

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 * Beats Ride <i>Leah Clark</i>	9:00-9:45 MS * Stronger <i>Jacques Delaugere</i>	9:15-10:00 MS * Core6 <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 <b>Adele Carlson</b>	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 <i>TomJohn Mershon</i>	7:15-8:00 YS * True Barre: Bala Bangle <i>Monica Colino</i>	8:00-8:45 MS * Stronger <i>TomJohn Mershon</i>	10:00-10:45 MS * MetCon3 <i>John Cianca</i>	10:15-11:00 MS * Barefoot Sculpt <i>Shelby Finnie</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 * Pilates Fusion <i>Jacques Delaugere</i>	7:45-8:30 MS * MetCon3 <i>John Cianca</i>	8:15-9:00 YS * Amplified Vinyasa (L2) <i>Rika Henry</i>	10:45-11:30 CS * Beats Ride <i>Meghan Cox</i>	10:30-11:15 YS * Amplified Vinyasa <i>Rika Henry</i>
8:30-9:15 YS * True Barre: Off the Barre <i>Nikki Rosenbloom</i>	8:30-9:15 YS * True Barre: Bala Bangle <i>Lucas Blankenhorn</i>	9:15-10:00 MS * Athletic Conditioning <i>Eddie Carrington</i>	8:30-9:15 YS * <b>True Barre: Off the Barre</b> <i>Alison O'Connor</i>	9:15-10:00 MS * Tabata Max <i>John Cianca</i>	11:00-11:45 MS * Barefoot Sculpt <i>Alison Mathis</i>	11:30-12:30 YS * Vinyasa Yoga <i>Kira McCarthy</i>
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 * True Barre: Off the Barre <i>Nicole Uribarri</i>	9:15-10:05 MS * Stronger <b>Pamela Trujillo</b>	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>	12:15-1:00 MS * <b>True Barre: Bala Bangle</b> <i>Ana Boiangiu</i>
10:00-10:50 YS * True Barre: Bala Bangle <i>Jenna Coker-Jones</i>	10:15-11:00 MS * Body Sculpt <i>Nicole Uribarri</i>	12:00-1:00 YS * Vinyasa Yoga <i>Mardi Sykes</i>	10:15-11:00 YS * Pilates Fusion <i>Jacques Delaugere</i>	10:15-11:05 TR * Precision Run® <i>John Cianca</i>	11:45-12:30 YS * Pilates Fusion <i>Elgin McCargo</i>	2:00-2:45 MS * Body Sculpt <i>Elgin McCargo</i>
12:00-12:45 YS * Best Stretch Ever <i>Rika Henry</i>	12:30-1:15 MS * Barefoot Sculpt <i>Stephen Bel Davies</i>	4:30-5:15 YS * True Barre: Bala Bangle <i>Lucas Blankenhorn</i>	12:30-1:15 YS * True Barre: Bala Bangle <i>Or Artzi</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>	4:00-5:00 YS * Vinyasa Yoga <i>Erica Chen</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>	4:30-5:15 MS * Body Sculpt <i>Bonnie Flannery</i>	4:30-5:15 YS * True Barre: 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 * True Barre: 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>	5:30-6:20 YS * Pilates Rise <i>Jill Weinstein</i>	5:15-6:00 MS * Body Sculpt <i>Devin Symone</i>	2:00-2:45 YS * True Barre: Bala Bangle <i>Elgin McCargo</i>	
5:45-6:30 MS * Core6 <i>KaRa Dizon</i>	5:45-6:30 MS * Stronger <i>Diego Guevara</i>	6:00-6:45 CS * Beats Ride <i>Siercia O'Brien</i>	5:45-6:30 MS * Stronger <i>Wyatt Stone</i>	6:00-6:45 YS * Pilates Fusion <i>Bret Yamanaka</i>	4:00-4:50 YS * Pilates Rise <i>Toni Fuller</i>	
6:00-6:45 CS * Beats Ride <i>Meghan Cox</i>	6:30-7:20 YS * Pilates Rise <b>Toni Fuller</b>	6:30-7:20 YS * Sculpted Yoga™ <i>Kristin Bilella</i>	6:45-7:30 YS * True Barre: Bala Bangle <i>Meaghan McLeod</i>			
6:30-7:30 YS * Vinyasa Yoga <i>Mardi Sykes</i>	6:45-7:30 MS * Body Sculpt <i>Kyla Owen</i>	6:45-7:15 MS * Best Butt Ever <i>Paige Bodnar</i>				
7:00-7:45 MS * Best Butt Ever <i>Meghan Cox</i>	7:30-8:30 YS * Vinyasa Yoga <i>Caitlyn Casson</i>	7:15-7:45 MS * Best Abs Ever <i>Paige Bodnar</i>				
		7:30-8:15 YS * <b>True Barre: Off the Barre</b> <b>Team Equinox</b>				

# EQUINOX

## TRIBECA

54 Murray Street

NEW YORK NY 10007

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

## Kids

**FRI-SUN** 09:00 AM 02:00 PM

## GROUP FITNESS MANAGER

jacques.delaugere@equinox.com

## 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**

**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**

**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.

## **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.

**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**

**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.

## **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, 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**

**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.