

# EQUINOX

EAST 74TH STREET

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
6:00-6:45 Pilates Fusion YS * <i>Lianne Gering</i>	6:15-7:00 True Barre: Off the Barre YS * <i>Mel Gallo</i>	6:00-6:45 Pilates Fusion YS * <i>Lianne Gering</i>	6:15-7:00 True Barre: Off the Barre YS * <i>Joan Ferraro</i>	6:00-6:45 Stronger MS * <i>Robert Burke</i>	8:00-8:45 Pilates Mat YS * <i>Lucas Blankenhorn</i>	8:30-9:45 Vinyasa Yoga YS * <i>Esco Wilson</i>
7:00-7:45 Cardio Sculpt MS * <i>Melissa Birnbaum</i>	6:30-7:15 MetCon3 MS * <i>Erin Puskar</i>	6:15-7:00 Tabata Max MS * <i>Joan Ferraro</i>	6:30-7:15 Athletic Conditioning MS * <i>Gaby Moreno</i>	7:00-7:45 Athletic Conditioning MS * <i>Diego Guevara</i>	8:45-9:30 MetCon3 MS * <i>Jeff Robinson</i>	9:00-9:45 Cardio Sculpt MS * <i>Cindya Davis</i>
7:00-7:45 True Barre: Off the Barre YS * <i>Lianne Gering</i>	7:00-7:45 Beats Ride CS * <i>Shwepy</i>	7:00-7:45 True Barre: Off the Barre YS * <i>Sarah Marchetti Gleim</i>	7:00-7:45 Beats Ride CS * <i>Candace Peterson</i>	7:00-7:45 Pilates Fusion YS * <i>Mia Wenger</i>	9:00-9:50 Precision Run® TR * <i>Chaz Jackson</i>	9:15-10:15 Endurance Ride 60 CS * <i>Jason Strong</i>
7:30-8:15 Beats Ride CS * <i>Brandon Green</i>	7:15-8:00 Rounds: Boxing BR * <i>Jermaine Bailey</i>	7:15-8:00 Rounds: Boxing BR * <i>Thomas Heath</i>	7:15-8:15 Vinyasa Yoga YS * <i>Josh Mathew-Meier</i>	8:45-9:30 True Barre: Off the Barre YS * <i>Erin Giordano</i>	9:00-9:45 True Barre: Off the Barre YS * <i>Leah Hulglin</i>	10:00-10:50 Precision Run® TR * <i>Anne Berhe</i>
8:30-9:15 Rounds: Boxing BR * <i>Brandon Green</i>	7:15-8:05 Vinyasa Yoga YS * <i>Margaret Schwarz</i>	7:15-8:05 Precision Run® TR * <i>Cooper Chou</i>	7:30-8:20 Precision Run® MS * <i>MetCon3</i>	9:15-10:00 Beats Ride MS * <i>Shaun Anthony</i>	9:15-10:00 Beats Ride MS * <i>Candace Peterson</i>	10:15-11:00 True Barre: Bala Bangle YS * <i>Cindya Davis</i>
8:45-9:35 Pilates Rise YS * <i>Mia Wenger</i>	7:30-8:20 Precision Run® TR * <i>Candace Peterson</i>	8:00-8:45 Beats Ride CS * <i>Brett Gordon</i>	8:00-8:45 The Cut MS * <i>Eddie Carrington</i>	10:15-11:05 Precision Run® MS * <i>Shaun Anthony</i>	10:00-10:45 Stacked MS * <i>Chaz Jackson</i>	10:30-11:20 360 Strength MS * <i>Alexei Kuznetsov</i>
9:00-9:45 Limited Series: Stronger Women MS * <i>Jaclyn Michelle</i>	8:00-8:45 Athletic Conditioning MS * <i>Carolann Valentino</i>	8:00-8:45 Cardio Sculpt MS * <i>Melissa Birnbaum</i>	8:30-9:15 Beats Ride MS * <i>Meghan Cox</i>	10:30-11:30 Vinyasa Yoga YS * <i>Mary Horne</i>	10:15-11:00 True Barre: Off the Barre YS * <i>Michelle Rubich</i>	10:45-11:30 Beats Ride CS * <i>Lauren Berman</i>
10:00-10:50 Precision Walk: Elevate TR * <i>Evan Wood</i>	8:30-9:15 Beats Ride CS * <i>Candace Peterson</i>	8:45-9:45 Vinyasa Yoga YS * <i>Robert Nguyen</i>	9:15-10:15 Vinyasa Yoga YS * <i>Jane Johnsen</i>	10:45-11:30 Beats Ride CS * <i>Lucas Blankenhorn</i>	10:30-11:15 Beats Ride CS * <i>Candace Peterson</i>	
10:45-11:30 True Barre: Bala Bangle YS * <i>Carolina Rivera</i>	9:15-10:00 True Barre: Off the Barre YS * <i>Michelle Rubich</i>	9:00-9:45 MetCon3 MS * <i>Lauren Anthony</i>	9:30-10:15 Stacked MS * <i>Meghan Cox</i>	12:00-12:45 Body Sculpt MS * <i>Zach Bergfelt</i>	11:00-11:45 Athletic Conditioning MS * <i>Kyle White</i>	
12:30-1:15 MetCon3 MS * <i>Waz Ashayer</i>	9:30-10:15 Core6 MS * <i>Diego Guevara</i>	10:30-11:15 True Barre: Off the Barre YS * <i>Michelle Rubich</i>	12:00-12:45 True Barre: Off the Barre YS * <i>Lucas Blankenhorn</i>	12:30-1:15 True Barre: Off the Barre YS * <i>Michelle Rubich</i>	11:15-12:00 Pilates Fusion YS * <i>Kimberly Bridgewater</i>	11:30-12:15 Rounds: Boxing BR * <i>Alexei Kuznetsov</i>
12:45-1:30 Pilates Fusion YS * <i>Lianne Gering</i>	10:30-11:15 Gentle Yoga YS * <i>Robert Nguyen</i>	11:00-11:45 Cardio Sculpt Stephanie Levinson	12:30-1:00 Best Butt Ever MS * <i>Zach Schanne</i>	12:30-1:15 True Barre: Off the Barre YS * <i>Michelle Rubich</i>	11:30-12:20 Precision Walk: Elevate TR * <i>Candace Peterson</i>	11:45-12:35 Stronger MS * <i>Jeff Robinson</i>
2:00-3:00 Vinyasa Yoga YS * <i>Dorian Shorts</i>	11:00-11:45 MS * <i>Core6</i>	12:30-11:15 True Barre: Off the Barre YS * <i>Michelle Rubich</i>	1:00-1:30 Upper Body Pump MS * <i>Zach Schanne</i>	12:00-12:45 Body Sculpt MS * <i>Zach Bergfelt</i>	11:45-12:45 Vinyasa Yoga YS * <i>Erica Mather</i>	
3:15-4:00 True Barre: Off the Barre YS * <i>Melinda Porto</i>	12:15-1:00 Pilates Mat YS * <i>Karen Hyland Monteith</i>	12:30-1:15 Body Sculpt MS * <i>Miriam Shestack</i>	1:30-2:30 Vinyasa Yoga YS * <i>Alison O'Connor</i>	1:30-4:15 True Barre: Bala Bangle MS * <i>Meaghan McLeod</i>	1:15-2:00 Pilates Mat YS * <i>Adele Carlson</i>	
4:30-5:15 Pilates Mat YS * <i>Adele Carlson</i>	1:15-2:00 True Barre: Off the Barre YS * <i>Karen Hyland Monteith</i>	1:30-4:00 True Barre: Off the Barre YS * <i>Erin Monteleone</i>	4:15-5:00 Pilates Fusion YS * <i>Miriam Shestack</i>	1:45-5:15 Pilates Mat YS * <i>Lauren Berman</i>	2:30-3:30 Power Vinyasa YS * <i>Kat Suda</i>	
5:00-5:45 Core6 MS * <i>Alison O'Connor</i>	1:30-4:00 True Barre: Off the Barre YS * <i>Miriam Shestack</i>	4:30-5:20 Precision Walk: Elevate TR * <i>Margaret Schwarz</i>	5:15-6:00 True Barre: Bala Bangle MS * <i>Zach Williams</i>	2:00-12:45 Core6 MS * <i>Robert Burke</i>	3:45-4:30 True Barre: Off the Barre YS * <i>Lindsey Miller</i>	
5:45-6:30 True Barre: Off the Barre YS * <i>Bella Merritt</i>	4:00-4:50 Precision Run® TR * <i>Margaret Schwarz</i>	4:45-5:30 Pilates Mat YS * <i>Cindya Davis</i>	5:30-6:30 Vinyasa Yoga YS * <i>Margaret Schwarz</i>	5:30-6:30 Vinyasa Yoga YS * <i>Esco Wilson</i>	5:00-5:45 Sonic Meditation YS * <i>Lindsey Miller</i>	
6:00-6:50 MetCon Monday MS * <i>Kyle White</i>	4:15-5:00 Pilates Mat YS * <i>Bret Yamanaka</i>	5:45-6:30 True Barre: Off the Barre YS * <i>Cindya Davis</i>	6:15-7:00 Beats Ride MS * <i>Zach Williams</i>	6:45-7:30 True Barre: Off the Barre YS * <i>Nikki Rosenbloom</i>		
6:15-7:05 Precision Run® TR * <i>Cooper Chou</i>	5:30-6:15 MetCon3 MS * <i>Miriam Shestack</i>	6:00-6:45 Athletic Conditioning MS * <i>Zach Schanne</i>	6:45-7:35 Stronger MS * <i>Mia Wenger</i>	6:45-7:30 True Barre: Off the Barre YS * <i>Suzanne Taylor</i>		
6:30-7:15 Beats Ride CS * <i>Lauren Berman</i>	5:30-6:30 Vinyasa Yoga YS * <i>Carly Hunter</i>	6:30-7:15 Beats Ride CS * <i>Brett Gordon</i>	7:00-7:45 Rounds: Boxing BR * <i>Ahmad Simmons</i>			
7:00-7:45 Cardio Dance MS * <i>Robert Taylor Jr</i>	5:45-6:30 Rounds: Boxing BR * <i>Brandon Green</i>	7:00-7:50 Precision Run + Strength TR * <i>Zach Schanne</i>	7:30-8:15 True Barre: Off the Barre YS * <i>Lucas Blankenhorn</i>			
7:00-8:00 Vinyasa Yoga YS * <i>Josh Mathew-Meier</i>	6:30-7:20 360 Strength MS * <i>Miriam Shestack</i>	7:00-8:00 Vinyasa Yoga YS * <i>Lauren Harris</i>				
7:30-8:15 Rounds: Boxing BR * <i>Brandon Green</i>	6:30-7:20 Precision Run® TR * <i>Evan Wood</i>	8:15-9:00 Sonic Meditation YS * <i>Suzanne Taylor</i>				
8:15-9:00 Pilates Fusion YS * <i>Ash Kaya</i>	6:45-7:30 Beats Ride CS * <i>Brandon Green</i>	8:15-9:00 Pilates Mat YS * <i>Brian Slaman</i>				
	7:00-7:45 True Barre: Off the Barre YS * <i>Lindsey Miller</i>	8:15-9:00 True Barre: Off the Barre YS * <i>Lindsey Miller</i>				

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

# EQUNOX

## EAST 74TH STREET

1429 2nd Avenue

NEW YORK NY 10021

EQUINOX.COM

@EQUINOX

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.

**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.

**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 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.

**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.

**Re-formation Pilates** A contemporary Pilates-based, high-intensity, low-impact workout by Zach Bergfeld, 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.

## ❖ 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.

## ❖ 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.

**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.

**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.