

# EQUINOX

## PARK AVENUE

February 2026 | SCHEDULE EFFECTIVE 02.01.26-02.28.26

### KEY Studio key on back

**Bold** New/Updated Class, Instructor, or Time  
**\*** Advance sign-up required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 Core6 MS * <i>Pamela Trujillo</i> 7:00-7:50 Pilates Rise YS * <i>Miriam Shestack</i> 7:30-8:15 Anthem Ride CS * <i>Amy Chiu</i> 7:45-8:30 Stronger MS * <i>Philippe Bowgen</i> 8:00-8:45 True Barre: Bala Bangle YS * <i>Robert Burke</i>	6:15-7:00 Barefoot Sculpt YS * <i>Dyan Tsumis</i> 6:30-7:15 Stronger MS * <i>Scott Gervais</i> 7:00-7:45 Beats Ride CS * <i>Leah Clark</i> 7:30-8:15 Vinyasa Yoga YS * <i>Jessica Stickler</i> 7:45-8:30 Athletic Conditioning MS * <i>Eddie Carrington</i>	6:30-7:15 Stacked MS * <i>Joey Ledonio</i> 7:30-8:15 Beats Ride CS * <i>Angela Rice</i> 7:45-8:30 Body Sculpt MS * <i>Sammy Tuchman</i> 8:00-8:45 Pilates Mat YS * <i>Erin Ginn</i> 12:00-12:50 Pilates Rise YS * <i>Rose Kotopka</i> 12:30-1:15 Cardio Sculpt MS * <i>Jeff Robinson</i>	6:15-7:00 Pilates Rise YS * <i>Pavee Kwun</i> 6:30-7:15 Athletic Conditioning MS * <i>Melissa Chisholm</i> 7:00-7:45 Beats Ride CS * <i>Laison Dunnivant</i> 7:30-8:15 Vinyasa Yoga YS * <i>Caitlyn Casson</i> 7:45-8:30 Rhythmic Sculpt MS * <i>JP Prishwalko</i>	6:45-7:30 Precision Run® TR * <i>Miriam Shestack</i> 7:00-7:50 True Barre: Bala Bangle YS * <i>Elgin McCargo</i> 7:30-8:15 Beats Ride CS * <i>Betty Kasper</i> 7:45-8:35 360 Strength MS * <i>Miriam Shestack</i> 8:00-8:45 Pilates Fusion MS * <i>Elgin McCargo</i> 8:45-9:30 Best Stretch Ever MS * <i>Mardi Sykes</i>	9:00-9:45 Body Sculpt MS * <i>Zuta Gilchrist</i> 9:15-10:00 Beats Ride CS * <i>Angela Rice</i> 9:30-10:15 True Barre: Off the Barre YS * <i>Erin Giordano</i> 10:00-10:45 Stronger Dario Torres 10:30-11:15 Pilates Rise Toni Fuller	9:30-10:15 Cardio Sculpt MS * <i>Diane LaVon</i> 9:45-10:30 Anthem Ride Corinne Goldberg 10:30-11:15 True Barre: Bala Bangle Diane LaVon 10:45-11:30 Stacked Danielle Wettan
12:00-12:45 Pilates Mat YS * <i>Alison O'Connor</i> 12:30-1:15 Body Sculpt MS * <i>Zuta Gilchrist</i>	12:00-12:45 True Barre: Off the Barre YS * <i>Khaleah London</i>	12:30-1:15 Cardio Sculpt MS * <i>Jeff Robinson</i>	12:00-12:45 True Barre: Bala Bangle MS * <i>Meaghan McLeod</i>	12:00-12:45 Pilates Mat YS * <i>Sammy Tuchman</i> 12:30-1:15 Stronger Shaun Anthony	11:00-11:45 Cardio Dance: 305 Dance JJ Montell	11:45-12:45 Power Vinyasa YS * <i>Kat Suda</i>
4:45-5:30 Pilates Rise YS * <i>Becca Wood</i> 5:30-6:15 MetCon Monday MS * <i>Melissa Chisholm</i> 5:45-6:30 Pilates Mat YS * <i>Rose Kotopka</i> 6:00-6:45 Precision Run® TR * <i>Evan Wood</i> 6:15-7:00 Anthem Ride CS * <i>Corinne Goldberg</i> 6:30-7:15 Kickbox Burn MS * <i>Akin</i> 6:45-7:45 Vinyasa Yoga YS * <i>Robert Nguyen</i> 8:00-8:45 True Barre: Bala Bangle Paige Bodnar	4:45-5:30 True Barre: Bala Bangle YS * <i>Melinda Porto</i> 5:30-6:15 Stronger MS * <i>Joey Ledonio</i> 5:45-6:45 Power Vinyasa YS * <i>Jess Anson</i> 6:15-7:00 Beats Ride CS * <i>Zuta Gilchrist</i> 6:30-7:15 Cardio Sculpt MS * <i>Lynsey F</i> 7:00-7:45 Pilates Fusion YS * <i>Elgin McCargo</i> 8:00-9:00 Yin Yoga + Sound Meditation Mary Aranas	4:45-5:30 Barefoot Sculpt YS * <i>Mel Gallo</i> 5:30-6:15 Cardio Dance: Zumba® MS * <i>Diego Chauca</i> 5:45-6:30 True Barre: Bala Bangle YS * <i>Mel Gallo</i> 6:15-7:00 Beats Ride CS * <i>Nowani Rattray</i> 6:30-7:15 Core6 Lynsey F Sculpted Yoga™ Kumiko Buckman 7:00-7:45 Pilates Fusion Elgin McCargo 7:30-8:15 Best Stretch Ever Robert Nguyen	4:45-5:30 Pilates Fusion YS * <i>Brian Slaman</i> 5:30-6:15 <b>Body Sculpt</b> Michelle Sim 5:45-6:45 Power Vinyasa YS * <i>Serena Tom</i> 6:15-7:00 Beats Ride CS * <i>Zuta Gilchrist</i> 6:30-7:15 Cardio Dance: 305 Dance JJ Montell 7:00-7:45 True Barre: Bala Bangle YS * <i>Emily Naim</i>	4:45-5:30 Pilates Fusion YS * <i>Brian Slaman</i> 5:30-6:15 Stronger Shaun Anthony	11:30-12:30 Sculpted Yoga™ Kumiko Buckman 12:00-12:50 Rounds: Bags and Mitts Jermaine Bailey	4:00-4:45 Barefoot Sculpt YS * <i>Emma DiLauro</i>
					12:45-1:30 Sonic Meditation Lindsey Miller	

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

# EQUINOX

## PARK AVENUE

1 Park Avenue  
NEW YORK NY 10016  
EQUINOX.COM  
@EQUINOX

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  
jose.rivera01@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.

## ❖ 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.

## ❖ 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.

**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.

**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 + Sound Meditation** Relax and rejuvenate with a healing mix of yin yoga along with a live sound bath. You'll experience restorative yoga poses, designed to open hips, pelvis and lower back, combined with the therapeutic sounds of crystal singing bowls to bring you a much deeper mind-body connection.

## ❖ Hit

**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.

**Core6** Train your center from every angle. Explore six distinct core pathways using SandBells 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.

**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: 305 Dance** Dance like no one's watching in this free-spirited, inclusive dance cardio workout designed for all levels, no dance experience required. 35 minutes of high-intensity cardio followed by 5 minutes of targeted toning, and 5 minutes of stretching for a joyful full body workout.

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

## ❖ Boxing

**Kickbox Burn** Kickbox Burn, led by martial arts expert Akinwole, offers a fast and fun take on cardio kickboxing. From beginners to black belts, this class will guide you through precise movements and challenging combinations to train your body and mind together.

**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.

## ❖ 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.

## ❖ 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, 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.

**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.