EQUINOX **GREENWICH AVENUE**

November 2026 | SCHEDULE EFFECTIVE 11.01.26-11.30.26

KEY **Studio key on back**

Bold — New/Updated Class, Instructor, or Time

* — Advance sign-up required

MONDAY

6:30-7:15	MS *	Stronger *Isabelle Luongo*
7:00-7:45	CS *	Beats Ride *Danielle Bernstein*
7:15-8:00	YS *	True Barre: Off the Barre *Kevin VerEecke*
7:30-8:15	MS *	Cardio Sculpt *Adam B*
7:45-8:35	TR *	Precision Run® *Isabelle Luongo*
8:15-9:00	YS *	Pilates Mat *Itsy Rachatasumrit*
8:30-9:15	MS *	MetCon Monday *Bransen Gates*
9:15-10:00	YS *	Barefoot Sculpt: The Ring *Becca Wood*
9:45-10:30	MS *	Stronger *Kyle White*
10:00-11:00	PD *	Hydro Athlete *Lisa Raphael*
11:00-11:45	YS *	Pilates Fusion *Taylor Phillips*
12:15-1:00	YS *	**Barefoot Sculpt: The Ring** ***Zach Eisenberg***
12:30-1:15	MS *	Stronger *Maddie Myers*
4:00-5:00	YS *	Vinyasa Yoga *Evan Perry*
5:15-6:00	MS *	Leg Day *Christopher Vo*
5:30-6:30	YS *	Vinyasa Yoga *Elitza Dempsey*
6:00-6:50	CS *	Anthem Ride *Jaclyn Michelle*
6:15-7:05	MS *	Rhythmic Sculpt *Christopher Vo*
6:30-7:15	BR *	Rounds: Bags and Mitts *Bryan Espinoza*
6:45-7:35	YS *	Pilates Rise *Michael Apuzzo*
7:30-8:15	MS *	MetCon Monday *Lynsey F*

TUESDAY

6:15-7:00	YS *	**Barefoot Sculpt: The Ring** ***Chloe Allen***
6:30-7:15	MS *	MetCon3 *Or Artzi*
6:45-7:30	CS *	Beats Ride *Jonathan Carlucci*
7:15-8:00	YS *	**Pilates Rise** ***Kyla Lloyd***
7:45-8:30	MS *	Athletic Conditioning *Or Artzi*
8:00-8:45	CS *	Beats Ride *Mario Martinez*
8:15-9:00	YS *	True Barre: Off the Barre *Paige Bodnar*
9:15-10:00	YS *	Barefoot Sculpt *Paige Bodnar*
9:30-10:20	MS *	Stronger *Maddie Myers*
10:15-11:00	YS *	Pilates Mat *Bret Yamanaka*
12:15-1:15	YS *	Vinyasa Yoga *Jade Alexis*
12:30-1:15	MS *	Cardio Sculpt *Calvin Wiley*
4:15-5:00	MS *	Stacked *Jason Tran*
4:30-5:15	YS *	Pilates Mat *Beth Bardin*
5:00-5:50	TR *	Precision Run® *John Cianca*
5:15-6:00	MS *	Stronger *Jason Tran*
5:30-6:30	YS *	Vinyasa Yoga *Mardi Sykes*
6:00-6:45	CS *	Beats Ride *Ev Autio*
6:30-7:15	MS *	MetCon3 *John Cianca*
6:45-7:30	YS *	Pilates Fusion *Ron Tal*
7:45-8:30	YS *	Best Stretch Ever *Ev Autio*
8:00-9:00	PD *	Swim: Pro *Ester Kim*

WEDNESDAY

6:30-7:15	MS *	Cardio Sculpt *Elgin McCargo*
7:00-7:45	CS *	Beats Ride *Erin Ay*
7:15-8:05	YS *	True Barre: Bala Bangle *Andy Santana*
7:30-8:15	MS *	Whipped! *Philippe Bowgen*
8:15-9:00	CS *	Beats Ride *Betty Kasper*
8:30-9:15	MS *	Stronger *Melissa Chisholm*
9:00-9:45	YS *	Pilates Fusion *Bonnie Crellin*
9:30-10:15	MS *	Cardio Dance: 305 Dance *Tom Feeney*
10:00-11:00	PD *	Swim: Pro *Ester Kim*
11:00-11:45	YS *	Pilates Fusion *Rosie Fiedelman*
12:15-1:00	YS *	Pilates Mat *Taylor Phillips*
12:30-1:15	MS *	**Stronger** ***Vincent Ruiz***
4:15-5:00	YS *	Barefoot Sculpt: The Ring *Alyssa Sarnoff*
5:15-6:00	YS *	Pilates Mat *Claire Goldes*
5:30-6:15	MS *	**MetCon3** ***Mara Gabrielle***
6:00-6:45	CS *	Beats Ride *Mario Martinez*
6:15-7:00	BR *	Rounds: Bags and Mitts *Emma Artero*
6:30-7:15	MS *	Athletic Conditioning *David Robert*
6:45-7:35	YS *	True Barre: Bala Bangle *Karla Beltchenko*
7:30-8:30	MS *	Studio Dance: Calvinography *Calvin Wiley*
7:45-8:45	YS *	Restorative Yoga *Tom Jermain*

THURSDAY

6:15-7:00	YS *	True Barre: Off the Barre *Kelsey Whallon*
6:30-7:20	MS *	Ropes and Rowers *TomJohn Mershon*
6:45-7:35	TR *	Precision Run® *Andrew Briedis*
7:00-7:45	CS *	Beats Ride *Mario Martinez*
7:15-8:00	PD *	Swim: Pro (L2) *Hilary Hebrank*
7:15-8:15	YS *	Power Vinyasa *Stephanie Schwartz*
7:45-8:30	MS *	Core6 *Wyatt Slone*
8:15-9:00	CS *	Beats Ride *Ev Autio*
8:30-9:15	YS *	Barefoot Sculpt: The Ring *Andy Santana*
9:30-10:15	MS *	Cardio Sculpt *Calvin Wiley*
10:30-11:20	YS *	Pilates Rise *Taylor Phillips*
12:15-1:15	YS *	Vinyasa Yoga *Johan Montijano*
12:30-1:15	MS *	**Body Sculpt** ***Isabelle Luongo***
4:15-5:00	MS *	**Athletic Conditioning** ***Alish Guluzada***
4:30-5:15	YS *	True Barre: Bala Bangle *Paige Bodnar*
5:15-6:00	MS *	Body Sculpt *Esteban Deleon*
5:30-6:15	YS *	Pilates Fusion *Ron Tal*
6:00-6:45	CS *	Beats Ride *Chris Vernon*
6:15-7:05	MS *	Stronger *Esteban Deleon*
6:30-7:15	YS *	**Power Vinyasa** ***Jill Green***

FRIDAY

6:45-7:30	MS *	MetCon3 *Bransen Gates*
7:00-7:45	YS *	Pilates Fusion *Vivian Jonokuchi*
7:15-8:00	CS *	Beats Ride *Alejandra Acosta*
7:45-8:35	MS *	Stronger *Bransen Gates*
8:15-9:00	YS *	**Barefoot Sculpt: The Ring** ***Paige Bodnar***
8:30-9:20	TR *	Precision Run + Strength *JP Prishwalko*
9:00-9:45	MS *	Athletic Conditioning *Lauren Anthony*
9:15-10:00	YS *	True Barre: Off the Barre *Paige Bodnar*
10:15-11:00	YS *	Pilates Fusion *Taylor Phillips*
11:00-11:45	MS *	Stronger *Maddie Myers*
12:15-1:15	YS *	Power Vinyasa *Robert Nguyen*
12:30-1:15	MS *	Cardio Dance: Zumba® *Diego Chauca*
3:00-3:45	YS *	True Barre: Bala Bangle *Khaleah London*
4:00-5:00	PD *	Swim: Skills + Drills (L2) *TomJohn Mershon*
4:00-4:45	YS *	Pilates Mat *Khaleah London*
5:30-6:15	MS *	Core6 *Lynsey F*
5:45-6:45	YS *	Vinyasa Yoga *Jamison Goodnight*
6:00-6:45	BR *	Rounds: Bags and Mitts *Jermaine Bailey*

SATURDAY

8:30-9:30	YS *	Vinyasa Yoga *Reed Ridgley*
8:45-9:35	TR *	Precision Run® *Shaun Anthony*
9:00-9:45	MS *	Stronger *Esteban Deleon*
9:15-10:00	CS *	Beats Ride *Kristin Kenney*
10:00-10:45	MS *	Best Butt Ever *Esteban Deleon*
10:15-11:05	YS *	Pilates Rise *Chad Balen*
10:30-11:15	CS *	Beats Ride *Moedizzy*
10:45-11:30	BR *	Rounds: Bags and Mitts *Ugo Peter-Obiagwu*
11:00-11:45	MS *	360 Strength *Jason Tran*
11:30-12:30	YS *	Amplified Vinyasa (L2) *Rika Henry*
12:00-12:45	MS *	Cardio Dance: 305 Dance *LaDarius Lee*
12:45-1:30	YS *	True Barre: Off the Barre *Rosie Fiedelman*
1:00-2:00	PD *	Hydro Athlete *Lisa Raphael*
1:45-2:30	YS *	Pilates Fusion *Rosie Fiedelman*
4:00-5:00	YS *	Weekend Wind Down Yoga *Casey Redler*

SUNDAY

8:45-9:45	YS *	Vinyasa Yoga *Jamison Goodnight*
9:00-9:45	MS *	Body Sculpt *Ary Nunez*
9:30-10:15	BR *	Rounds: Boxing *Bryan Espinoza*
10:00-10:45	CS *	Beats Ride *Michaela McGowan*
10:00-10:45	MS *	MetCon3 *Mandy Corcione*
10:15-11:00	YS *	True Barre: Off the Barre *Alicia Archer*
11:00-11:45	MS *	Rhythmic Sculpt *LaDarius Lee*
11:15-12:05	TR *	Precision Run® *Amy Amato*
11:45-12:45	YS *	Power Vinyasa *Dennis Teston*
12:00-12:45	MS *	Cardio Dance: 305 Dance *LaDarius Lee*
1:00-2:00	PD *	Swim: Skills + Drills *Torello Cabrol*
1:15-2:00	YS *	Athletic Stretch *Claudia Brown*
2:15-3:00	YS *	Sonic Meditation *Suzanne Taylor*
4:00-4:45	MS *	360 Strength *Joey Ledonio*
4:00-4:45	YS *	Pilates Fusion *Rosie Fiedelman*
5:00-6:00	YS *	Vinyasa Yoga *Liz Wexler*

VISIT EQUINOX.COM OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

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

mario.martinez@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.



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.
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.



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.



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.



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.



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.
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.



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.



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.
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.
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.



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.
Cardio Dance: Zumba® A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.
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!



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.



Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.
Barefoot Sculpt: The Ring A low-impact sculpt class built around a weighted ring. Press, hold, and sweep to build functional strength, control, and endurance in one full-body format. Grounded, athletic, and intentional. An Equinox exclusive.
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, 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.