

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:20 MS * Stronger <i>Grace Cerda</i>	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 * Barefoot Sculpt <i>Elyse Cowles</i>	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 Roxana Viesca	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>	7:15-8:00 CS * Beats Ride Lucas Blankenhorn	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 * MetCon3 Jacques Delaugere	10:30-11:15 MS * Stronger <i>Dario Torres</i>
7:45-8:30 YS * Pilates Mat <i>Elyse Cowles</i>	7:45-8:30 MS * Tabata Max <i>Antonio Hudson</i>	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>	10:30-11:30 YS * Vinyasa Yoga <i>Miguel Sarmiento</i>	10:45-11:30 YS * True Barre: Bala Bangle <i>Ana Boiangiu</i>
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>	9:15-10:15 YS * Power Vinyasa Lipe	10:45-11:30 MS * Whipped! Kyle O'Brien	11:00-11:45 CS * Anthem Ride <i>Katie Horwitch</i>	11:30-12:15 MS * Rhythmic Sculpt <i>Lipe</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>	10:45-11:30 MS * Core6 <i>JD Martin</i>	12:15-1:00 MS * Feel Good Friday: Cardio Dance <i>Antonio Hudson</i>	11:30-12:15 MS * Leg Day Lynsey F	11:45-1:00 YS * Power Vinyasa (L2) <i>Serena Tom</i>
12:15-1:00 MS * Core6 <i>Lynsey F</i>	12:15-1:00 YS * Barefoot Sculpt Elgin McCargo	10:45-11:30 MS * Circuit Training <i>Jason Tran</i>	12:15-1:00 YS * True Barre: Off the Barre <i>Andy Santana</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>	12:45-1:30 MS * Athletic Conditioning <i>Pamela Trujillo</i>
12:30-1:15 YS * Pilates Mat <i>Itsy Rachatasumrit</i>	12:30-1:15 MS * Stronger Jacques Delaugere	12:00-1:00 YS * Vinyasa Yoga <i>Ali Cramer</i>	12:30-1:20 MS * Stronger <i>Bonnie Flannery</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>	1:45-2:45 YS * Vinyasa Yoga <i>Dennis Teston</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>	4:00-4:45 YS * Best Stretch Ever <i>Rika Henry</i>	4:15-5:00 MS * Athletic Conditioning <i>David Robert</i>	11:00-1:50 TR * Precision Walk: Elevate <i>Khaleah London</i>	3:00-3:45 YS * Tai Chi <i>Khaled Zeidan</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>	5:15-6:00 MS * Leg Day Mandy Corcione	5:30-6:30 YS * Vinyasa Yoga <i>Serena Tom</i>	1:15-2:30 YS * Amplified Vinyasa (L3) <i>Rika Henry</i>	4:30-5:15 YS * Sonic Meditation <i>Kumiko Buckman</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>	5:15-6:15 YS * Sculpted Yoga™ <i>Jim Scholl</i>	6:00-6:45 MS * Body Sculpt <i>Elgin McCargo</i>	1:30-2:15 MS * Muay Thai <i>Khaled Zeidan</i>	
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>	6:00-6:45 CS * Beats Ride <i>Christian Ramos</i>		2:30-3:15 MS * Studio Dance: Jazz <i>Esteban Deleon</i>	
6:00-6:45 MS * MetCon Monday <i>Antonio Hudson</i>	6:15-7:00 MS * Stronger Pamela Trujillo	5:45-6:35 TR * Precision Walk: Elevate <i>Khaleah London</i>	6:15-7:00 MS * Stacked <i>Jason Tran</i>		2:45-3:30 YS * Best Stretch Ever <i>Rika Henry</i>	
6:45-7:45 YS * Vinyasa Yoga <i>Dee Holliday</i>	6:30-7:15 YS * Pilates Rise <i>Lucas Blankenhorn</i>	6:00-6:45 MS * Cardio Dance <i>Antonio Hudson</i>	6:45-7:30 YS * True Barre: Bala Bangle <i>Toni Fuller</i>		3:45-4:30 YS * Pilates Fusion <i>Sophie Burzynski</i>	
7:00-7:45 MS * Tabata Max <i>Antonio Hudson</i>	7:15-8:00 MS * Muay Thai <i>Khaled Zeidan</i>	6:30-7:15 CS * Beats Ride <i>Lucas Blankenhorn</i>	7:00-7:50 TR * Precision Run@ <i>Christian Ramos</i>		5:00-6:00 YS * Vinyasa Yoga <i>Megna Paula</i>	
8:00-9:00 YS * Slow Flow Yoga <i>Kavi Patel</i>	7:30-8:15 YS * True Barre: Bala Bangle <i>Lucas Blankenhorn</i>	6:45-7:30 YS * Pilates Mat <i>Elgin McCargo</i>	7:15-8:05 MS * Stronger <i>Jason Tran</i>			
		7:00-7:45 MS * Lower Body Blast <i>Antonio Hudson</i>	7:45-8:30 YS * Pilates Mat <i>Cindy Davis</i>			
		8:00-8:45 YS * Sonic Meditation <i>Babette Godefroy</i>				

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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

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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.



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.

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.

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.