

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:30 MS * Barefoot Sculpt <i>Becca Wood</i>	6:30-7:15 MS * Athletic Conditioning <i>Diego Guevara</i>	6:45-7:30 MS * MetCon3 <i>Robert Burke</i>	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 YS * True Barre: Bala Bangle <i>Jenna Coker-Jones</i>
7:15-8:00 CS * Beats Ride <i>Ary Nunez</i>	7:00-7:50 TR * Precision Run® <i>Anastasiia Gavriukhova</i>	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>Erin Ay</i>	9:15-10:00 MS * MetCon3 <i>Jason Tran</i>	9:30-10:15 MS * Core6 <i>Wyatt Slone</i>
7:15-8:00 YS * True Barre: Off the Barre <i>Erin Monteleone</i>	7:15-8:05 YS * Sculpted Yoga™ <b>Team Equinox</b>	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>	10:00-10:45 CS * Beats Ride <i>Ev Autio</i>
7:45-8:30 MS * MetCon Monday <i>Jessica Sanzone</i>	7:30-8:15 MS * Best Butt Ever <i>Diego Guevara</i>	7:45-8:30 MS * Stronger <i>Smita Nalluri</i>	7:30-8:15 MS * Body Sculpt <b>Orli Levitt</b>	8:00-8:45 MS * Best Butt Ever <i>Paige Bodnar</i>	10:00-10:50 CS * Beats Ride <i>Story VonHolzhausen</i>	10:15-11:15 YS * Vinyasa Yoga <i>Jamison Goodnight</i>
8:15-9:00 YS * Pilates Mat <i>Erin Monteleone</i>	9:45-10:30 YS * True Barre: Bala Bangle <i>Alexis Campbell</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>Jen Tarentino</i>	10:15-11:00 MS * Stronger <i>Robert Burke</i>	10:45-11:30 MS * Stronger <i>Jenna Coker-Jones</i>
9:30-10:15 YS * True Barre: Off the Barre <i>Pavee Kwun</i>	4:45-5:35 YS * Pilates Rise <i>Claire Goldes</i>	12:15-1:05 YS * Pilates Rise <i>Adele Carlson</i>	9:30-10:20 YS * Pilates Rise <i>Pavee Kwun</i>	10:00-11:00 MS * TRX Max <i>Nyree Brown</i>	10:45-11:35 YS * Pilates Rise <i>Emma DiLauro</i>	12:00-12:45 YS * Pilates Mat <i>Jill Weinstein</i>
12:15-12:45 MS * Upper Body Pump <i>Nyree Brown</i>	5:45-6:15 MS * Quick HIIT <i>Abbey Hunt</i>	4:15-5:15 YS * Power Vinyasa <i>Caitlyn Casson</i>	4:45-5:30 YS * Pilates Mat <i>Bret Yamanaka</i>	10:00-10:50 YS * Sculpted Yoga™ <b>Kristin Bilella</b>	11:15-12:05 MS * Cardio Sculpt <i>Story VonHolzhausen</i>	1:00-1:45 YS * True Barre: Off the Barre <i>Lindsey Miller</i>
12:45-1:15 MS * Best Butt Ever <i>Nyree Brown</i>	6:00-6:45 YS * True Barre: Off the Barre <i>Lindsey Miller</i>	5:30-6:15 YS * Pilates Mat <i>Beth Bardin</i>	5:45-6:45 YS * Vinyasa Yoga <i>Anke Meserve</i>	12:15-1:00 YS * Barefoot Sculpt <i>Jill Weinstein</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>
4:30-5:15 YS * True Barre: Bala Bangle <i>Paige Bodnar</i>	6:15-7:00 CS * Beats Ride <i>Leah Clark</i>	5:45-6:30 MS * Stronger <i>Daxton Bloomquist</i>	6:15-7:00 CS * Beats Ride <i>Mario Martinez</i>	4:30-5:15 YS * True Barre: Off the Barre <i>Pavee Kwun</i>	1:30-2:20 YS * Barefoot Sculpt <i>Kyla Owen</i>	5:00-6:00 YS * Vinyasa Yoga <i>Anke Meserve</i>
5:30-6:15 YS * Pilates Fusion <i>Maria Martinez</i>	6:15-6:45 MS * Upper Body Pump <i>Abbey Hunt</i>	6:45-7:35 MS * Barefoot Sculpt <i>Bella Merritt</i>	6:45-7:30 MS * Stronger <i>Adena Ershow</i>	4:45-5:30 MS * Body Sculpt <i>Esteban Deleon</i>	4:00-4:45 YS * True Barre: Bala Bangle <i>Elgin McCargo</i>	5:15-6:00 MS * Cardio Dance <i>Sydney Mudd</i>
5:45-6:30 MS * Core6 <i>Bryce Vaewsorn</i>	6:45-7:15 MS * Best Butt Ever <i>Abbey Hunt</i>	6:45-7:35 TR * Precision Run® <b>Daxton Bloomquist</b>	7:00-7:45 YS * True Barre: Off the Barre <i>Chelsea Brite</i>	5:30-6:30 YS * Vinyasa Yoga <i>Mardi Sykes</i>		
6:00-6:45 CS * Beats Ride <i>Mario Martinez</i>	7:00-8:00 YS * Vinyasa Yoga <i>Jamison Goodnight</i>	7:00-8:00 YS * Power Vinyasa <i>Michelle Savage</i>				
6:45-7:30 MS * Stronger <i>Bryce Vaewsorn</i>	7:15-7:45 MS * Best Abs Ever <i>Abbey Hunt</i>					
7:00-8:00 YS * Vinyasa Yoga <i>Seth Barron</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

jessica.davis@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, 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.

**Quick HIIT** A fast and effective full-body HIIT workout. A mix of strength, cardio, and core will bring the heat in just 30 minutes. 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.



## Dance

**Cardio Dance** A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.



## 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.



## Strength

**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.

**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.