

EQUINOX

HIGH LINE

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 Stronger MS * Jess Strohmyer	6:30-7:15 Athletic Conditioning MS * Diego Guevara	6:45-7:30 MetCon3 MS * Robert Burke	6:30-7:15 Stronger Wyatt Sloane	7:00-7:45 Core6 MS * Emily Comerford	8:30-9:15 Pilates Fusion YS * Lipe	9:15-10:00 True Barre: Off the Barre YS * Jenna Coker-Jones
7:15-8:00 True Barre: Off the Barre YS * Erin Monteleone	7:00-7:50 Precision Run® TR * Anastasia Gavriukhova	7:15-8:00 Beats Ride CS * Zach Williams	7:00-7:50 Precision Run® Christie Vozniak	7:15-8:00 Beats Ride Erin Ay	9:15-10:00 MetCon3 MS * Jason Tran	9:30-10:15 Core6 MS * Wyatt Sloane
7:30-8:15 Beats Ride CS * Ary Nunez	7:15-8:05 Sculpted Yoga™ YS * Nicky Venditti	7:15-8:00 Pilates Fusion YS * Dara Adler	7:15-8:15 Vinyasa Yoga Mardi Sykes	7:30-8:15 True Barre: Off the Barre Sarah Esser	9:30-10:30 Vinyasa Yoga YS * Kately Lewis	10:00-10:45 Beats Ride CS * Ev Auto
7:45-8:30 Body Sculpt MS * Jessica Sanzone	7:30-8:15 Best Butt Ever MS * Diego Guevara	7:45-8:30 Atletica MS * Marie Jasmin	7:30-8:15 Rhythmic Sculpt Marissa Myers	8:00-8:45 Best Butt Ever MS * Paige Bodnar	10:00-10:50 Beats Ride CS * Story VonHolzhausen	10:30-11:30 Power Vinyasa YS * VR Colletti
8:15-9:00 Pilates Fusion YS * Erin Monteleone	8:30-9:15 Pilates Fusion Kylie Treacy	8:15-9:00 True Barre: Bala Bangle Zach Williams	8:30-9:15 True Barre: Bala Bangle Paige Bodnar	8:30-9:15 Pilates Mat MS * Jennifer Tarentino	10:15-11:00 Stronger Robert Burke	10:45-11:30 Stronger MS * Jenna Coker-Jones
9:30-10:15 True Barre: Off the Barre YS * Pavee Kwun	9:45-10:30 True Barre: Bala Bangle Alexis Campbell	9:30-10:15 Pilates Mat YS * Jake Theriault	9:30-10:20 Pilates Rise Pavee Kwun	9:45-10:45 TRX Max MS * Nyree Brown		
	4:45-5:35 Pilates Rise YS * Claire Goldes	12:15-1:05 Pilates Rise YS * Adele Carlson	12:30-1:15 True Barre: Off the Barre YS * Erin Monteleone	12:15-1:00 Barefoot Sculpt Kyla Owen	11:15-12:05 Cardio Sculpt MS * Story VonHolzhausen	12:00-12:45 Pilates Mat YS * Jill Weinstein
12:15-12:45 Upper Body Pump MS * Nyree Brown	5:45-6:30 Core6 MS * Abbey Hunt				12:15-1:15 Power Vinyasa YS * Anke Meserve	1:00-1:45 True Barre: Off the Barre YS * Lindsey Miller
12:45-1:15 Best Butt Ever MS * Nyree Brown	6:00-6:45 True Barre: Off the Barre YS * Lindsey Miller	4:15-5:15 Vinyasa Yoga Caitlyn Casson	4:45-5:30 Pilates Mat YS * Bret Yamanaka	4:30-5:15 True Barre: Off the Barre Pavee Kwun	1:30-2:20 Barefoot Sculpt Meaghan McLeod	
4:30-5:15 True Barre: Bala Bangle YS * Paige Bodnar	6:15-7:00 Beats Ride CS * Leah Clark	5:30-6:15 Pilates Mat Beth Bardin	5:45-6:45 Vinyasa Yoga Anke Meserve	4:45-5:30 Body Sculpt MS * Esteban Deleon	4:00-4:45 True Barre: Bala Bangle Elgin McCargo	4:00-4:45 True Barre: Off the Barre YS * Paige Bodnar
5:30-6:15 Pilates Fusion YS * Maria Martinez	6:45-7:15 Best Butt Ever MS * Abbey Hunt	5:45-6:30 Stronger Andrew Slane	6:45-7:30 Pilates Mat MS * Jonathan Carlucci	5:30-6:30 Vinyasa Yoga Mardi Sykes		5:00-6:00 Vinyasa Yoga YS * Anke Meserve
5:45-6:30 MetCon Monday MS * Bryce Vaewsorn	7:00-8:00 Vinyasa Yoga YS * Jamison Goodnight	6:00-6:45 Beats Ride CS *	6:45-7:35 Barefoot Sculpt Bella Merritt			
6:00-6:45 Beats Ride CS * Mario Martinez	7:15-7:45 Best Abs Ever MS * Abbey Hunt	6:45-7:35 Precision Run® TR *	6:45-7:35 Power Vinyasa Andrew Slane			
6:45-7:30 Stronger MS * Bryce Vaewsorn		7:00-8:00 Power Vinyasa YS *	7:00-8:00 Michelle Savage			
7:00-8:00 Vinyasa Yoga YS *						

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

EQUNOX

HIGH LINE

100 Tenth Avenue

NEW YORK NY 10011

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

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.

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.

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.

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 But 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.

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.

Upper Body Pump Quick and efficient strength training, targeting your arms, chest, and back. Get pumped up and ready to rock in just 30 minutes or less. An Equinox Exclusive.