

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

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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

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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.