

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

EQUINOX

COLUMBUS CIRCLE

Deutsche Bank Center (60th and Broadway)

NEW YORK NY 10019

EQUINOX.COM

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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

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.

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 + 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.

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.

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.

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.

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: 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

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, 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.

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.