EQUINOX

EAST 74TH STREET

November 2026 | SCHEDULE EFFECTIVE 11.01.26-11.30.26

KEY **Studio key on back**

Bold — New/Updated Class, Instructor, or Time

* — Advance sign-up required

MONDAY

6:00-6:45	YS *	Pilates Fusion *Gabrielle Marino*
6:45-7:30	MS *	Body Sculpt *Kaelee Albritton*
7:00-7:45	YS *	True Barre: Off the Barre *Nicole Uribarri*
7:30-8:15	CS *	**Beats Ride** ***Kate Veak***
8:45-9:30	YS *	Pilates Fusion *Mia Wenger*
9:00-9:45	MS *	Stronger *Jaclyn Michelle*
10:00-10:50	TR *	Precision Walk: Elevate *Evan Wood*
10:45-11:30	YS *	True Barre: Bala Bangle *Carolina Rivera*
12:00-12:45	MS *	Stronger *Jacquie Scoliard*
12:45-1:30	YS *	Pilates Fusion *Team Equinox*
2:00-3:00	YS *	Vinyasa Yoga *Dorian Shorts*
3:15-4:00	YS *	True Barre: Off the Barre *Nicolas de la Vega*
4:30-5:15	YS *	Pilates Mat *Adele Carlson*
5:00-5:45	MS *	Stronger *Alison O'Connor*
5:45-6:30	YS *	True Barre: Off the Barre *Jake Siffert*
6:00-6:50	MS *	MetCon Monday *Kyle White*
6:15-7:05	TR *	Precision Run® *Cooper Chou*
6:30-7:15	CS *	Beats Ride *Lauren Berman*
7:00-8:00	YS *	Vinyasa Yoga *Josh Mathew-Meier*
7:15-8:00	MS *	Rounds: Boxing *Jermaine Bailey*
8:15-9:00	YS *	Pilates Fusion *Gerard Thelemaque*

TUESDAY

6:15-7:00	YS *	True Barre: Off the Barre *Joan Ferraro*
6:30-7:15	MS *	MetCon3 *Erin Miller*
7:00-7:45	CS *	Beats Ride *Michaela McGowan*
7:15-8:00	BR *	Rounds: Boxing *Ronnie Love*
7:15-8:05	YS *	Vinyasa Yoga *Margaret Schwarz*
7:30-8:20	TR *	Precision Run® *Candace Peterson*
8:00-8:45	MS *	**Stronger** ***Carolann Valentino***
8:30-9:15	CS *	Beats Ride *Candace Peterson*
9:15-10:00	YS *	True Barre: Off the Barre *Michelle Rubich*
9:30-10:15	MS *	MetCon3 *Diego Guevara*
10:30-11:15	MS *	Pilates Fusion *Adele Carlson*
10:30-11:15	YS *	Gentle Yoga *Robert Nguyen*
12:15-1:00	YS *	Barefoot Sculpt: The Ring *Miriam Shestack*
12:30-1:15	MS *	Body Sculpt *Stephanie Levinson*
1:15-2:00	YS *	Pilates Mat *Kimberly Bridgewater*
4:15-5:00	YS *	True Barre: Bala Bangle *Jake Siffert*
4:30-5:20	TR *	Precision Walk: Elevate *Margaret Schwarz*
5:15-6:00	MS *	MetCon3 *Miriam Shestack*
5:45-6:45	YS *	**Power Vinyasa** ***Carly Hunter***
6:15-7:00	MS *	Body Sculpt *Miriam Shestack*
6:30-7:20	TR *	Precision Run® *Evan Wood*
6:45-7:30	BR *	Rounds: Boxing *Ronnie Love*
7:00-7:45	YS *	Pilates Mat *Brian Slaman*
8:15-9:00	YS *	True Barre: Off the Barre *Lindsey Miller*

WEDNESDAY

6:00-6:45	YS *	Pilates Mat *Lilianne Gering*
6:15-7:00	MS *	Tabata Max *Joan Ferraro*
7:00-7:45	YS *	True Barre: Off the Barre *Sarah Marchetti Gleim*
7:15-8:05	TR *	Precision Run® *Cooper Chou*
8:00-8:45	CS *	Beats Ride *Brett Gordon*
8:00-8:45	MS *	Body Sculpt *Vincent Ruiz*
8:45-9:45	YS *	Vinyasa Yoga *Robert Nguyen*
9:00-9:45	MS *	Stronger *Lauren Anthony*
10:00-10:50	TR *	Precision Run® *Lauren Anthony*
10:30-11:15	YS *	True Barre: Off the Barre *Michelle Rubich*
11:30-12:15	YS *	Re-formation Pilates *Zach Bergfelt*
12:30-1:15	MS *	MetCon3 *Alyssa Cerrachio*
3:15-4:00	YS *	True Barre: Off the Barre *Erin Monteleone*
4:30-5:15	YS *	Pilates Mat *Cindya Davis*
5:45-6:30	YS *	True Barre: Off the Barre *Cindya Davis*
6:00-6:45	MS *	Stronger *Zach Schanne*
6:30-7:15	CS *	Beats Ride *Lucas Blankenhorn*
7:00-7:50	TR *	Precision Run® *Zach Schanne*
7:00-8:00	YS *	Vinyasa Yoga *Lauren Harris*
7:15-8:00	MS *	Cardio Dance *JJ Montell*
8:15-9:00	YS *	Yin Yoga + Sound Meditation *Suzanne Taylor*

THURSDAY

6:15-7:00	YS *	Barefoot Sculpt: The Ring *Arianna Dolan*
6:30-7:15	MS *	MetCon3 *Emily Fawcett*
7:00-7:45	CS *	Beats Ride *Candace Peterson*
7:15-8:15	YS *	Vinyasa Yoga *Josh Mathew-Meier*
7:30-8:20	TR *	Precision Run® *Chelsea Amengual*
8:00-8:45	MS *	The Cut *Eddie Carrington*
8:30-9:15	CS *	Beats Ride *Meghan Cox*
9:15-10:00	YS *	Pilates Fusion *Lucas Blankenhorn*
9:30-10:15	MS *	Stacked *Meghan Cox*
10:45-11:30	YS *	Barefoot Sculpt *Or Artzi*
12:00-12:45	YS *	True Barre: Off the Barre *Lucas Blankenhorn*
12:30-1:15	MS *	**Stronger** ***Shaun Anthony***
4:15-5:00	YS *	Pilates Fusion *Miriam Shestack*
4:30-5:20	TR *	Precision Walk: Elevate *Margaret Schwarz*
5:30-6:15	MS *	True Barre: Bala Bangle *Zach Williams*
5:30-6:30	YS *	Vinyasa Yoga *Margaret Schwarz*
6:30-7:15	CS *	Beats Ride *Zach Williams*
6:45-7:35	MS *	Stronger *Mia Wenger*
7:00-7:45	BR *	Rounds: Boxing *Ahmad Simmons*
7:30-8:15	YS *	True Barre: Off the Barre *Lucas Blankenhorn*

FRIDAY

6:00-6:45	MS *	Stronger *Robert Burke*
7:00-7:45	MS *	Athletic Conditioning *Diego Guevara*
7:00-7:45	YS *	Pilates Fusion *Mia Wenger*
8:45-9:30	YS *	True Barre: Off the Barre *Erin Giordano*
9:15-10:00	MS *	MetCon3 *Shaun Anthony*
10:15-11:05	TR *	Precision Run® *Shaun Anthony*
10:30-11:30	YS *	Vinyasa Yoga *Mary Horne*
10:45-11:35	MS *	Pilates Rise *Lucas Blankenhorn*
12:00-12:45	MS *	Body Sculpt *Zach Bergfelt*
12:30-1:15	YS *	True Barre: Off the Barre *Michelle Rubich*
3:30-4:15	YS *	True Barre: Bala Bangle *Meaghan McLeod*
4:30-5:15	YS *	Pilates Mat *Lauren Berman*
5:30-6:30	YS *	Vinyasa Yoga *Esco Wilson*
6:45-7:30	YS *	True Barre: Off the Barre *Nikki Rosenbloom*

SATURDAY

8:00-8:45	YS *	Pilates Mat *Lucas Blankenhorn*
8:45-9:30	MS *	MetCon3 *Jeff Robinson*
9:00-9:50	TR *	Precision Run® *Chaz Jackson*
9:00-9:45	YS *	True Barre: Off the Barre *Leah Hulgin*
9:15-10:00	CS *	Beats Ride *Candace Peterson*
10:00-10:45	MS *	Stacked *Chaz Jackson*
10:15-11:00	YS *	True Barre: Off the Barre *Michelle Rubich*
10:30-11:15	CS *	Beats Ride *Candace Peterson*
11:00-11:45	MS *	Athletic Conditioning *Kyle White*
11:15-12:00	YS *	Pilates Fusion *Kimberly Bridgewater*
11:30-12:20	TR *	Precision Walk: Elevate *Candace Peterson*
12:00-12:45	MS *	Stronger *Kyle White*
12:15-1:15	YS *	Vinyasa Yoga *Kristina Erikson*
1:00-1:45	MS *	Rounds: Boxing *Ahmad Simmons*
1:45-2:30	YS *	True Barre: Off the Barre *Zach Williams*
3:00-4:00	YS *	Sculpted Yoga™ *Jane Johnsen*

SUNDAY

8:30-9:45	YS *	Vinyasa Yoga *Esco Wilson*
9:00-9:45	MS *	Cardio Sculpt *Cindya Davis*
10:00-10:50	TR *	Precision Run® *Anne Berhe*
10:15-11:00	YS *	True Barre: Bala Bangle *Cindya Davis*
10:30-11:15	MS *	MetCon3 *Team Equinox*
10:45-11:30	CS *	Beats Ride *Lauren Berman*
11:45-12:35	MS *	Stronger *Jeff Robinson*
11:45-12:45	YS *	Vinyasa Yoga *Erica Mather*
12:45-1:30	MS *	Athletic Conditioning *Vincent Ruiz*
1:15-2:00	YS *	Pilates Mat *Adele Carlson*
2:30-3:30	YS *	Ignite Flow Yoga *Kat Suda*
3:45-4:30	YS *	True Barre: Off the Barre *Lindsey Miller*
5:00-5:45	YS *	Sonic Meditation *Lindsey Miller*

EQUINOX

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.

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.
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.
Yin Yoga + Sound Meditation Relax and rejuvenate with a healing mix of yin yoga along with a live sound bath. You'll experience restorative yoga poses, designed to open hips, pelvis and lower back, combined with the therapeutic sounds of crystal singing bowls to bring you a much deeper mind-body connection.

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.

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.

Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.
Barefoot Sculpt: The Ring A low-impact sculpt class built around a weighted ring. Press, hold, and sweep to build functional strength, control, and endurance in one full-body format. Grounded, athletic, and intentional. An Equinox exclusive.
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.

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.
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.

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.
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.

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 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.

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.

Strength

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.