

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:35 TR * Precision Run® <i>Candace Peterson</i>	6:30-7:15 CS * Beats Ride <i>Mario Martinez</i>	6:45-7:30 MS * MetCon3 <i>LR Davidson</i>	6:45-7:30 CS * Beats Ride <i>Danielle Bernstein</i>	7:00-7:45 MS * Athletic Conditioning <i>Smita Nalluri</i>	8:45-9:30 TR * Precision Run® <i>Cooper Mann</i>	8:45-9:35 TR * Precision Run® <i>Paula Calabrese</i>
7:00-7:45 MS * Stronger <i>Lisa Raphael</i>	6:45-7:30 MS * Athletic Conditioning <i>Kyle O'Brien</i>	7:00-7:50 TR * Precision Run® <i>Evan Wood</i>	6:45-7:30 MS * Stronger <i>Bryce Vaewsorn</i>	7:00-7:50 TR * Precision Walk: Elevate <i>Candace Peterson</i>	9:00-9:50 YS * Pilates Rise <i>Toni Fuller</i>	9:30-10:30 YS * Vinyasa Yoga <i>Lisa-Marie Lewis</i>
7:15-8:15 YS * Sunrise Vinyasa Yoga <i>Mardi Sykes</i>	7:15-8:00 YS * Vinyasa Yoga <i>Alison O'Connor</i>	7:15-8:00 YS * True Barre: Bala Bangle <i>Angela Joy</i>	7:15-8:00 YS * Pilates Fusion <i>Vivian Jonokuchi</i>	7:15-8:00 YS * Vinyasa Yoga <i>Jena Maenius</i>	9:30-10:15 CS * Beats Ride <i>Michael Keeney</i>	9:45-10:30 MS * Atletica <i>Paula Calabrese</i>
12:00-12:45 YS * Pilates Mat <i>Caroline Strong</i>	7:45-8:35 MS * 360 Strength <i>Jacqueline Kouri</i>	8:00-8:45 MS * Pure Strength <i>Andrew Slane</i>	7:45-8:35 CL * Precision Run Club (Outdoor) <i>TomJohn Mershon</i>	8:00-8:45 MS * Rhythmic Sculpt <i>Lipe</i>	10:00-10:45 MS * Stronger <i>Bryce Vaewsorn</i>	10:45-11:45 CS * Endurance Ride 60 <i>Avery Washington</i>
12:15-1:00 MS * Stronger <i>Jack McGowan</i>	9:30-10:15 YS * Barefoot Sculpt <i>Maureen Duke</i>	9:30-10:15 YS * Pilates Mat <i>Khaleah London</i>	7:45-8:30 MS * Core6 <i>Bryce Vaewsorn</i>	9:15-10:00 YS * Pilates Mat <i>Bret Yamanaka</i>	10:15-11:15 YS * Vinyasa Yoga (L2) <i>Lisa-Marie Lewis</i>	10:45-11:30 MS * Pure Strength <i>Kyle O'Brien</i>
1:00-1:45 YS * Vinyasa Yoga <i>Jade Alexis</i>	11:00-12:00 PD * Swim: Skills + Drills <i>TomJohn Mershon</i>	10:45-11:45 PD * Hydro Athlete <i>Lisa Raphael</i>	10:30-11:30 MS * Studio Dance: Contemporary <i>Rosie Fiedelman</i>	10:00-10:50 PD * Hydro Athlete <i>Lisa Raphael</i>	11:00-11:45 MS * MetCon3 <i>Bryce Vaewsorn</i>	11:00-11:45 YS * True Barre: Off the Barre <i>Leah Hulgin</i>
4:45-5:30 YS * Pilates Fusion <i>Jill Weinstein</i>	12:15-1:00 MS * Atletica <i>Ilaria Montagnani</i>	12:00-12:45 YS * True Barre: Bala Bangle <i>Maureen Duke</i>	11:00-12:00 PD * Swim: Pro <i>Margaret Schwarz</i>	12:15-1:00 YS * Vinyasa Yoga <i>James Donegan</i>	11:00-11:45 PD * Hydro Sculpt <i>Robin Mandel</i>	11:45-12:30 MS * Core6 <i>Lynsey F</i>
5:15-6:00 MS * Circuit Training <i>Tracy Gordon</i>	12:15-1:15 YS * Vinyasa Yoga <i>Robert Nguyen</i>	12:15-1:00 MS * Stacked <i>Kyle O'Brien</i>	12:15-1:00 MS * Stronger <i>Sarah Cucuzzella</i>	12:30-1:20 CS * Precision Ride <i>Amanda Katz</i>	11:30-12:15 YS * True Barre: Bala Bangle <i>Kevin VerEecke</i>	12:00-1:00 YS * Vinyasa Yoga <i>Karen Kassover</i>
5:45-6:45 YS * Vinyasa Yoga <i>Jade Alexis</i>	12:30-1:20 TR * Precision Run® <i>Cooper Mann</i>	1:00-1:45 YS * Pilates Mat <i>Beth Bardin</i>	12:15-1:15 YS * Vinyasa Yoga <i>Mindy Frenkel</i>	12:30-1:15 MS * Athletic Conditioning <i>LR Davidson</i>	12:30-1:30 YS * Vinyasa Yoga <i>Suzanne Taylor</i>	1:00-1:50 MS * 360 Strength <i>Marissa Myers</i>
6:15-7:00 MS * MetCon Monday <i>Rob Lavecchia</i>	1:15-2:00 MS * Cardio Dance: Zumba® <i>Diego Chauca</i>	4:45-5:30 YS * Pilates Mat <i>Kimberly Bridgewater</i>	4:45-5:30 YS * True Barre: Off the Barre <i>Caroline Strong</i>	1:15-2:00 YS * True Barre: Off the Barre <i>Kevin VerEecke</i>	1:30-2:15 MS * Circuit Training (L2) <i>Tracy Gordon</i>	1:30-2:30 PD * Swim: Pro <i>Jason Strong</i>
6:30-7:15 CS * Beats Ride <i>Jason Tran</i>	4:45-5:30 YS * Barefoot Sculpt <i>Stephen Bel Davies</i>	5:30-6:20 MS * 360 Strength <i>Michael Keeney</i>	5:30-6:15 MS * Forza! <i>Ilaria Montagnani</i>	4:00-5:00 YS * Yin Yoga <i>Kelly Raspberry</i>	2:00-2:45 PD * Swim: Basics <i>Ester Kim</i>	1:30-2:15 YS * Pilates Mat <i>Alex Dill</i>
7:00-8:00 PD * Swim: Pro <i>Ester Kim</i>	5:30-6:15 MS * Impact! <i>Paula Calabrese</i>	5:45-6:45 YS * Vinyasa Yoga <i>Ali Cramer</i>	5:45-6:35 YS * Pilates Rise <i>Alison Mathis</i>	4:15-5:05 TR * Precision Run® <i>Zach Schanne</i>	2:00-2:45 YS * Barefoot Sculpt <i>James Ervin</i>	2:30-3:00 YS * Athletic Stretch <i>Alex Dill</i>
7:00-7:45 YS * Pilates Mat <i>Rosie Fiedelman</i>	5:45-6:35 TR * Precision Walk: Elevate <i>Lisa Raphael</i>	6:30-7:15 CS * Beats Ride <i>Michael Keeney</i>	6:30-7:15 CS * Beats Ride <i>Molly Mook</i>	5:00-6:00 PD * Swim: Skills + Drills <i>Victor Howard-Rodriguez</i>	2:30-3:15 MS * Best Butt Ever <i>Tracy Gordon</i>	3:30-4:15 MS * Body Sculpt <i>James Ervin</i>
7:15-8:00 MS * Stronger <i>Chris Yeoh</i>	5:45-6:45 YS * Vinyasa Yoga <i>Andrew Blotky</i>	6:30-7:15 MS * Stronger <i>Chris Yeoh</i>	6:30-7:15 MS * Powerstrike! <i>Ilaria Montagnani</i>	5:15-6:00 MS * Stronger <i>Zach Schanne</i>	3:30-4:30 YS * Weekend Wind Down Yoga <i>Kavi Patel</i>	4:00-5:00 YS * Vinyasa Yoga <i>James Donegan</i>
6:30-7:15 MS * Atletica <i>Paula Calabrese</i>	6:30-7:15 MS * Atletica <i>Paula Calabrese</i>	7:00-7:45 YS * Pilates Fusion <i>Andre Rivera</i>	7:00-8:00 PD * Swim: Pro <i>Hilary Hebrank</i>	5:30-6:15 CS * Anthem Ride <i>Jon Gluckner</i>	4:30-6:00 MS * Studio Dance: DANCEology <i>James Ervin</i>	
7:30-8:15 MS * Rounds: Bags and Mitts <i>Alexei Kuznietsov</i>	7:00-7:45 YS * True Barre: Bala Bangle <i>Paige Bodnar</i>	7:30-8:15 MS * Cardio Dance: Zumba® <i>Diego Chauca</i>	7:00-8:00 YS * Power Vinyasa <i>Robert Nguyen</i>	5:45-6:30 YS * Pilates Mat <i>Kimberly Bridgewater</i>		
7:30-8:20 TR * Precision Run® <i>Paula Calabrese</i>	7:30-8:20 TR * Precision Run® <i>Paula Calabrese</i>		7:30-8:15 MS * Atletica <i>Ilaria Montagnani</i>	6:30-7:15 MS * Best Stretch Ever <i>Robert Nguyen</i>		
			7:30-8:20 TR * Precision Run® <i>Christina Lee</i>			
			8:15-8:30 MS * Best Abs Ever <i>Ilaria Montagnani</i>			

# EQUINOX

## COLUMBUS CIRCLE

Deutsche Bank Center (60th and Broadway)

NEW YORK NY 10019

EQUINOX.COM

@EQUINOX

**MON-THU** 05:00 AM 10:00 PM

**FRI** 05:00 AM 09:00 PM

**SAT-SUN** 07:00 AM 08:00 PM

## GROUP FITNESS MANAGER

kyle.obrien@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**TR** Treadmill Area

**PD** Pool Deck

**CL** Club Lobby

## 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.

**Endurance Ride 60** An extended cycling workout so you can ride those extra miles. A Stages Console measures your performance to motivate and challenge you while building strength, power, and endurance.

**Precision Ride** A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.

## Running

**Precision Run Club** Join the Equinox running community with outdoor run adventures that alternate between running to famous landmarks (approximately 3 miles) and running + outdoor conditioning each week. This unique approach is designed for those who seek a purposeful, inclusive run experience. An Equinox exclusive.

**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.

**Precision Walk: Elevate** A treadmill climbing workout that challenges your ability across a variety of inclines. Personalize your pace, put a little performance in your walk and improve your cardiovascular endurance. An Equinox exclusive. Bring headphones.

## Yoga

**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.

**Sunrise Vinyasa Yoga** Awaken your body and mind with this energizing morning flow designed to start your day with intention. This class combines gentle movement, breath work, and mindful stretches to improve circulation, increase flexibility, and set a grounded tone for the day ahead.

**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.

**Yin Yoga** Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

## 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.

**Circuit Training** Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

**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.

**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.

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

**Studio Dance: Contemporary** A choreography-driven dance class incorporating styles from jazz to lyrical. Learn a complete combination, improve technique, and unleash your inner dancer.

**Studio Dance: DANCEology** An advanced choreographed dance class created by Broadway veteran dancer and fitness expert James Ervin. Improve your technique, challenge your inhibitions and allow your spirit to soar.

## Boxing

**Forza!** Created by global fitness expert, Ilaria Montagnani, this intense martial arts workout uses wooden swords. Learn the strikes and perform fluid movements that train precision, agility, and strength.

**Impact!** Gloves on in this intense freestanding bag class created by global fitness expert, Ilaria Montagnani. Punch and kick a target to improve form and technique, increase stamina, speed and agility. Participants must bring their own gloves.

**Powerstrike!** An authentic martial arts based, rhythmic-cardio workout created by global fitness expert, Ilaria Montagnani. Punch and kick to improve speed, balance and coordination.

**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.

## 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.

**Hydro Sculpt** A head above water, non-stop full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with programming that is gain without pain. Swim cap required.

**Swim: Basics** An entry level swim class designed to teach the fundamentals of swimming that focuses specifically on freestyle. Swim Basics features skills and drills that develop technique, confidence and efficiency in the water. An Equinox exclusive. Swim cap and goggles required.

**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.

## 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.

**Atletica** A weight training workout using traditional power moves created by global fitness expert, Ilaria Montagnani. Build and sculpt muscle and solidify a strong core.

**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.

**Pure Strength** Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. 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.