EQUINOX **COLUMBUS CIRCLE**

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

7:00-7:45	MS *	Body Sculpt *Lisa Raphael*
7:15-8:15	YS *	Sunrise Vinyasa Yoga *Mardi Sykes*
12:00-12:45	YS *	Pilates Mat *Caroline Strong*
12:15-1:00	MS *	Stronger *Jack McGowan*
1:00-1:45	YS *	Vinyasa Yoga *Jade Alexis*
4:45-5:30	YS *	Pilates Fusion *Jill Weinstein*
5:15-6:00	MS *	Circuit Training (L2) *Tracy Gordon*
5:45-6:45	YS *	Vinyasa Yoga *Jade Alexis*
6:15-7:00	CS *	Beats Ride *Jason Tran*
6:30-7:15	MS *	Leg Day *Joshua Beaver*
7:00-8:00	PD *	Swim: Pro *Ester Kim*
7:00-7:45	YS *	Pilates Mat *Rosie Fiedelman*
7:30-8:15	MS *	Stronger *Jason Tran*

TUESDAY

6:45-7:30	MS *	Athletic Conditioning *Kyle O'Brien*
7:15-8:00	YS *	Pilates Fusion *Lindsay Carson*
7:45-8:35	MS *	**360 Strength** ***Kyle O'Brien***
9:30-10:15	YS *	Barefoot Sculpt: The Ring *Leah Hulgin*
11:00-12:00	PD *	Swim: Skills + Drills *TomJohn Mershon*
12:00-1:00	YS *	Vinyasa Yoga *Robert Nguyen*
12:15-1:00	MS *	Atletica *Ilaria Montagnani*
12:30-1:20	TR *	Precision Run® *Cooper Mann*
1:15-2:00	MS *	Cardio Dance: Zumba® *Diego Chauca*
4:45-5:30	YS *	Barefoot Sculpt: The Ring *Stephen Bel Davies*
5:30-6:15	MS *	Impact! *Paula Calabrese*
5:45-6:35	TR *	Precision Walk: Elevate *Lisa Raphael*
6:00-6:45	YS *	Pilates Fusion *Emily Snouffer*
6:30-7:15	MS *	Atletica *Paula Calabrese*
7:00-7:45	YS *	True Barre: Bala Bangle *Paige Bodnar*
7:30-8:20	TR *	Precision Run® *Paula Calabrese*

WEDNESDAY

6:30-7:15	CS *	Beats Ride *Javier Ortega*
6:45-7:30	MS *	Whipped! *LR Davidson*
7:00-7:50	TR *	Precision Run® *Evan Wood*
7:15-8:00	YS *	True Barre: Bala Bangle *Kevin VerEecke*
8:00-8:45	MS *	Pure Strength *Andrew Slane*
9:30-10:15	YS *	Pilates Mat *Khaleah London*
10:45-11:45	PD *	Hydro Athlete *Lisa Raphael*
12:00-12:45	YS *	Pilates Fusion *Beth Bardin*
12:15-1:00	MS *	Body Sculpt *Daxton Bloomquist*
4:45-5:30	YS *	Pilates Mat *Kimberly Bridgewater*
5:15-6:00	MS *	Pure Strength *Kyle O'Brien*
5:45-6:45	YS *	Power Vinyasa *Lindsay Carson*
6:15-7:00	CS *	Beats Ride *Kyle O'Brien*
6:30-7:15	MS *	Stronger *Chris Yeoh*
7:00-7:45	YS *	Pilates Fusion *Andre Rivera*
7:30-8:15	MS *	Cardio Dance: Zumba® *Diego Chauca*

THURSDAY

6:45-7:30	MS *	Stronger *Bryce Vaewsorn*
7:15-8:00	YS *	Pilates Fusion *Vivian Jonokuchi*
7:30-8:20	TR *	**Precision Run®** ***Lindsay Carson***
7:45-8:15	MS *	Core6 Express *Bryce Vaewsorn*
10:30-11:30	MS *	Studio Dance: Contemporary *Rosie Fiedelman*
11:00-12:00	PD *	Swim: Pro *Margaret Schwarz*
12:15-1:00	MS *	Leg Day *Sarah Cucuzzella*
12:30-1:30	YS *	Vinyasa Yoga *Mindy Frenkel*
4:45-5:30	YS *	True Barre: Off the Barre *Caroline Strong*
5:30-6:15	MS *	Forza! *Ilaria Montagnani*
5:45-6:30	TR *	Precision Run® *Andrew Slane*
6:00-6:45	YS *	Pilates Fusion *Shawn Kobetz*
6:15-7:00	CS *	Beats Ride *Molly Mook*
6:30-7:15	MS *	Powerstrike! *Ilaria Montagnani*
7:00-8:00	YS *	Power Vinyasa *Robert Nguyen*
7:15-8:15	PD *	**Swim: Pro** ***Torello Cabrol***
7:30-8:15	MS *	Atletica *Ilaria Montagnani*
8:15-8:30	MS *	Best Abs Ever *Ilaria Montagnani*

FRIDAY

7:00-7:50	TR *	Precision Walk: Elevate *Candace Peterson*
7:15-8:00	YS *	**Barefoot Sculpt: The Ring** ***Rachel King***
9:00-9:30	MS *	Upper Body Pump *Joshua Beaver*
9:15-10:00	YS *	Pilates Mat *Bret Yamanaka*
9:30-10:00	MS *	Best Butt Ever *Joshua Beaver*
10:00-10:50	PD *	Hydro Athlete *Lisa Raphael*
12:00-1:00	YS *	Vinyasa Yoga *James Donegan*
12:15-1:00	MS *	MetCon3 *LR Davidson*
12:30-1:20	CS *	Precision Ride *Amanda Katz*
1:15-2:00	YS *	True Barre: Off the Barre *Kevin VerEecke*
4:00-5:00	YS *	Yin Yoga *Kelly Raspberry*
5:00-6:00	PD *	Swim: Skills + Drills *Victor Howard-Rodriguez*
5:15-6:00	MS *	Stronger *Jeff Robinson*
5:45-6:30	YS *	Pilates Mat *Kimberly Bridgewater*
6:30-7:15	MS *	Best Stretch Ever *Robert Nguyen*

SATURDAY

8:45-9:30	TR *	Precision Run® *Cooper Mann*
9:00-9:50	YS *	Pilates Rise *Toni Fuller*
9:30-10:20	CS *	Beats Ride *Jaimie Austin*
9:45-10:30	MS *	**Stronger** ***Bryce Vaewsorn***
10:15-11:15	YS *	Vinyasa Yoga (L2) *Lisa-Marie Lewis*
10:45-11:30	MS *	**Whipped!** ***Bryce Vaewsorn***
11:00-11:45	PD *	Hydro Sculpt *Robin Mandel*
11:30-12:15	YS *	True Barre: Bala Bangle *Kevin VerEecke*
12:30-1:30	YS *	Vinyasa Yoga *Suzanne Taylor*
1:30-2:15	MS *	Circuit Training (L2) *Tracy Gordon*
2:00-2:45	PD *	Swim: Basics *Ester Kim*
2:00-2:50	YS *	**Tai Sculpt** ***James Ervin***
2:30-3:15	MS *	Best Butt Ever *Tracy Gordon*

SUNDAY

8:45-9:30	MS *	Impact! *Paula Calabrese*
9:30-10:30	YS *	Vinyasa Yoga *Jeesoo Park*
9:45-10:30	MS *	Atletica *Paula Calabrese*
10:30-11:30	CS *	Endurance Ride 60 *Avery Washington*
10:45-11:30	MS *	Pure Strength *Kyle O'Brien*
11:00-11:45	YS *	True Barre: Off the Barre *Leah Hulgin*
11:45-12:30	MS *	**MetCon3** ***Lynsey F***
12:00-1:00	YS *	Power Vinyasa (L2) *Lindsay Carson*
1:30-2:30	PD *	Swim: Pro *Jason Strong*
1:30-2:15	YS *	Pilates Mat *Alex Dill*
3:30-4:15	MS *	Body Sculpt *James Ervin*
4:00-5:00	YS *	Vinyasa Yoga *James Donegan*
4:30-6:00	MS *	Studio Dance: DANCEology *James Ervin*

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

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

lindsay.carson@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

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

Cycling

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.

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 Express Explore six distinct core pathways in this 30-minute structured interval flow with bursts of high intensity. Build a stronger, more resilient foundation that supports your every movement inside and outside the club. 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.
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.

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

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.

Regeneration

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: 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.
Tai Sculpt A flowing barefoot workout that blends sculpting, Pilates and barre with elements of tai chi created by NYC fitness expert, James Ervin. Strengthen your body from the ground up, and challenge your mind in deep focused movement.

Running

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

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.

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.

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.

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.
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.
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.
Upper Body Pump Quick and efficient strength training, targeting your arms, chest, and back. Get pumped up and ready to rock in just 30 minutes or less. An Equinox Exclusive.