

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * Stronger <i>Jess Strohmyer</i>	6:30-7:15 MS * Athletic Conditioning <i>Diego Guevara</i>	6:45-7:30 MS * <b>MetCon3</b> <b>Robert Burke</b>	6:30-7:15 MS * Stronger <i>Wyatt Slone</i>	7:00-7:45 MS * Body Sculpt <i>Emily Comerford</i>	8:30-9:15 YS * Pilates Fusion <i>Lipe</i>	9:15-10:00 True Barre: Off the Barre <i>Jenna Coker-Jones</i>
7:15-8:00 YS * True Barre: Off the Barre <i>Erin Monteleone</i>	7:00-7:50 TR * <b>Precision Run®</b> <b>Anastasia Gavriukhova</b>	7:15-8:00 CS * Beats Ride <i>Zach Williams</i>	7:00-7:50 TR * Precision Run® <i>Christie Vozniak</i>	7:15-8:00 CS * Beats Ride <i>Betty Kasper</i>	9:15-10:00 MS * MetCon3 <i>Jason Tran</i>	10:00-10:45 Beats Ride <i>Ev Autio</i>
7:30-8:15 CS * Beats Ride <i>Ary Nunez</i>	7:15-8:05 YS * Sculpted Yoga™ <i>Nicky Venditti</i>	7:15-8:00 YS * Pilates Fusion <i>Dara Adler</i>	7:15-8:15 YS * Vinyasa Yoga <i>Mardi Sykes</i>	7:30-8:15 YS * True Barre: Off the Barre <i>Sarah Esser</i>	9:30-10:30 YS * Vinyasa Yoga <i>Katey Lewis</i>	10:30-11:30 Power Vinyasa <i>Michelle Savage</i>
7:45-8:30 MS * MetCon Monday <i>Esteban Deleon</i>	7:30-8:15 MS * Best Butt Ever <i>Diego Guevara</i>	7:45-8:30 MS * Atletica <i>Marie Jasmin</i>	7:30-8:15 MS * <b>Rhythmic Sculpt</b> <b>Marissa Myers</b>	8:00-8:45 MS * Best Butt Ever <i>Paige Bodnar</i>	10:00-10:50 CS * Beats Ride <i>Story VonHolzhausen</i>	10:45-11:30 Stronger <i>Jenna Coker-Jones</i>
8:15-9:00 YS * Pilates Fusion <i>Erin Monteleone</i>	8:30-9:15 YS * Pilates Fusion <i>Kylie Treacy</i>	8:15-9:00 YS * True Barre: Bala Bangle <i>Zach Williams</i>	8:30-9:15 YS * True Barre: Bala Bangle <i>Paige Bodnar</i>	8:30-9:15 YS * Pilates Mat <i>Jennifer Tarentino</i>	10:15-11:00 MS * Limited Series: Stronger Women <i>Jess Strohmyer</i>	
9:30-10:15 YS * True Barre: Off the Barre <i>Pavee Kwun</i>	9:45-10:30 YS * True Barre: Bala Bangle <i>Paige Bodnar</i>	9:30-10:15 YS * Pilates Mat <i>Jake Thereault</i>	9:30-10:20 YS * Pilates Rise <i>Pavee Kwun</i>	10:00-10:50 MS * TRX Max <i>Nyree Brown</i>	10:45-11:35 YS * <b>Pilates Rise</b> <b>Emma DiLauro</b>	12:00-12:45 Pilates Mat <i>Jill Weinstein</i>
12:15-1:00 MS * Body Sculpt <i>Sarah Esser</i>	12:30-1:15 YS * <b>Pilates Mat</b> <b>Maria Martinez</b>	12:15-1:15 YS * Vinyasa Yoga <i>Josh Mathew-Meier</i>	12:30-1:15 YS * <b>True Barre: Off the Barre</b> <b>Erin Monteleone</b>	12:15-1:00 YS * Barefoot Sculpt <i>Jill Weinstein</i>	11:15-12:05 MS * Cardio Sculpt <i>Story VonHolzhausen</i>	1:00-1:45 True Barre: Off the Barre <i>Lindsey Miller</i>
4:30-5:15 YS * True Barre: Bala Bangle <i>Paige Bodnar</i>	4:30-5:20 YS * Pilates Rise <i>Claire Goldes</i>	4:30-5:15 YS * True Barre: Off the Barre <i>Pavee Kwun</i>	4:30-5:15 YS * Pilates Mat <i>Bret Yamanaka</i>	4:30-5:15 YS * True Barre: Off the Barre <i>Pavee Kwun</i>	12:15-1:15 YS * Power Vinyasa <i>Anke Meserve</i>	4:00-4:45 YS * True Barre: Off the Barre <i>Paige Bodnar</i>
5:30-6:15 YS * Pilates Fusion <i>Maria Martinez</i>	5:45-6:30 MS * Tabata Max <i>Abbey Hunt</i>	5:30-6:15 YS * Pilates Mat <i>Beth Bardin</i>	5:30-6:30 YS * Vinyasa Yoga <i>Anke Meserve</i>	4:45-5:30 MS * Body Sculpt <i>Esteban Deleon</i>	1:30-2:20 YS * Barefoot Sculpt <i>Meaghan McLeod</i>	5:00-6:00 Vinyasa Yoga <i>Anke Meserve</i>
5:45-6:30 MS * MetCon Monday <b>Bryce Vaewsorn</b>	6:00-6:45 YS * True Barre: Off the Barre <i>Lindsey Miller</i>	5:45-6:30 MS * Stronger <i>Andrew Slane</i>	6:30-7:15 MS * Stronger <i>Adena Ershow</i>	5:30-6:30 YS * Vinyasa Yoga <i>Mardi Sykes</i>	4:00-4:45 YS * True Barre: Bala Bangle <i>Elgin McCargo</i>	
6:00-6:45 CS * Beats Ride <i>Mario Martinez</i>	6:15-7:00 CS * Beats Ride <i>Leah Clark</i>	6:00-6:45 CS * Beats Ride <i>Jonathan Carlucci</i>	6:45-7:35 YS * True Barre: Bala Bangle <i>Lipe</i>			
6:45-7:30 MS * Stronger <i>Bryce Vaewsorn</i>	6:45-7:15 MS * Best Butt Ever <i>Abbey Hunt</i>	6:45-7:35 MS * Barefoot Sculpt <i>Bella Merritt</i>				
7:00-8:00 YS * Vinyasa Yoga <i>Seth Barron</i>	7:00-8:00 YS * Vinyasa Yoga <i>Jamison Goodnight</i>	7:00-8:00 YS * Power Vinyasa <i>Michelle Savage</i>				
	7:15-7:45 MS * Best Abs Ever <i>Abbey Hunt</i>					

# EQUINOX

## HIGH LINE

100 Tenth Avenue

NEW YORK NY 10011

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

loi.jordon@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

**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.

**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.

**TRX Max** A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging your core.

**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.



## 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.



## 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

**Atletica** A weight training workout using traditional power moves created by global fitness expert, Ilaria Montagnani. Build and sculpt muscle and solidify a strong core.

**Best Abs Ever** A challenging six-pack of exercises that builds and defines abdominal muscles. Strengthen and chisel your core while you ignite your metabolism and enhance total-body performance.

**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.

**Limited Series: Stronger Women** Introducing Stronger Women. Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women's performance program. Optimized for women, but open to all.

**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.