

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 Stronger MS * <i>Isabelle Luongo</i>	6:30-7:15 MetCon3 MS * <i>Or Artzi</i>	6:30-7:15 Cardio Sculpt MS * <i>Elgin McCargo</i>	6:30-7:20 Ropes and Rowers MS * <i>TomJohn Mershon</i>	6:45-7:30 Stacked MS * <i>Bransen Gates</i>	8:30-9:30 Vinyasa Yoga YS * <i>Reed Ridgley</i>	8:45-9:45 Vinyasa Yoga YS * <i>Jamison Goodnight</i>
7:00-7:45 Beats Ride CS * <i>Danielle Bernstein</i>	6:45-7:30 Beats Ride CS * <i>Jonathan Carlucci</i>	7:00-7:45 Beats Ride CS * <i>Erin Ay</i>	6:45-7:35 Precision Run® TR * <i>Andrew Briedis</i>	7:00-7:45 Pilates Fusion YS * <i>Vivian Jonokuchi</i>	8:45-9:35 Precision Run® TR * <i>Shaun Anthony</i>	9:00-9:45 Athletic Conditioning MS * <i>Ary Nunez</i>
7:15-8:00 True Barre: Off the Barre YS * <i>Kevin VerEcke</i>	7:00-8:00 Power Vinyasa (L2) YS * <i>Serena Tom</i>	7:15-8:05 True Barre: Bala Bangle Andy Santana	7:00-7:45 Beats Ride CS * <i>Mario Martinez</i>	7:30-8:15 Beats Ride CS * <i>Alejandra Acosta</i>	9:00-9:45 Stronger MS * <i>Esteban Deleon</i>	10:00-10:45 Beats Ride CS * <i>Michaela McGowan</i>
7:30-8:15 Cardio Sculpt MS * <i>Adam B</i>	7:45-8:30 Athletic Conditioning MS * <i>Or Artzi</i>	7:30-8:15 Tabata Max MS * <i>Molly Day</i>	7:15-8:00 Swim: Pro (L2) PD * <i>Hilary Hebrank</i>	7:45-8:35 Stronger MS * <i>Bransen Gates</i>	9:15-10:00 Beats Ride CS * <i>Kristin Kenney</i>	10:00-10:45 Core6 MS * <i>Mandy Corcione</i>
7:45-8:35 Precision Run® TR * <i>Isabelle Luongo</i>	8:00-8:45 Beats Ride CS * <i>Mario Martinez</i>	8:30-9:15 MetCon3 MS * <i>Melissa Chisholm</i>	7:15-8:15 Power Vinyasa YS * <i>Stephanie Schwartz</i>	8:00-9:00 Vinyasa Yoga YS * <i>Jessica Stickler</i>	10:00-10:45 Best Butt Ever MS * <i>Esteban Deleon</i>	10:15-11:00 True Barre: Off the Barre YS * <i>Alicia Archer</i>
8:15-9:00 Pilates Mat YS * <i>Itsy Rachatasumrit</i>	8:30-9:15 True Barre: Off the Barre YS * <i>Alexis Campbell</i>	9:00-9:45 Pilates Fusion YS * <i>Bonnie Crellin</i>	7:45-8:30 Core6 MS * <i>Wyatt Sloane</i>	8:30-9:20 Precision Run + Strength TR * <i>JP Prishwalko</i>	10:15-11:05 Pilates Rise YS * <i>Chad Balen</i>	11:00-11:45 Rhythmic Sculpt MS * <i>LaDarius Lee</i>
8:45-9:30 Athletic Conditioning MS * <i>Michael Keeney</i>	9:30-10:20 Stronger MS * <i>Maddie Myers</i>	9:30-10:15 Cardio Dance: 305 Dance MS * <i>Tom Feeney</i>	8:30-9:15 Beats Ride CS * <i>Ev Autio</i>	9:15-10:00 True Barre: Off the Barre YS * <i>Paige Bodnar</i>	10:30-11:15 Beats Ride MS * <i>Moses Alcid</i>	11:15-12:05 Precision Run® TR * <i>Amy Amato</i>
9:30-10:20 True Barre: Bala Bangle YS * <i>Jose Rivera Jr.</i>	10:30-11:30 Iyengar Yoga YS * <i>Kavi Patel</i>	10:00-11:00 Swim: Pro PD * <i>Ester Kim</i>	9:30-10:15 Cardio Sculpt MS * <i>Calvin Wiley</i>	9:30-10:15 MetCon3 MS * <i>Lauren Anthony</i>	10:45-11:30 Rounds: Bags and Mitts BR * <i>Ugo Peter-Obiagwu</i>	11:45-12:45 Power Vinyasa YS * <i>Dennis Teston</i>
9:45-10:30 Stacked MS * <i>Andrew Slane</i>	11:00-11:45 True Barre: Off the Barre YS * <i>Rosie Fiedelman</i>	10:30-11:20 Pilates Rise YS * <i>Taylor Phillips</i>	10:30-11:20 Pilates Rise YS * <i>Taylor Phillips</i>	11:00-11:45 Stronger MS * <i>Maddie Myers</i>	11:00-11:45 360 Strength MS * <i>Jason Tran</i>	1:00-2:00 Swim: Skills + Drills PD * <i>Torello Cabrol</i>
10:00-11:00 Hydro Athlete PD * <i>Lisa Raphael</i>	12:15-1:15 Vinyasa Yoga YS * <i>Jade Alexis</i>	12:15-1:00 Pilates Mat YS * <i>Taylor Phillips</i>	12:15-1:15 Vinyasa Yoga YS * <i>Johan Montijano</i>	12:00-12:50 Anthem Ride CS * <i>Dyan Tsiumis</i>	11:30-12:30 Amplified Vinyasa (L2) YS * <i>Rika Henry</i>	1:15-2:00 Athletic Stretch YS * <i>Claudia Brown</i>
11:00-11:45 Pilates Fusion YS * <i>Taylor Phillips</i>	12:30-1:15 Cardio Sculpt MS * <i>Calvin Wiley</i>	12:30-1:15 Stronger MS * <i>Andrew Slane</i>	12:30-1:15 Limited Series: Stronger Women MS * <i>Isabelle Luongo</i>	12:15-1:15 Power Vinyasa MS * <i>Robert Nguyen</i>	12:00-12:45 Cardio Dance: 305 Dance MS * <i>LaDarius Lee</i>	2:30-3:15 Cardio Dance: 305 Dance MS * <i>LaDarius Lee</i>
12:15-1:00 True Barre: Off the Barre YS * <i>Maureen Duke</i>	4:15-5:00 Pilates Mat YS * <i>Beth Bardin</i>	4:15-5:00 Barefoot Sculpt Alyssa Sarnoff	4:15-5:00 True Barre: Bala Bangle YS * <i>Paige Bodnar</i>	12:30-1:15 Feel Good Friday: Cardio Dance MS * <i>Diego Chauca</i>	12:45-1:35 True Barre: Bala Bangle YS * <i>Richel Ruiz</i>	3:00-3:45 Sonic Meditation YS * <i>Suzanne Taylor</i>
12:30-1:15 Stronger MS * <i>Maddie Myers</i>	5:00-5:50 Precision Run® TR * <i>John Cianca</i>	5:15-6:05 Stronger MS * <i>Esteban Deleon</i>	5:15-6:00 Body Sculpt Esteban Deleon	3:00-3:45 True Barre: Bala Bangle YS * <i>Khaleah London</i>	1:00-2:00 Hydro Athlete PD * <i>Lisa Raphael</i>	4:00-4:45 360 Strength MS * <i>Joey Ledonio</i>
4:00-5:00 Vinyasa Yoga YS * <i>Evan Perry</i>	5:30-6:30 Vinyasa Yoga YS * <i>Mardi Sykes</i>	5:30-6:15 Best Butt Ever MS * <i>Mara Gabrielle</i>	5:30-6:15 Pilates Fusion MS * <i>Lipe</i>	4:00-5:00 Beats Ride PD * <i>John King</i>	2:00-2:45 Pilates Fusion YS * <i>Rosie Fiedelman</i>	5:00-6:00 Vinyasa Yoga YS * <i>Liz Wexler</i>
5:15-6:00 MetCon Monday MS * <i>Christopher Vo</i>	6:00-6:45 Beats Ride CS * <i>Ev Autio</i>	6:00-6:45 Beats Ride MS * <i>Mario Martinez</i>	6:00-6:45 Beats Ride CS * <i>John King</i>	4:00-4:45 Pilates Mat MS * <i>Khaleah London</i>	3:00-3:45 True Barre: Off the Barre MS * <i>Rosie Fiedelman</i>	
5:30-6:30 Vinyasa Yoga YS * <i>Eliza Dempsey</i>	6:30-7:15 MetCon3 MS * <i>John Cianca</i>	6:30-7:15 Athletic Conditioning MS * <i>David Robert</i>	6:15-7:05 Stronger MS * <i>Esteban Deleon</i>	5:30-6:15 360 Strength MS * <i>Lynsey F</i>	4:00-5:00 Weekend Wind Down Yoga YS * <i>Amy Norton</i>	
6:00-6:50 Anthem Ride CS * <i>Jaclyn Michelle</i>	6:45-7:30 Pilates Fusion YS * <i>Ron Tal</i>	6:45-7:35 True Barre: Bala Bangle YS * <i>Karla Belichenko</i>	6:30-7:30 Vinyasa Yoga YS * <i>Kristin Bilella</i>	5:45-6:45 Vinyasa Yoga YS * <i>Jamison Goodnight</i>		
6:15-7:05 Rhythmic Sculpt MS * <i>Christopher Vo</i>	7:45-8:30 Best Stretch Ever YS * <i>Ev Autio</i>	7:30-8:30 Studio Dance: Calvinography Calvin Wiley	7:30-8:30 Pilates Mat YS * <i>Claire Goldes</i>	6:00-6:45 Rounds: Bags and Mitts BR * <i>Jermaine Bailey</i>		
6:30-7:15 Rounds: Boxing BR * <i>Marshall Brockley</i>	8:00-9:00 Swim: Pro PD * <i>Ester Kim</i>					
6:45-7:35 Pilates Rise YS * <i>Michael Apuzzo</i>						
7:30-8:15 Core6 MS * <i>Lynsey F</i>						
7:45-8:45 Vinyasa Yoga YS * <i>Felipe Gonzalez</i>						

# EQUINOX

## GREENWICH AVENUE

97 Greenwich Avenue

NEW YORK NY 10014

EQUINOX.COM

@EQUINOX

MON-THU 05:30 AM 11:00 PM

FRI 05:30 AM 10:00 PM

SAT-SUN 08:00 AM 09:00 PM

## GROUP FITNESS MANAGER

mara.feinstein@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

PD Pool Deck

## 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 + 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.

**Iyengar Yoga** An open class focusing on precision and physical alignment of the body. Named after B.K.S. Iyengar and therapeutic in approach, props are used to increase awareness and understand the nuance of each pose.

**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.

**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 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.

**Ropes and Rowers** Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. 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 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.

## Dance

**Cardio Dance: 305 Dance** Dance like no one's watching in this free-spirited, inclusive dance cardio workout designed for all levels, no dance experience required. 35 minutes of high-intensity cardio followed by 5 minutes of targeted toning, and 5 minutes of stretching for a joyful full body workout.

**Feel Good Friday: Cardio Dance** Fridays are all about the "feels". Start your weekend with a feel-good dance class. A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations.

**Studio Dance: Calvinography** Experience international fitness expert and choreographer Calvin Wiley's signature dance workout. Channel your inner dancer, and bring the dance floor to your cardio workout!

## 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.

## Swim

**Hydro Athlete** An intense water fitness workout. Interval training, low impact plyometrics, and power moves designed to improve cardiovascular fitness, muscular endurance, strength, and flexibility. The perfect blend of cardio and strength training in the pool. Swim cap required. An Equinox exclusive.

**Swim: Pro** Test your limits in an intermediate/advanced team-based swim class. Train all 4 strokes like a pro, focusing on technique, form, and stamina. Must be able to swim 100 yards continuously. Swim cap and goggles required.

**Swim: Skills + Drills** Build upon your freestyle as you learn new skills, drills and strokes. Must be able to swim 25 yds continuous. An Equinox exclusive. Swim cap and goggles are required.

## Regeneration

**Athletic Stretch** Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

**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.

**Sonic Meditation** Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. 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.

**Cardio Sculpt** A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.

**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 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.

**Limited Series: Stronger Women** Introducing Stronger Women. Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women's performance program. Optimized for women, but open to all.

**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.