorative Yoga</b> <i>Kira McCarthy</i>	11:15-12:00 MS * Pilates Fusion <i>Bret Yamanaka</i>	10:30-11:00 MS * <b>Lower Body Blast</b> <i>Elizabeth Tretter</i>
12:45-1:30 BR * Rounds: Bags and Mitts <i>Jermaine Bailey</i>	1:30-2:15 MS * Pilates Fusion <i>Bret Yamanaka</i>	12:00-12:45 MS * Pilates Mat <i>Gerard Thelemaque</i>	12:30-1:15 MS * Stronger <i>Jacques Delaugere</i>	12:00-12:45 MS * True Barre: Off the Barre <i>Pavee Kwun</i>	12:00-12:45 BR * Rounds: Bags and Mitts <i>Khaled Zeidan</i>	11:00-11:30 MS * <b>Upper Body Pump</b> <i>Elizabeth Tretter</i>
1:30-2:15 MS * Vinyasa Yoga <i>Katey Lewis</i>	5:15-6:15 MS * Sculpted Yoga™ <i>Jason Bayus</i>	1:00-1:45 MS * True Barre: Bala Bangle <i>Paige Bodnar</i>	1:45-2:30 MS * Pilates Mat <i>Claire Goldes</i>	12:45-1:30 BR * Rounds: Boxing <i>Alexei Kuznietsov</i>	12:30-1:15 MS * Stacked <i>Jeff Robinson</i>	12:00-1:00 MS * Amplified Vinyasa (L2) <i>Rika Henry</i>
4:15-5:00 MS * True Barre: Off the Barre <i>Ana Boiangiu</i>	5:45-6:30 BR * Rounds: Bags and Mitts <i>Khaled Zeidan</i>	5:15-6:00 MS * MetCon3 <i>John Cianca</i>	4:30-5:15 MS * <b>Core6</b> <i>Emma Vielbig</i>	5:00-5:45 MS * Pilates Fusion <i>Maria Martinez</i>	1:30-2:30 MS * Weekend Wind Down Yoga <i>Jamison Goodnight</i>	1:30-2:20 MS * True Barre: Bala Bangle <i>Ana Boiangiu</i>
5:15-6:00 MS * Athletic Conditioning <i>Grace Cerda</i>	6:30-7:15 MS * MetCon3 <i>Elizabeth Tretter</i>	6:15-7:00 MS * Vinyasa Yoga <i>Johan Montijano</i>	5:30-6:15 MS * True Barre: Bala Bangle <i>Meaghan McLeod</i>	6:00-6:50 MS * Pilates Fusion <i>Maria Martinez</i>		4:00-5:00 MS * Vinyasa Yoga <i>Johan Montijano</i>
6:00-6:50 TR * Precision Run + Strength <i>Flaminia Fanale</i>	7:15-7:30 MS * Best Abs Ever <i>Elizabeth Tretter</i>	6:15-7:05 TR * Precision Run@ <i>John Cianca</i>	6:30-7:15 MS * Stronger <i>Isabelle Luongo</i>			
6:15-7:00 MS * Power Vinyasa <i>Johan Montijano</i>	7:45-8:30 MS * Pilates Mat <i>Elyse Cowles</i>	6:30-7:20 BR * Rounds: Boxing <i>Alexei Kuznietsov</i>	7:30-8:20 MS * Vinyasa Yoga <i>Katey Lewis</i>			
6:30-7:15 BR * Rounds: Bags and Mitts <i>Delida Torres</i>		7:15-8:05 MS * Pilates Mat <i>Beth Bardin</i>				
7:15-8:05 MS * Stronger <i>Christina Lee</i>						

# EQUINOX

## WALL STREET

14 Wall Street

NEW YORK NY 10005

EQUINOX.COM

@EQUINOX

**MON-THU** 05:30 AM 10:00 PM

**FRI** 05:30 AM 09:00 PM

**SAT-SUN** 08:00 AM 07:00 PM

## GENERAL MANAGER

**Casey Kelley**

casey.kelley@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main 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 + Strength** A track and field circuit-based workout, created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

**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

**Amplified Vinyasa** Improve physical and mental strength, flexibility, and stamina in this fast-paced flow class led by Rika Henry. Challenge yourself with arm balances and inversions seamlessly woven together with creative sequences set to the steady beats of electronic music. A familiarity with vinyasa is recommended.

**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.

**Restorative Yoga** A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

**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.

**Weekend Wind Down Yoga** A soothing yoga journey that uses extended postures and supportive props to fully reset body and mind. Move slowly, breathe deeply, and restore completely in this special weekend only class.



## 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.

**Lower Body Blast** Train everything below the belt in a class that focuses on lower body strength, definition, and endurance. Expect exercises using bodyweight and a variety of equipment including weights and bands. You'll push your legs and glutes to the limit.

**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.



## Barre

**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 variety of practices.

**Pilates Mat** This authentic class incorporates a continuous series of mat exercises rooted in the teachings of Joseph Pilates. Strengthen your core, improve flexibility, and dramatically transform your body.



## 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.



## 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.