

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 * <b>Leg Day</b> <b>Joey Ledonio</b>	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>	9:30-10:15 MS * Cardio Sculpt <i>Diane LaVon</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>Zuta Gilchrist</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>Zuta Gilchrist</i>	9:45-10:30 CS * Anthem Ride <i>Corinne Goldberg</i>
7:45-8:35 MS * Stronger <i>Phillippe 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>Team Equinox</i>	9:30-10:15 YS * True Barre: Off the Barre <i>Erin Giordano</i>	10:30-11:15 YS * True Barre: Bala Bangle <i>Diane LaVon</i>
8:00-8:45 YS * True Barre: Bala Bangle <i>Arianna Dolan</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>	7:45-8:30 MS * MetCon3 <i>Miriam Shestack</i>	10:00-10:45 MS * Stronger <i>Dario Torres</i>	10:45-11:30 MS * Stacked <i>Danielle Wettan</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>	11:45-12:45 YS * Ignite Flow Yoga <i>Kat Suda</i>
12:30-1:15 MS * Body Sculpt <i>Zuta Gilchrist</i>	12:00-12:45 YS * <b>True Barre</b> <b>Khaleah London</b>	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>	12:00-12:45 MS * <b>Leg Day</b> <b>Mandy Corcione</b>
4:45-5:30 YS * Pilates Rise <i>Sammy Tuchman</i>	12:30-1:20 MS * 360 Strength <i>Mandy Corcione</i>	4:45-5:30 YS * Barefoot Sculpt <i>Bella Merritt</i>	4:45-5:30 YS * Pilates Fusion <i>Team Equinox</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>Gerard Thelemaque</i>	4:45-5:30 YS * True Barre: Bala Bangle <i>Melinda Porto</i>	5:30-6:15 MS * Cardio Dance: Zumba® <i>Diego Chauca</i>	5:30-6:15 MS * Body Sculpt <i>Michelle Sim</i>	12:30-1:15 MS * Stronger <i>Shaun Anthony</i>	4:00-4:45 YS * Barefoot Sculpt <i>Meaghan McLeod</i>	
5:45-6:30 YS * Pilates Mat <i>Rose Kotopka</i>	5:30-6:15 MS * Stronger <i>Joey Ledonio</i>	5:45-6:30 YS * True Barre: Bala Bangle <i>Team Equinox</i>	5:45-6:45 YS * Power Vinyasa <i>Serena Tom</i>	4:00-4:45 MS * <b>Rounds: Bags and Mitts</b> <b>Ronnie Love</b>		
6:00-6:45 TR * Precision Run® <i>Evan Wood</i>	5:45-6:45 YS * Power Vinyasa <i>Jess Anson</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>	4:30-5:30 YS * Vinyasa Yoga <i>Team Equinox</i>		
6:15-7:00 CS * Anthem Ride <i>Corinne Goldberg</i>	6:15-7:00 CS * Beats Ride <i>Laison Dunnivant</i>	6:30-7:15 MS * Core6 <i>Lynsey F</i>	7:00-7:45 YS * True Barre: Bala Bangle <i>Emily Naim</i>	5:30-6:15 MS * Rhythmic Sculpt <i>Jess Strohmyer</i>		
6:30-7:15 MS * Kickbox Burn <i>Akin</i>	6:30-7:15 MS * Cardio Sculpt <i>Emily Collin</i>	6:45-7:45 YS * Sculpted Yoga™ <i>Team Equinox</i>		5:45-6:30 YS * Pilates Mat <i>Erin Ginn</i>		
6:45-7:45 YS * Vinyasa Yoga <i>Robert Nguyen</i>	7:00-7:45 YS * Pilates Fusion <i>Elgin McCargo</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>	8:00-8:45 YS * Sound Meditation <i>Mary Aranas</i>					

# 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

zuta.gilchrist@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**

**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.

## **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.

**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.

## **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.

**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.

## **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.

**Sound Meditation** A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.

## **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**

**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.