

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

EQUINOX

GREENWICH AVENUE

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NEW YORK NY 10014

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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.

Slow Flow Yoga A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.

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.

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.

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.



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.

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

Kickbox Burn Kickbox Burn, led by martial arts expert Akinwale, offers a fast and fun take on cardio kickboxing. From beginners to black belts, this class will guide you through precise movements and challenging combinations to train your body and mind together.

Knockout Challenge yourself with Erika Hammond's boxing-forward, full-body strength class integrating non-rhythmic shadow boxing combos with targeted strength training. This high energy class will leave you feeling empowered to take on any fight. An Equinox exclusive.

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 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.

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.