

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:20 MS * <b>Stronger Grace Cerda</b>	6:30-7:15 MS * MetCon3 <i>Bonnie Flannery</i>	6:30-7:15 MS * Body Sculpt <i>Pamela Trujillo</i>	6:30-7:15 MS * Athletic Conditioning <i>Joey Ledonio</i>	7:15-8:00 YS * Pilates Mat <i>Caroline Strong</i>	9:00-9:45 YS * Pilates Mat <i>Chad Balen</i>	9:30-10:15 MS * MetCon3 <i>Dario Torres</i>
6:45-7:30 YS * <b>Barefoot Sculpt Elyse Cowles</b>	7:00-7:45 YS * Power Vinyasa <i>Jena Maenius</i>	6:30-7:20 TR * Precision Run@ <i>Eddie Carrington</i>	7:15-8:00 CS * Beats Ride <i>Gater</i>	7:30-8:15 MS * Stronger <i>Daxton Bloomquist</i>	9:30-10:15 MS * Whipped! <i>Corrine Carnation</i>	9:45-10:30 YS * Pilates Fusion <i>Jennifer Benesch</i>
7:30-8:15 MS * Athletic Conditioning <i>Vincent Ruiz</i>	7:15-8:05 CS * Precision Ride <i>Lucas Blankenhorn</i>	6:45-7:30 YS * Barefoot Sculpt <i>Becca Wood</i>	7:15-8:00 YS * Vinyasa Yoga <i>Alyssa Sarnoff</i>	8:30-9:15 MS * Body Sculpt <i>Daxton Bloomquist</i>	10:30-11:15 MS * Ultimate Resistance (L2) <i>Alexander</i>	10:30-11:15 MS * Stronger <i>Dario Torres</i>
7:45-8:30 YS * <b>Pilates Mat Elyse Cowles</b>	7:45-8:30 MS * <b>Tabata Max Antonio Hudson</b>	7:30-8:15 MS * Athletic Conditioning <i>Eddie Carrington</i>	7:45-8:30 MS * Best Butt Ever <i>Esteban Deleon</i>	8:45-9:30 YS * True Barre: Bala Bangle <i>Diane LaVon</i>	MS * 10:30-11:30 YS * Vinyasa Yoga <i>Miguel Sarmiento</i>	10:45-11:30 YS * <b>True Barre: Bala Bangle Ana Boiangiu</b>
8:30-9:15 MS * Cardio Sculpt <i>Makena Diehl</i>	9:00-9:45 YS * Barefoot Sculpt <i>Genieve Gordon</i>	7:45-8:30 YS * Power Vinyasa <i>Kumiko Buckman</i>	10:45-11:30 MS * Core6 <i>JD Martin</i>	10:45-11:30 MS * Whipped! <i>Alexander</i>	11:00-11:45 CS * Anthem Ride <i>Katie Horwitch</i>	
10:45-11:30 MS * Stacked <i>Or Artzi</i>	10:45-11:30 MS * Best Butt Ever <i>Esteban Deleon</i>	8:45-9:30 YS * Pilates Fusion <i>Sophie Burzynski</i>	12:15-1:00 YS * True Barre: Off the Barre <i>Andy Santana</i>	12:15-1:00 MS * <b>Feel Good Friday: Cardio Dance Antonio Hudson</b>	11:30-12:15 MS * Best Butt Ever <i>Lynsey F</i>	11:30-12:15 MS * Rhythmic Sculpt <i>Lipe</i>
12:15-1:00 MS * Core6 <i>Lynsey F</i>	12:15-1:00 YS * True Barre: Bala Bangle <i>Elgin McCargo</i>	10:45-11:30 MS * Circuit Training <i>Jason Tran</i>	12:30-1:20 MS * Stronger <i>Bonnie Flannery</i>	12:45-1:35 YS * Pilates Rise <i>Alex Ware</i>	12:00-12:45 YS * True Barre: Bala Bangle <i>Khaleah London</i>	11:45-1:00 YS * Power Vinyasa (L2) <i>Serena Tom</i>
12:30-1:15 YS * Pilates Mat <i>Itsy Rachatasumrit</i>	12:30-1:15 MS * Ultimate Resistance (L2) <i>Alexander</i>	12:00-1:00 YS * Vinyasa Yoga <i>Ali Cramer</i>	4:00-4:45 YS * Best Stretch Ever <i>Rika Henry</i>	4:00-4:45 YS * True Barre: Off the Barre <i>Monica Colino</i>	12:30-1:15 MS * Core6 <i>Lynsey F</i>	12:45-1:30 MS * Athletic Conditioning <i>Pamela Trujillo</i>
4:30-5:15 YS * Pilates Fusion <i>Lipe</i>	4:00-5:00 YS * Vinyasa Yoga <i>Serena Tom</i>	12:15-1:00 MS * Athletic Conditioning <i>Jason Tran</i>	5:15-6:15 YS * Sculpted Yoga™ <i>Jim Scholl</i>	4:15-5:00 MS * Athletic Conditioning <i>David Robert</i>	1:00-1:50 TR * Precision Walk: Elevate <i>Khaleah London</i>	1:45-2:45 YS * Vinyasa Yoga <i>Dennis Teston</i>
5:00-5:45 CS * Beats Ride <i>Jason Tran</i>	5:15-6:00 MS * Cardio Sculpt <i>Makena Diehl</i>	12:30-1:15 CS * Beats Ride <i>Mario Martinez</i>	6:00-6:45 CS * Beats Ride <i>Christian Ramos</i>	5:30-6:30 YS * Vinyasa Yoga <i>Serena Tom</i>	1:15-2:30 YS * Amplified Vinyasa (L3) <i>Rika Henry</i>	3:00-3:45 YS * Tai Chi <i>Khaled Zeidan</i>
5:00-5:45 MS * Best Butt Ever <i>David Robert</i>	5:15-6:15 YS * Power Vinyasa <i>Serena Tom</i>	4:30-5:15 YS * Pilates Mat <i>Khaleah London</i>	6:15-7:00 MS * 6:45-7:30 YS * Stacked <i>Jason Tran</i>	6:00-6:45 MS * Precision Walk: Elevate <i>Khaleah London</i>	1:30-2:15 MS * Muay Thai <i>Khaled Zeidan</i>	4:30-5:15 YS * <b>Sonic Meditation Kumiko Buckman</b>
5:30-6:15 YS * True Barre: Off the Barre <i>Alyssa Sarnoff</i>	6:00-6:45 CS * Beats Ride <i>Gater</i>	5:30-6:15 YS * Amplified Vinyasa (L2) <i>Rika Henry</i>	6:45-7:30 YS * True Barre: Bala Bangle <i>Toni Fuller</i>	6:45-7:30 TR * Precision Walk: Elevate <i>Khaleah London</i>	2:30-3:15 MS * Studio Dance: Jazz <i>Esteban Deleon</i>	
6:00-6:45 MS * MetCon Monday <i>Antonio Hudson</i>	6:30-7:15 YS * Pilates Rise <i>Lucas Blankenhorn</i>	5:45-6:35 TR * Precision Walk: Elevate <i>Khaleah London</i>	7:00-7:50 TR * Precision Run@ <i>Christian Ramos</i>	7:00-7:50 TR * Precision Run@ <i>Christian Ramos</i>	2:45-3:30 YS * Best Stretch Ever <i>Rika Henry</i>	
6:45-7:45 YS * Vinyasa Yoga <i>Dee Holliday</i>	7:15-8:00 MS * Muay Thai <i>Khaled Zeidan</i>	6:00-6:45 MS * Cardio Dance <i>Antonio Hudson</i>	7:15-8:05 MS * Stronger <i>Jason Tran</i>	7:15-8:05 MS * Stronger <i>Jason Tran</i>	3:45-4:30 YS * Pilates Fusion <i>Sophie Burzynski</i>	
7:00-7:45 MS * Tabata Max <i>Antonio Hudson</i>	7:30-8:15 YS * True Barre: Bala Bangle <i>Lucas Blankenhorn</i>	6:30-7:15 CS * Beats Ride <i>Lucas Blankenhorn</i>	7:45-8:30 YS * Pilates Mat <i>Cindy Davis</i>	7:45-8:30 YS * Pilates Mat <i>Cindy Davis</i>	5:00-6:00 YS * Vinyasa Yoga <i>Megna Paula</i>	
8:00-9:00 YS * Slow Flow Yoga <i>Kavi Patel</i>		6:45-7:30 YS * Pilates Mat <i>Elgin McCargo</i>		6:00-6:45 MS * Body Sculpt <i>Elgin McCargo</i>		
		7:00-7:45 MS * Lower Body Blast <i>Antonio Hudson</i>				
		8:00-8:45 YS * Sonic Meditation <i>Babette Godefroy</i>				

# EQUINOX

## SOHO

69 Prince Street

NEW YORK NY 10012

EQUINOX.COM

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**MON-THU** 05:30 AM 10:00 PM

**FRI** 05:30 AM 08:00 PM

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

## GROUP FITNESS MANAGER

jacques.delaugere@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**TR** Treadmill Area

## 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** 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

**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.

**Sculpted Yoga**™ Take Vinyasa up a notch with a challenging class that combines yoga with light weight sculpting. Incorporating Bala bangles and hand weights, this class merges Vinyasa flow with low-impact toning exercises to enhance strength, mobility, and balance. An Equinox exclusive.

**Slow Flow Yoga** A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.

**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.

## 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.

**Lower Body Blast** Train everything below the belt in a class that focuses on lower body strength, definition, and endurance. Expect exercises using bodyweight and a variety of equipment including weights and bands. You'll push your legs and glutes to the limit.

**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.

**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** A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

**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: Jazz** A choreography-driven dance class that puts style and edge at the forefront. Learn a complete combination, improve technique, and unleash your inner dancer.

## Boxing

**Muay Thai** Master the basic kickboxing strikes of Muay Thai and capture the essence of MMA fighting style in this martial-arts specialty class. Your heart will pound, your feet will fly, and your body will transform into a true fighter's figure. Boxing gloves 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.

**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.

**Tai Chi** A slow-moving martial art that emphasizes balance, alignment, and relaxation. Open to all levels, this class includes Qigong Tai Chi, and related exercises to build coordination, increased body awareness, and a focused mind.

## 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, 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

**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.

**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.

**Ultimate Resistance** An intense integrated-strength workout created by fitness expert, Alexander Charles using a single weight and resistance tubing. Ignite metabolic burn through a series of strength and core conditioning.