

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 YS * Pilates Fusion <i>Team Equinox</i>	6:15-7:00 YS * True Barre: Off the Barre <i>Joan Ferraro</i>	6:00-6:45 YS * Pilates Fusion <i>Lilianne Gering</i>	6:15-7:00 YS * True Barre: Off the Barre <i>Lipe</i>	6:00-6:45 MS * Stronger <i>Robert Burke</i>	8:00-8:45 YS * Pilates Mat <i>Lucas Blankenhorn</i>	8:30-9:45 YS * Vinyasa Yoga <i>Esco Wilson</i>
6:45-7:30 MS * Body Sculpt Kaelee Albritton	6:30-7:15 MS * MetCon3 <i>Erin Puskar</i>	6:15-7:00 MS * Tabata Max <i>Joan Ferraro</i>	6:30-7:15 MS * MetCon3 <i>Emily Fawcett</i>	7:00-7:45 MS * Athletic Conditioning <i>Nikko Reyes</i>	8:45-9:30 MS * MetCon3 <i>Jeff Robinson</i>	9:00-9:45 MS * Cardio Sculpt <i>Cindy Davis</i>
7:00-7:45 YS * True Barre: Off the Barre <i>Nicole Uribarri</i>	7:00-7:45 CS * Beats Ride <i>Alex Breaux</i>	7:00-7:45 YS * True Barre: Off the Barre <i>Sarah Marchetti Gleim</i>	7:00-7:45 CS * Beats Ride <i>Candace Peterson</i>	7:00-7:45 YS * Pilates Fusion <i>Mia Wenger</i>	9:00-9:50 TR * Precision Run® <i>Chaz Jackson</i>	9:15-10:15 CS * Endurance Ride 60 <i>Jason Strong</i>
7:30-8:15 CS * Beats Ride <i>Jaclyn Michelle</i>	7:15-8:00 BR * Rounds: Boxing <i>Team Equinox</i>	7:15-8:00 TR * Rounds: Boxing <i>Thomas Heath</i>	7:15-8:15 YS * Vinyasa Yoga <i>Josh Mathew-Meier</i>	8:45-9:30 YS * True Barre: Off the Barre <i>Erin Giordano</i>	9:00-9:45 YS * True Barre: Off the Barre <i>Leah Hulgin</i>	10:00-10:50 TR * True Barre: Bala Bangle <i>Anne Berhe</i>
8:45-9:30 YS * Pilates Fusion Mia Wenger	7:15-8:05 YS * Vinyasa Yoga <i>Margaret Schwarz</i>	7:15-8:05 TR * Precision Run® <i>Cooper Chou</i>	7:30-8:20 TR * Precision Run® <i>Chelsea Amengual</i>	9:15-10:00 MS * MetCon3 <i>Shaun Anthony</i>	9:15-10:00 CS * Beats Ride <i>Candace Peterson</i>	10:15-11:00 YS * True Barre: Bala Bangle <i>Cindy Davis</i>
9:00-9:45 MS * Stronger Women <i>Jaclyn Michelle</i>	7:30-8:20 TR * Precision Run® <i>Candace Peterson</i>	8:00-8:45 CS * Beats Ride <i>Brett Gordon</i>	8:00-8:45 MS * The Cut <i>Eddie Carrington</i>	10:15-11:05 TR * Precision Run® <i>Shaun Anthony</i>	10:00-10:45 MS * Stacked <i>Chaz Jackson</i>	10:30-11:20 MS * 360 Strength <i>Alexei Kuznietsov</i>
10:00-10:50 TR * Precision Walk: Elevate <i>Evan Wood</i>	8:00-8:45 MS * Athletic Conditioning <i>Carolann Valentino</i>	8:00-8:45 MS * Cardio Sculpt <i>Team Equinox</i>	8:30-9:15 CS * Beats Ride <i>Meghan Cox</i>	10:30-11:30 YS * Vinyasa Yoga <i>Mary Horne</i>	10:15-11:00 TR * True Barre: Off the Barre <i>Michelle Rubich</i>	10:45-11:30 CS * Beats Ride <i>Lauren Berman</i>
10:45-11:30 YS * True Barre: Bala Bangle <i>Carolina Rivera</i>	8:30-9:15 CS * Beats Ride <i>Candace Peterson</i>	8:45-9:45 YS * Vinyasa Yoga <i>Robert Nguyen</i>	9:15-10:00 YS * Pilates Fusion <i>Bianca Crystal</i>	10:45-11:30 CS * Beats Ride <i>Lucas Blankenhorn</i>	11:00-11:45 MS * Athletic Conditioning <i>Kyle White</i>	11:30-12:15 BR * Rounds: Boxing <i>Alexei Kuznietsov</i>
12:00-12:45 MS * Stronger <i>Jacque Scoliard</i>	9:15-10:00 YS * True Barre: Off the Barre <i>Michelle Rubich</i>	9:00-9:45 MS * Stronger <i>Jacque Scoliard</i>	9:30-10:15 MS * Stacked <i>Meghan Cox</i>	12:00-12:45 MS * Body Sculpt <i>Team Equinox</i>	11:15-12:00 YS * Pilates Fusion <i>Kimberly Bridgewater</i>	11:45-12:35 MS * Stronger <i>Jeff Robinson</i>
12:45-1:30 YS * Pilates Fusion <i>Lilianne Gering</i>	9:30-10:15 MS * Core6 <i>Wyatt Stone</i>	10:00-10:50 TR * Precision Run® <i>Evan Wood</i>	10:45-11:30 YS * Barefoot Sculpt <i>Mel Gallo</i>	12:30-1:15 YS * True Barre: Off the Barre <i>Michelle Rubich</i>	10:30-11:15 CS * Beats Ride <i>Candace Peterson</i>	11:45-12:45 YS * Vinyasa Yoga <i>Erica Mather</i>
2:00-3:00 YS * Vinyasa Yoga <i>Dorian Shorts</i>	10:30-11:15 MS * Cardio Sculpt <i>Stephanie Levinson</i>	10:30-11:15 YS * True Barre: Off the Barre <i>Michelle Rubich</i>	12:00-12:45 YS * True Barre: Off the Barre <i>Lucas Blankenhorn</i>	12:30-1:15 MS * Leg Day Alexei Kuznietsov	11:15-12:00 YS * Pilates Fusion <i>Kimberly Bridgewater</i>	1:00-1:45 MS * Leg Day Vincent Ruiz
3:15-4:00 YS * True Barre: Off the Barre <i>Melinda Porto</i>	10:30-11:15 YS * Gentle Yoga <i>Robert Nguyen</i>	11:30-12:15 YS * Re-formation Pilates <i>Zach Bergfelt</i>	12:30-1:15 MS * Leg Day Alexei Kuznietsov	3:30-4:15 YS * True Barre: Bala Bangle <i>Meaghan McLeod</i>	11:30-12:20 TR * Precision Walk: Elevate <i>Candace Peterson</i>	1:15-2:00 YS * Pilates Mat <i>Adele Carlson</i>
4:30-5:15 YS * Pilates Mat <i>Adele Carlson</i>	12:15-1:00 YS * Barefoot Sculpt <i>Miriam Shestack</i>	12:30-1:15 MS * Atletica <i>Alyssa Cerrachio</i>	4:15-5:00 YS * Pilates Fusion <i>Miriam Shestack</i>	4:30-5:15 YS * Pilates Mat <i>Lauren Berman</i>	12:00-12:45 MS * Stronger <i>Kyle White</i>	2:30-3:30 YS * Ignite Flow Yoga <i>Kat Suda</i>
5:00-5:45 MS * Stronger Alison O'Connor	12:30-1:15 MS * Body Sculpt <i>Zach Bergfelt</i>	3:15-4:00 YS * True Barre: Off the Barre <i>Erin Montealone</i>	4:30-5:20 TR * Precision Walk: Elevate <i>Margaret Schwarz</i>	5:30-6:15 MS * True Barre: Bala Bangle <i>Zach Williams</i>	11:30-12:20 TR * Precision Walk: Elevate <i>Candace Peterson</i>	3:45-4:30 YS * True Barre: Off the Barre <i>Lindsey Miller</i>
5:45-6:30 YS * True Barre: Off the Barre <i>Maureen Duke</i>	1:15-2:00 YS * Pilates Mat <i>Kimberly Bridgewater</i>	4:30-5:15 YS * Pilates Mat <i>Cindy Davis</i>	4:30-5:20 TR * Precision Walk: Elevate <i>Margaret Schwarz</i>	5:30-6:15 MS * True Barre: Bala Bangle <i>Zach Williams</i>	12:00-12:45 MS * Stronger <i>Kyle White</i>	5:00-5:45 YS * Sonic Meditation <i>Lindsey Miller</i>
6:00-6:50 MS * MetCon Monday <i>Kyle White</i>	4:15-5:00 YS * Pilates Mat <i>Bret Yamanaka</i>	5:00-5:45 MS * Atletica <i>Alyssa Cerrachio</i>	5:30-6:15 MS * True Barre: Bala Bangle <i>Zach Williams</i>	5:30-6:30 YS * Vinyasa Yoga <i>Margaret Schwarz</i>	12:15-1:15 YS * Vinyasa Yoga <i>Kristina Erikson</i>	
6:15-7:05 TR * Precision Run® <i>Cooper Chou</i>	4:30-5:20 TR * Precision Walk: Elevate <i>Margaret Schwarz</i>	5:45-6:30 YS * True Barre: Off the Barre <i>Cindy Davis</i>	6:30-7:15 CS * Beats Ride <i>Zach Williams</i>	5:45-6:30 MS * Athletic Conditioning <i>Melissa Chisholm</i>	1:00-1:45 MS * Rounds: Boxing <i>Ahmad Simmons</i>	
6:30-7:15 CS * Beats Ride <i>Lauren Berman</i>	5:15-6:00 MS * MetCon3 <i>Miriam Shestack</i>	6:00-6:45 MS * Athletic Conditioning <i>Zach Schanne</i>	6:45-7:35 MS * Stronger <i>Mia Wenger</i>	6:45-7:30 YS * True Barre: Off the Barre <i>Nikki Rosenbloom</i>	1:45-2:30 YS * True Barre: Off the Barre <i>Zach Williams</i>	
7:00-8:00 YS * Vinyasa Yoga <i>Josh Mathew-Meier</i>	5:30-6:30 YS * Vinyasa Yoga <i>Carly Hunter</i>	6:30-7:15 CS * Beats Ride <i>Brett Gordon</i>	7:00-7:45 BR * Rounds: Boxing <i>Ahmad Simmons</i>		3:00-4:00 YS * Power Vinyasa <i>Lori Brungard</i>	
7:15-8:00 MS * Rounds: Boxing <i>Jermaine Bailey</i>	5:45-6:30 BR * Rounds: Boxing <i>Team Equinox</i>	7:00-7:50 TR * Precision Run + Strength <i>Zach Schanne</i>	7:30-8:15 YS * True Barre: Off the Barre <i>Lucas Blankenhorn</i>		4:30-5:30 YS * Weekend Wind Down Yoga <i>Suzanne Taylor</i>	
8:15-9:00 YS * Pilates Fusion <i>Ash Kaya</i>	6:15-7:00 MS * Body Sculpt <i>Miriam Shestack</i>	7:00-8:00 YS * Vinyasa Yoga <i>Lauren Harris</i>				
	6:30-7:15 CS * Beats Ride <i>Nora Herbstman</i>	8:15-9:00 YS * Restorative Yoga <i>Suzanne Taylor</i>				
	6:30-7:20 TR * Precision Run® <i>Evan Wood</i>					
	7:00-7:45 YS * Pilates Mat <i>Brian Slaman</i>					
	8:15-9:00 YS * True Barre: Off the Barre <i>Lindsey Miller</i>					

EQUINOX

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MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 08:00 PM

SAT-SUN 07:00 AM 07:00 PM

Kids

MON-SAT 09:00 AM 01:00 PM

GROUP FITNESS MANAGER

taylor.spearnak@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

BR Boxing Studio

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.

Endurance Ride 60 An extended cycling workout so you can ride those extra miles. A Stages Console measures your performance to motivate and challenge you while building strength, power, and endurance.

Running

Precision Run + Strength A track and field circuit-based workout, created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

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.

Precision Walk: Elevate A treadmill climbing workout that challenges your ability across a variety of inclines. Personalize your pace, put a little performance in your walk and improve your cardiovascular endurance. An Equinox exclusive. Bring headphones.

Yoga

Gentle Yoga A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.

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.

Restorative Yoga A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

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.

Weekend Wind Down Yoga A soothing yoga journey that uses extended postures and supportive props to fully reset body and mind. Move slowly, breathe deeply, and restore completely in this special weekend only class.

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.

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.

Re-formation Pilates A contemporary Pilates-based, high-intensity, low-impact workout by Zach Bergfelt, fusing strength and mobility into one electric, high-energy flow. Build power, elevate movement, and boost flexibility through intentional, full-body sequencing, lighting up every muscle to create an athletic burn.

Boxing

Rounds: Boxing Gloves on, guard up. Step into the ring with Rounds: Boxing, where every punch, every move, is a step towards mastering the art of boxing. Elevate your skill and power through expert-guided sessions and immersive rounds on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

The Cut A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

Regeneration

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.

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

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.

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

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.

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. An Equinox exclusive.