

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * MetCon Monday <i>Elizabeth Tretter</i>	6:30-7:20 MS * Stronger <i>Alex Kerber</i>	6:30-7:15 MS * Athletic Conditioning <i>Melissa Chisholm</i>	6:30-7:15 MS * Whipped! <i>John Cianca</i>	7:00-7:45 CS * Anthem Ride <i>Leah Clark</i>	9:00-9:45 MS * Stronger <i>Jacques Delaugere</i>	9:00-9:50 MS * 360 Strength <i>Melissa Chisholm</i>
7:15-8:00 YS * True Barre: Bala Bangle <i>Cindy Davis</i>	7:00-7:45 CS * Beats Ride <i>Ney Melo</i>	7:15-8:00 YS * Pilates Mat <i>Richel Ruiz</i>	7:00-7:50 TR * Precision Run® <i>Elizabeth Tretter</i>	7:15-8:00 YS * Pilates Fusion <i>Jennifer Herrera</i>	9:45-10:45 YS * Vinyasa Yoga <i>Jena Maenius</i>	9:30-10:15 YS * Pilates Mat <i>Dara Adler</i>
7:30-8:20 TR * Precision Run® <i>Elizabeth Tretter</i>	7:15-8:15 YS * Vinyasa Yoga <i>Kira McCarthy</i>	8:00-8:45 MS * Superset Athlete TomJohn Mershon	7:15-8:00 YS * True Barre: Bala Bangle <i>Meaghan McLeod</i>	8:00-8:45 MS * Stronger <i>TomJohn Mershon</i>	10:00-10:45 MS * MetCon3 <i>John Cianca</i>	10:45-11:30 MS * Best Stretch Ever <i>Rika Henry</i>
8:00-8:45 MS * Stronger <i>Bonnie Flannery</i>	7:45-8:35 MS * 360 Strength <i>Jacques Delaugere</i>	8:30-9:15 YS * Vinyasa Yoga <i>Luna Castilho</i>	7:45-8:30 MS * Tabata Max <i>John Cianca</i>	8:30-9:15 YS * Amplified Vinyasa (L2) <i>Rika Henry</i>	10:45-11:30 CS * Beats Ride Vinnie Smith	11:30-12:30 YS * Vinyasa Yoga <i>Kira McCarthy</i> 12:15-1:00 MS * True Barre: Bala Bangle <i>Richel Ruiz</i> 2:00-2:45 MS * Body Sculpt <i>Elgin McCargo</i> 4:00-5:00 YS * Vinyasa Yoga <i>Erica Chen</i>
8:30-9:15 YS * Pilates Fusion <i>Angie Arias</i>	8:30-9:15 YS * True Barre: Bala Bangle <i>Lucas Blankenhorn</i>	9:15-10:00 MS * The Cut <i>Eddie Carrington</i>	8:30-9:15 YS * Barefoot Sculpt <i>Alison O'Connor</i>	9:15-10:00 MS * Tabata Max <i>John Cianca</i>	11:00-11:45 MS * True Barre: Bala Bangle Monica Colino	
9:15-10:00 MS * Body Sculpt <i>Bonnie Flannery</i>	9:15-10:00 MS * MetCon3 <i>Pamela Trujillo</i>	10:00-10:45 YS * Off the Barre <i>Meaghan McLeod</i>	9:15-10:05 MS * Stronger <i>Lauren Anthony</i>	10:00-10:45 YS * True Barre: Off the Barre <i>Nikki Rosenbloom</i>	11:00-11:50 TR * Precision Run® <i>John Cianca</i>	
10:00-10:50 YS * Off the Barre <i>Jenna Coker-Jones</i>	10:15-11:00 MS * Body Sculpt <i>Melissa Chisholm</i>	12:00-1:00 YS * Vinyasa Yoga <i>Mardi Sykes</i>	10:15-11:05 TR * Precision Walk: Elevate <i>Lauren Anthony</i>	10:15-11:05 TR * Precision Run® <i>John Cianca</i>	11:45-12:30 YS * Pilates Fusion <i>Elgin McCargo</i>	
12:00-1:00 YS * Amplified Vinyasa (L2) <i>Rika Henry</i>	12:30-1:15 YS * Barefoot Sculpt <i>Stephen Bel Davies</i>	4:30-5:15 YS * True Barre: Bala Bangle <i>Lucas Blankenhorn</i>	10:15-11:00 YS * Pilates Mat <i>Beth Bardin</i>	12:00-12:45 YS * Pilates Mat <i>Claire Goldes</i>	12:00-12:30 MS * Best Butt Ever <i>Stephen Bel Davies</i>	12:30-1:00 MS * Upper Body Pump <i>Stephen Bel Davies</i> 2:00-2:45 YS * True Barre: Bala Bangle <i>Elgin McCargo</i> 3:00-3:45 MS * Body Sculpt <i>Shanice Reyes</i> 4:00-4:50 YS * Pilates Rise <i>Toni Fuller</i>
4:30-5:15 YS * Pilates Mat <i>Alison Mathis</i>	4:30-5:15 YS * Barefoot Sculpt <i>Kristin Condon</i>	5:30-6:15 YS * Pilates Mat <i>Claire Goldes</i>	12:30-1:30 YS * Yin Yoga <i>Frank Camacho</i>	4:30-5:15 YS * Off the Barre <i>Alison O'Connor</i>	12:30-1:00 MS * Upper Body Pump <i>Stephen Bel Davies</i>	
5:30-6:15 YS * Off the Barre <i>Andy Santana</i>	5:30-6:15 YS * True Barre: Bala Bangle <i>Toni Fuller</i>	5:45-6:30 MS * Rhythmic Sculpt <i>Paige Bodnar</i>	4:30-5:15 MS * Body Sculpt <i>Bonnie Flannery</i>	5:15-6:05 MS * 360 Strength <i>Devin Symone</i>	2:00-2:45 YS * True Barre: Bala Bangle <i>Elgin McCargo</i>	
5:45-6:30 MS * MetCon Monday <i>KaRa Dizon</i>	5:45-6:30 MS * Stronger <i>Diego Guevara</i>	6:30-7:20 YS * Sculpted Yoga™ <i>Kristin Bilella</i>	5:30-6:20 YS * Pilates Rise <i>Jill Weinstein</i>	6:00-6:45 YS * Pilates Fusion <i>Bret Yamanaka</i>	3:00-3:45 MS * Body Sculpt <i>Shanice Reyes</i>	
6:00-6:45 CS * Beats Ride Ary Nunez	6:30-7:20 YS * Pilates Rise <i>Richel Ruiz</i>	6:45-7:15 MS * Best Butt Ever <i>Paige Bodnar</i>	5:45-6:30 MS * Stronger <i>Jacques Delaugere</i>			
6:30-6:45 MS * Best Abs Ever <i>KaRa Dizon</i>	6:45-7:30 MS * Rhythmic Sculpt Anastasiia Gavriukhova	7:15-7:45 MS * Best Abs Ever <i>Paige Bodnar</i>	6:45-7:30 YS * True Barre: Bala Bangle <i>Meaghan McLeod</i>		4:00-4:50 YS * Pilates Rise <i>Toni Fuller</i>	
6:30-7:30 YS * Vinyasa Yoga <i>Mardi Sykes</i>	7:30-8:30 YS * Vinyasa Yoga <i>Caitlyn Casson</i>	7:30-8:15 YS * True Barre: Off the Barre <i>Monica Colino</i>				
7:00-7:45 MS * Best Butt Ever Pamela Trujillo						

EQUINOX

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GENERAL MANAGER

Andrew Tresca

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SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced



Cycling

Anthem Ride Let the music move you! Vibe, flow, and sweat to the beat in our Signature “all music, no metrics” ride. An Equinox Exclusive.

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.

Precision Walk: Elevate A treadmill climbing workout that challenges your ability across a variety of inclines. Personalize your pace, put a little performance in your walk and improve your cardiovascular endurance. An Equinox exclusive. Bring headphones.



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.

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.

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.

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: 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 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.

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.



Boxing

The Cut A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.



Regeneration

Best Stretch Ever Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. An Equinox Exclusive.



Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

Body Sculpt An endurance-based, low-impact workout, using high reps and light to medium weights in combination with equipment like bands and gliding discs. Increase body part definition and total body mobility with this workout.

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

360 Strength Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, ViPR, and dynamic full-body exercises. An Equinox exclusive.

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.