

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:50 YS * Pilates Rise <i>Miriam Shestack</i>	6:15-7:00 YS * Barefoot Sculpt <i>Dyan Tsiumis</i>	6:30-7:15 MS * Stacked <i>Joey Ledonio</i>	6:15-7:00 YS * Pilates Rise <i>Pavee Kwun</i>	6:45-7:30 TR * Precision Run® <i>Miriam Shestack</i>	9:00-9:45 MS * Body Sculpt <i>Zuta Gilchrist</i>	9:15-10:15 YS * Sculpted Yoga™ <i>Team Equinox</i>
7:30-8:15 CS * Anthem Ride <i>Amy Chiu</i>	6:30-7:15 MS * Stronger <i>Scott Gervais</i>	7:30-8:15 CS * Beats Ride <i>Angela Rice</i>	6:30-7:15 MS * Athletic Conditioning <i>Melissa Chisholm</i>	7:00-7:50 YS * True Barre: Bala Bangle <i>Elgin McCargo</i>	9:15-10:00 CS * Beats Ride <i>Angela Rice</i>	9:30-10:15 MS * Cardio Sculpt <i>Diane LaVon</i>
7:45-8:30 MS * Stronger <i>Philippe Bowgen</i>	7:00-7:45 CS * Beats Ride <i>Leah Clark</i>	7:45-8:30 MS * Body Sculpt <i>Sammy Tuchman</i>	7:00-7:45 CS * Beats Ride <i>Laison Dunnivant</i>	7:30-8:15 CS * Beats Ride <i>Kellie Woodin</i>	9:30-10:15 YS * True Barre: Off the Barre <i>Erin Giordano</i>	9:45-10:30 CS * Anthem Ride <i>Corinne Goldberg</i>
8:00-8:45 YS * True Barre: Bala Bangle <i>Robert Burke</i>	7:30-8:15 YS * Vinyasa Yoga <i>Jessica Stickler</i>	8:00-8:45 YS * Pilates Mat <i>Erin Ginn</i>	7:30-8:15 YS * Vinyasa Yoga <i>Caitlyn Casson</i>	7:45-8:35 MS * 360 Strength <i>Miriam Shestack</i>	10:00-10:45 MS * Stronger <i>Dario Torres</i>	10:30-11:15 YS * True Barre: Bala Bangle <i>Diane LaVon</i>
12:00-12:45 YS * Pilates Mat <i>Alison O'Connor</i>	7:45-8:30 MS * Athletic Conditioning <i>Eddie Carrington</i>	12:00-12:50 YS * Pilates Rise <i>Rose Kotopka</i>	7:45-8:30 MS * Rhythmic Sculpt <i>JP Prishwalko</i>	8:00-8:45 YS * Pilates Fusion <i>Elgin McCargo</i>	10:30-11:15 YS * Pilates Rise <i>Toni Fuller</i>	10:45-11:30 MS * Stacked <i>Danielle Wettan</i>
12:30-1:15 MS * Body Sculpt <i>Zuta Gilchrist</i>	12:00-12:45 YS * True Barre: Off the Barre <i>Khaleah London</i>	12:30-1:15 MS * Cardio Sculpt <i>Jeff Robinson</i>	12:00-12:45 YS * True Barre: Bala Bangle <i>Meaghan McLeod</i>	8:45-9:30 MS * Best Stretch Ever <i>Mardi Sykes</i>	11:00-11:45 MS * Cardio Dance: 305 Dance <i>JJ Montell</i>	11:45-12:45 YS * Power Vinyasa <i>Kat Suda</i>
4:45-5:30 YS * Pilates Rise <i>Becca Wood</i>	4:45-5:30 YS * True Barre: Bala Bangle <i>Robert Burke</i>	4:45-5:30 YS * Barefoot Sculpt <i>Mel Gallo</i>	4:45-5:30 YS * Pilates Fusion <i>Brian Slaman</i>	12:00-12:45 YS * Pilates Mat <i>Sammy Tuchman</i>	11:30-12:30 YS * Sculpted Yoga™ <i>Kumiko Buckman</i>	4:00-4:45 YS * Pilates Mat <i>Jill Weinstein</i>
5:30-6:15 MS * MetCon Monday <i>Melissa Chisholm</i>	5:30-6:15 MS * Stronger <i>Joey Ledonio</i>	5:30-6:15 MS * Cardio Dance: Zumba® <i>Diego Chauca</i>	5:30-6:20 MS * Rounds: Boxing <i>Michelle Sim</i>	12:30-1:15 MS * Stronger <i>Shaun Anthony</i>	12:00-12:50 MS * Rounds: Bags and Mitts <i>Jermaine Bailey</i>	
5:45-6:30 YS * Pilates Mat <i>Rose Kotopka</i>	5:45-6:45 YS * Power Vinyasa <i>Jess Anson</i>	5:45-6:30 YS * True Barre: Bala Bangle <i>Mel Gallo</i>	5:45-6:45 YS * Power Vinyasa <i>Serena Tom</i>	4:30-5:30 YS * Vinyasa Yoga <i>Jane Johnsen</i>	12:45-1:30 YS * Sonic Meditation <i>Lindsey Miller</i>	
6:00-6:45 TR * Precision Run® <i>Evan Wood</i>	6:15-7:00 CS * Beats Ride <i>Zuta Gilchrist</i>	6:15-7:00 CS * Beats Ride <i>Nowani Rattray</i>	6:30-7:15 MS * Cardio Dance: 305 Dance <i>JJ Montell</i>	5:30-6:15 MS * Rhythmic Sculpt <i>Jess Strohmyer</i>		
6:15-7:00 CS * Anthem Ride <i>Corinne Goldberg</i>	6:30-7:15 MS * Cardio Sculpt <i>Emily Collin</i>	6:30-7:20 MS * 360 Strength <i>Lynsey F</i>	7:00-7:45 YS * True Barre: Bala Bangle <i>Emily Naim</i>	5:45-6:30 YS * Pilates Mat <i>Erin Ginn</i>	4:00-4:45 YS * Barefoot Sculpt <i>Emma DiLauro</i>	
6:30-7:15 MS * Kickbox Burn <i>Akin</i>	7:00-7:45 YS * Pilates Fusion <i>Elgin McCargo</i>	6:45-7:45 YS * Sculpted Yoga™ <i>Kumiko Buckman</i>				
6:45-7:45 YS * Vinyasa Yoga <i>Robert Nguyen</i>	8:00-8:45 YS * Sonic Meditation <i>Mary Aranas</i>	7:30-8:15 MS * Best Stretch Ever <i>Robert Nguyen</i>				
8:00-8:45 YS * True Barre: Bala Bangle <i>Paige Bodnar</i>						

EQUINOX

PARK AVENUE

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NEW YORK NY 10016

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

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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.



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.



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.

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 Akinwale, 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.

Rounds: Boxing Gloves on, guard up. Step into the ring with Rounds: Boxing, where every punch, every move, is a step towards mastering the art of boxing. Elevate your skill and power through expert-guided sessions and immersive rounds 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.