EQUINOX

PARK AVENUE

November 2026 | SCHEDULE EFFECTIVE 11.01.26-11.30.26

KEY **Studio key on back**

Bold — New/Updated Class, Instructor, or Time

* — Advance sign-up required

MONDAY

7:00-7:45 YS *	Pilates Rise *Miriam Shestack*
7:30-8:15 CS *	Anthem Ride *Amy Chiu*
7:45-8:35 MS *	Stronger *Philippe Bowgen*
8:00-8:45 YS *	True Barre: Bala Bangle *Robert Burke*
12:00-12:45 YS *	Pilates Fusion *Alison O'Connor*
12:30-1:15 MS *	Body Sculpt *Nicky Venditti*
4:45-5:30 YS *	Pilates Rise *Sammy Tuchman*
5:30-6:15 MS *	MetCon Monday *Gerard Thelemaque*
5:45-6:30 YS *	Pilates Mat *Rose Kotopka*
6:00-6:45 TR *	Precision Run® *Evan Wood*
6:30-7:15 MS *	Kickbox Burn *Akin*
6:45-7:45 YS *	Vinyasa Yoga *Robert Nguyen*
8:00-8:45 YS *	True Barre: Bala Bangle *Paige Bodnar*

TUESDAY

6:15-7:00 YS *	Barefoot Sculpt: The Ring *Dyan Tsiumis*
6:30-7:15 MS *	Stronger *Scott Gervais*
7:00-7:45 CS *	Beats Ride *Leah Clark*
7:30-8:15 YS *	Vinyasa Yoga *Jessica Stickler*
7:45-8:30 MS *	Athletic Conditioning *Eddie Carrington*
12:00-12:45 YS *	True Barre *Khaleah London*
12:30-1:20 MS *	Stronger *Mandy Corcione*
4:45-5:30 YS *	True Barre: Bala Bangle *Nicky Venditti*
5:30-6:15 MS *	Stronger *Joey Ledonio*
5:45-6:45 YS *	Power Vinyasa *Jess Anson*
6:30-7:15 MS *	Cardio Sculpt *Emily Collin*
7:00-7:45 YS *	Pilates Fusion *Elgin McCargo*
8:00-8:45 YS *	Sonic Meditation *Mary Aranas*

WEDNESDAY

6:30-7:15 MS *	Leg Day *Joey Ledonio*
7:30-8:15 CS *	Beats Ride *Zuta Gilchriest*
7:45-8:30 MS *	Body Sculpt *Sammy Tuchman*
8:00-8:45 YS *	Pilates Mat *Erin Ginn*
12:00-12:50 YS *	Pilates Rise *Rose Kotopka*
12:30-1:15 MS *	Cardio Sculpt *Jeff Robinson*
4:45-5:30 YS *	Pilates at the Barre *Sammy Tuchman*
5:30-6:15 MS *	Cardio Dance: Zumba® *Diego Chauca*
5:45-6:30 CS *	**Beats Ride** ***Nowani Rattray***
5:45-6:30 YS *	True Barre: Bala Bangle *Arianna Dolan*
6:30-7:15 MS *	Core6 *Lynsey F*
6:45-7:30 YS *	Barefoot Sculpt: The Ring *Molly Mook*
7:30-8:15 MS *	Best Stretch Ever *Robert Nguyen*

THURSDAY

6:15-7:00 YS *	**Barefoot Sculpt** ***Nicky Venditti***
6:30-7:15 MS *	**Stacked** ***Jacquie Scoliard***
7:00-7:45 CS *	Beats Ride *Laison Dunnavant*
7:30-8:15 YS *	Vinyasa Yoga *Caitlyn Casson*
7:45-8:30 MS *	Rhythmic Sculpt *JP Prishwalko*
12:00-12:45 YS *	True Barre: Bala Bangle *Meaghan McLeod*
12:30-1:00 MS *	Core6 Express *Nicky Venditti*
4:45-5:30 YS *	Pilates Fusion *Isabella Baklayan*
5:30-6:15 MS *	Body Sculpt *Michelle Sim*
5:45-6:45 YS *	Power Vinyasa *Serena Tom*
6:30-7:15 MS *	Cardio Dance: 305 Dance *JJ Montell*
7:00-7:45 YS *	True Barre: Bala Bangle *Emily Naim*

FRIDAY

6:45-7:30 TR *	Precision Run® *Miriam Shestack*
7:00-7:50 YS *	True Barre: Bala Bangle *Elgin McCargo*
7:45-8:30 MS *	MetCon3 *Miriam Shestack*
8:00-8:45 YS *	Pilates at the Barre *Elgin McCargo*
8:45-9:30 MS *	Best Stretch Ever *Mardi Sykes*
12:00-12:45 YS *	Pilates Mat *Sammy Tuchman*
12:30-1:15 MS *	Stronger *Shaun Anthony*
4:00-4:50 MS *	Rounds: Bags and Mitts *Ronnie Love*
4:30-5:30 YS *	Vinyasa Yoga *Rose Firouzbakht*
5:30-6:15 MS *	Cardio Sculpt *Molly Mook*
5:45-6:30 YS *	Pilates Mat *Erin Ginn*

SATURDAY

9:00-9:45 MS *	Body Sculpt *Stacie Clark*
9:30-10:15 YS *	True Barre *Erin Giordano*
10:00-10:45 MS *	Leg Day *Dario Torres*
10:30-11:15 YS *	Pilates Rise *Toni Fuller*
11:00-11:45 MS *	Cardio Dance: 305 Dance *JJ Montell*
11:30-12:30 YS *	Sculpted Yoga™ *Kumiko Buckman*
11:45-12:30 CS *	**Beats Ride** ***Chris Vernon***
12:00-12:45 MS *	Rounds: Bags and Mitts *Jermaine Bailey*
4:00-4:45 YS *	Barefoot Sculpt: The Ring *Meaghan McLeod*

SUNDAY

9:30-10:15 MS *	Cardio Sculpt *Diane LaVon*
9:45-10:30 CS *	Beats Ride *Betty Kasper*
10:30-11:15 YS *	True Barre: Bala Bangle *Diane LaVon*
10:45-11:30 MS *	Stacked *Danielle Wettan*
11:45-12:45 YS *	Ignite Flow Yoga *Kat Suda*
12:00-12:50 MS *	360 Strength *Mandy Corcione*
4:00-4:45 YS *	Pilates Mat *Jill Weinstein*

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

nicky.venditti@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.

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.
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.
Core6 Express Explore six distinct core pathways in this 30-minute structured interval flow with bursts of high intensity. 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.
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.

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.

Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.
Barefoot Sculpt: The Ring A low-impact sculpt class built around a weighted ring. Press, hold, and sweep to build functional strength, control, and endurance in one full-body format. Grounded, athletic, and intentional. An Equinox exclusive.
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.

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

Ignite Flow Yoga Join Kat Suda for a powerful new yoga experience. Feel muscles fire you didn’t know existed and move with full head-to-toe connection. Using the MIA (Myofascial Integrated Alignment) technique by global yoga educator Dylan Werner, Ignite Flow builds strength, mobility, and flexibility.
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.

Barre

True Barre This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle while increasing flexibility. An Equinox exclusive.
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.

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.
Pilates at the Barre Pilates amplified with resistance. Sculpt and strengthen using our signature anchored bands to unlock stability and connection. Target muscles with intention, build functional strength, and challenge your core. An Equinox exclusive.

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.

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.
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.