EQUINOX **WEST 76TH 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

7:00-7:45 YS * — Pilates Fusion — *Adele Carlson*

7:15-8:15 L1 * — W76th: Vinyasa Yoga Fundamentals — *Rebecca Sandlin*

7:30-9:30 L4 * — W76th: Mysore Style Ashtanga Yoga — *Lori Brungard*

7:30-8:15 MS * — Stronger — *Wyatt Slone*

8:00-8:45 CS * — Beats Ride — *Candace Peterson*

8:00-9:00 L2 * — W76th: Hot Power Yoga — *Stephanie Schwartz*

8:15-9:15 L3 * — W76th: Figure 4 Barre — *Jess Strohmyer*

9:15-10:00 MS * — Cardio Sculpt — *Jessica Davis*

9:30-10:30 L2 * — W76th: Hot Vinyasa Yoga — *Molly Elson*

9:45-10:45 L3 * — True Barre — *Monica Colino*

10:30-11:15 YS * — Pilates Mat — *Caroline Strong*

10:45-11:45 L1 * — W76th: Alignment Yoga Basics — *Jon Witt*

11:00-11:50 MS * — Powerstrike! — *Sabrina Cohen*

12:15-12:45 MS * — Best Butt Ever — *Miriam Shestack*

12:30-1:30 L2 * — W76th: Hot Power Yoga — *VR Colletti*

12:45-1:15 MS * — Upper Body Pump — *Miriam Shestack*

4:15-5:00 YS * — Pilates Fusion — *Susan Rappaport*

4:30-5:30 L2 * — W76th: Hot Vinyasa Yoga — *James McCracken*

5:00-6:00 L1 * — Slow Flow Yoga — *Dana Slamp*

5:15-6:05 L3 * — True Barre — *Sarah May Epstein*

5:30-6:30 YS * — Vinyasa Yoga — *Katey Lewis*

5:45-6:35 TR * — Precision Run® — *Andrew Briedis*

6:15-7:00 CS * — Beats + Bands Ride — *Cara Leggio*

6:15-7:15 L1 * — W76th: Upside Down Yoga — *Matt Boylin*

6:15-7:00 MS * — MetCon Monday — *Alexandra Vasile*

6:30-7:30 L2 * — W76th: Hot Ashtanga Yoga — *Christina Broccolo*

6:30-7:20 L3 * — True Barre — *Kelsey Whallon*

7:15-8:15 MS * — Studio Dance: NYC Dance Project — *Abby Goldenberg*

7:30-8:00 L1 * — Sound Meditation — *Matt Boylin*

TUESDAY

6:30-7:30 L2 * — W76th: Hot Vinyasa Yoga — *Jennifer Carlin*

6:30-7:20 TR * — Precision Run® — *Jason Strong*

7:00-7:45 L3 * — W76th: Figure 4 Barre Forty-Five — *Connie Sousek*

7:30-9:30 L4 * — W76th: Mysore Style Ashtanga Yoga — *Lori Brungard*

7:30-8:15 MS * — Whipped! — *Andrew Slane*

8:15-9:15 L3 * — W76th: Figure 4 Barre — *Connie Sousek*

9:00-9:45 YS * — Pilates Fusion — *Rachel Genise*

9:15-10:15 L1 * — Slow Flow Yoga — *Dana Slamp*

9:15-10:00 MS * — Body Sculpt — *James Ervin*

9:30-10:30 L2 * — W76th: Hot Vinyasa Yoga Advanced — *Rebecca Sandlin*

9:45-10:45 L3 * — W76th: Figure 4 Barre — *Connie Sousek*

10:00-10:50 CS * — Precision Ride — *Amanda Katz*

10:45-12:00 L1 * — Iyengar Yoga — *Tzahi Moskovitz*

11:00-11:50 TR * — Precision Walk: Elevate — *Lindsay Carson*

12:15-1:15 L1 * — W76th: Yin/Yang Yoga — *Kyle Adam*

12:15-1:00 MS * — Leg Day — *Wyatt Slone*

12:30-1:30 L2 * — W76th: Hot Vinyasa Yoga — *Andrea Borrero*

4:30-5:30 L2 * — W76th: Hot Ashtanga Yoga — *Evan Perry*

5:15-6:15 YS * — Vinyasa Yoga — *Emma Poole*

5:30-6:15 MS * — Athletic Conditioning — *Mara Gabrielle*

6:00-7:00 L1 * — Iyengar Yoga — *Nick Potenzieri*

6:15-7:00 CS * — Beats Ride — *Kate Girlich*

6:30-7:30 L2 * — W76th: Hot Power Yoga Advanced — *Molly Elson*

6:30-7:30 L3 * — True Barre — *Jess Strohmyer*

6:30-7:15 MS * — Barefoot Sculpt: The Ring — *Ary Nunez*

7:00-7:45 YS * — Pilates Fusion — *Alex Ware*

WEDNESDAY

7:00-7:45 L3 * — W76th: Figure 4 Barre — *Michelle Siegel*

7:15-8:15 L1 * — Vinyasa Yoga — *Robert Nguyen*

7:30-8:15 MS * — Stacked — *Or Artzi*

7:30-9:30 YS * — W76th: Mysore Style Ashtanga Yoga — *Evan Perry*

8:15-9:15 L3 * — W76th: Figure 4 Barre — *Michelle Siegel*

9:00-10:00 L1 * — W76th: Alignment Yoga Basics — *Kevin Bigger*

9:30-10:30 L2 * — W76th: Hot Power Yoga — *Jade Alexis*

9:30-10:15 MS * — Atletica — *Marie Jasmin*

9:45-10:45 L3 * — W76th: Figure 4 Barre — *Michelle Siegel*

10:30-11:15 YS * — Pilates Fusion — *Susan Rappaport*

11:00-11:50 MS * — Cardio Dance — *Mitchell Wayne*

12:00-12:45 MS * — Powerstrike! — *Stephen Bel Davies*

12:30-1:30 L2 * — W76th: Hot Vinyasa Yoga — *Matthew Lombardo*

12:30-1:15 YS * — Pilates Mat — *Caroline Strong*

4:30-5:30 L2 * — W76th: Hot Power Yoga Advanced — *Serena Tom*

5:30-6:15 YS * — Pilates Fusion — *Andre Rivera*

6:00-7:00 L1 * — Slow Flow Yoga — *Dana Slamp*

6:00-6:30 MS * — Core6 Express — *Ash Halpin*

6:30-7:30 L2 * — W76th: Hot Vinyasa Yoga — *James Donegan*

6:30-7:45 YS * — W76th: Vinyasa Yoga Advanced — *Molly Elson*

6:45-7:30 L3 * — True Barre — *Kimberly Dawn Neumann*

6:45-7:30 MS * — Stacked — *Ash Halpin*

7:30-8:15 L1 * — W76th: Meditation Yoga Nidra — *Jamie Bonelli*

THURSDAY

6:30-7:30 L2 * — W76th: Hot Vinyasa Yoga — *Jennifer Carlin*

6:30-7:20 TR * — Precision Run® — *Lisa Raphael*

7:00-7:45 L3 * — W76th: Figure 4 Barre Forty-Five — *Carolina Rivera*

7:00-7:45 YS * — Pilates Mat — *Mia Wenger*

7:30-9:30 L4 * — W76th: Mysore Style Ashtanga Yoga — *Lori Brungard*

8:00-8:30 MS * — Best Butt Ever — *Mia Wenger*

8:15-9:15 L3 * — W76th: Figure 4 Barre — *Carolina Rivera*

8:30-9:00 MS * — Upper Body Pump — *Mia Wenger*

9:15-10:15 L2 * — W76th: Hot Power Yoga Advanced — *VR Colletti*

9:15-10:15 MS * — Tai Sculpt — *James Ervin*

9:30-10:30 L1 * — W76th: Vinyasa Yoga Advanced — *Andrea Borrero*

9:45-10:45 L3 * — W76th: Figure 4 Barre — *Carolina Rivera*

10:00-10:45 CS * — **Beats Ride** — ***Kyle O'Brien***

10:45-12:00 L1 * — Iyengar Yoga — *Tzahi Moskovitz*

10:45-11:35 YS * — Pilates Mat — *Dara Adler*

11:00-11:50 TR * — Precision Walk: Elevate — *Andrew Slane*

12:15-1:00 MS * — Atletica — *Kyle O'Brien*

12:30-1:30 L2 * — W76th: Hot Power Yoga — *Christina Broccolo*

4:30-5:30 L2 * — W76th: Hot Power Yoga — *Kyle Adam*

5:30-6:30 L1 * — Vinyasa Yoga — *VR Colletti*

6:00-6:45 MS * — Tabata Max — *Tracy Gordon*

6:30-7:30 L3 * — W76th: Figure 4 Barre — *Kat Steers*

6:45-7:45 L1 * — Yin Yoga — *Franklin Camacho*

7:15-8:05 L2 * — Pilates Fusion (Heated) — *Erin Giordano*

FRIDAY

6:30-7:30 L2 * — W76th: Hot Power Yoga — *Alyssa Villanueva*

7:15-8:15 L1 * — Vinyasa Yoga — *Rebecca Sandlin*

7:30-9:30 L4 * — W76th: Mysore Style Ashtanga Yoga — *Christina Broccolo*

7:30-8:20 MS * — Whipped! — *LR Davidson*

8:00-9:00 L2 * — W76th: Hot Vinyasa Yoga — *Kyle Adam*

8:15-9:15 L3 * — W76th: Figure 4 Barre — *Lindsey Miller*

8:30-9:15 CS * — Beats + Bands Ride — *Sarah Cucuzzella*

9:00-10:00 L1 * — Vinyasa Yoga — *Stephanie Schwartz*

9:00-9:45 YS * — Pilates Fusion — *Rachel Genise*

9:30-10:30 L2 * — W76th: Hot Vinyasa Yoga Advanced — *Rebecca Sandlin*

9:30-10:15 MS * — Stacked — *Sarah Cucuzzella*

9:45-10:45 L3 * — W76th: Figure 4 Barre — *Lindsey Miller*

10:45-11:45 L1 * — Hatha Yoga — *Jon Witt*

11:00-11:45 L2 * — **Pilates Fusion (Heated)** — ***Rachel Genise***

11:00-11:45 MS * — Cardio Dance: 305 Dance — *JJ Montell*

12:15-1:00 MS * — Barefoot Sculpt: The Ring — *Kyla Lloyd*

12:30-1:30 L1 * — Vinyasa Yoga — *Jennifer Carlin*

4:15-5:00 YS * — Pilates Fusion — *Alex Ware*

4:30-5:30 L2 * — W76th: Hot Power Yoga — *Molly Elson*

5:00-6:00 L1 * — Slow Flow Yoga — *Shelley McPherson*

5:15-6:15 YS * — Vinyasa Yoga — *Katey Lewis*

5:30-6:15 MS * — Leg Day — *Melissa Chisholm*

5:45-6:35 TR * — Precision Run® — *Jason Strong*

6:00-7:00 L2 * — W76th: Hot Candlelight Yoga — *Molly Elson*

6:15-7:00 L3 * — True Barre — *Kimberly Dawn Neumann*

6:30-7:30 L1 * — Restorative Yoga — *Katey Lewis*

SATURDAY

8:00-8:45 MS * — Body Sculpt — *Lisa Raphael*

8:30-9:30 L2 * — W76th: Hot Vinyasa Yoga — *Christina Broccolo*

8:45-9:30 L3 * — True Barre — *Rosie Fiedelman*

8:45-9:00 MS * — Best Abs Ever — *Lisa Raphael*

9:00-10:00 YS * — Pilates Fusion — *Taylor Habershaw*

9:15-10:15 L1 * — W76th: Yin/Yang Yoga — *Kyle Adam*

9:15-10:00 MS * — MetCon3 — *James Donegan*

9:30-10:20 CS * — Precision Ride — *Lisa Raphael*

10:00-11:00 L2 * — W76th: Hot Power Yoga — *VR Colletti*

10:15-11:00 MS * — True Barre: Off the Barre — *Kevin VerEecke*

10:30-11:45 L1 * — Iyengar Yoga — *Kavi Patel*

10:30-11:30 YS * — Vinyasa Yoga — *Jennifer Carlin*

11:15-12:00 MS * — Stronger — *Maddie Myers*

11:30-12:15 CS * — Anthem Ride — *Sarah Cucuzzella*

12:15-1:15 MS * — Studio Dance: The Choreo Collective — *Rob Coglitore*

12:30-1:30 L2 * — W76th: Hot Vinyasa Yoga — *Molly Elson*

12:45-1:45 L1 * — Vinyasa Yoga — *Emma Poole*

1:00-1:50 YS * — Pilates Mat — *Bret Yamanaka*

1:30-2:15 MS * — Atletica — *Ilaria Montagnani*

2:00-3:00 L2 * — **Sculpted Yoga™ (Heated)** — ***Katelyn Thelemaque***

2:30-3:30 L1 * — W76th: Upside Down Yoga — *Jamie Bonelli*

2:30-3:15 MS * — Impact! — *Ilaria Montagnani*

4:00-5:00 L1 * — Restorative Yoga — *Mary Aranas*

4:00-5:00 L2 * — W76th: Hot Power Yoga — *Juan Gamboa*

5:15-6:00 L1 * — Sound Meditation — *Mary Aranas*

SUNDAY

8:30-9:30 L2 * — W76th: Hot Vinyasa Yoga — *Jennifer Carlin*

8:45-9:35 MS * — True Barre: Off the Barre — *Kelsey Whallon*

9:00-9:45 CS * — Anthem Ride — *Cara Leggio*

9:15-10:15 L1 * — Vinyasa Yoga — *Rebecca Sandlin*

10:00-11:00 L2 * — W76th: Hot Power Yoga Advanced — *Stephanie Schwartz*

10:00-10:45 MS * — Athletic Conditioning — *Abby Goldenberg*

10:15-11:15 YS * — Power Vinyasa — *Karen Kassover*

10:30-11:15 L3 * — W76th: Figure 4 Barre Forty-Five — *Lindsey Miller*

11:00-11:50 MS * — Rhythmic Sculpt — *Connie Sousek*

11:15-12:15 L1 * — W76th: Alignment Yoga Basics — *Rebecca Sandlin*

11:30-12:30 L3 * — W76th: Figure 4 Barre — *Lindsey Miller*

12:00-12:45 MS * — Core6 — *Wyatt Slone*

12:00-1:00 YS * — Pilates Mat — *Alex Dill*

12:30-1:45 L1 * — Iyengar Yoga — *Kavi Patel*

12:30-1:30 L2 * — W76th: Hot Vinyasa Yoga Advanced — *Rebecca Sandlin*

2:30-3:30 L2 * — W76th: Hot Hatha Yoga Advanced — *Matt Boylin*

3:00-4:00 YS * — Pilates Mat — *Christina Cervenka*

4:00-5:30 L1 * — W76th: Ashtanga Yoga Led — *Evan Perry*

4:00-5:00 L2 * — Yin Yoga (Heated) — *Matt Boylin*

5:15-6:15 YS * — Weekend Wind Down Yoga — *Rhana Harris*

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EQUINOX

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MON-THU 05:30 AM 10:00 PM

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SAT-SUN 07:00 AM 08:00 PM

Kids

MON-SUN 08:00 AM 02:00 PM

GROUP FITNESS MANAGER

constance.sousek@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

L1 LL Studio 1

L2 LL Studio 2

L3 LL Studio 3

L4 LL Studio 4

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

Cycling

Anthem Ride Let the music move you! Vibe, flow, and sweat to the beat in our Signature “all music, no metrics” ride. An Equinox Exclusive.
Beats + Bands Ride Beats + Bands combines cardio and conditioning in a way that’s unlike anything you’ve tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving Equinox exclusive.
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.
Precision Ride A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.

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.
Core6 Express Explore six distinct core pathways in this 30-minute structured interval flow with bursts of high intensity. 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.
Whipped! Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.

Barre

True Barre This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle 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.
W76th: Figure 4 Barre Figure 4 is the most challenging barre experience out there, infusing dance based techniques with foundational strength training. Through high energy choreography, Figure 4 keeps your pulse pounding while forging a lean, sculpted physique focusing on the thighs, arms, abs, and glutes. Socks with grips or bare feet for class.
W76th: Figure 4 Barre Forty-Five Take the express route in the 45 minute class designed for those who want to achieve the benefits of Figure 4's all-around approach in minimal time.

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.

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.
Cardio Dance: 305 Dance Dance like no one’s watching in this free-spirited, inclusive dance cardio workout designed for all levels, no dance experience required. 35 minutes of high-intensity cardio followed by 5 minutes of targeted toning, and 5 minutes of stretching for a joyful full body workout.
Studio Dance: NYC Dance Project Leave all your inhibitions at the door! Abby’s class has the pulse of NYC, where dance is provocative, fun and flashy. Dare yourself to be truthful and expressive, and dare yourself to really dance!
Studio Dance: The Choreo Collective Join pro dancer Rob Coglitore for a high-energy fusion of grooves, stretch, and Street Funk choreography. Each week builds a routine that leaves you sharper, sweatier, and more confident. Feel like you’re dancing on tour — no experience required, just good vibes and pure joy.

Boxing

Impact! Gloves on in this intense freestanding bag class created by global fitness expert, Ilaria Montagnani. Punch and kick a target to improve form and technique, increase stamina, speed and agility. Participants must bring their own gloves.
Powerstrike! An authentic martial arts based, rhythmic-cardio workout created by global fitness expert, Ilaria Montagnani. Punch and kick to improve speed, balance and coordination.

Regeneration

Sound Meditation A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.

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.

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.

Yoga

Hatha Yoga A classic take on a physical yoga practice— without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.
Iyengar Yoga An open class focusing on precision and physical alignment of the body. Named after B.K.S. Iyengar and therapeutic in approach, props are used to increase awareness and understand the nuance of each pose.
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.
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.
Slow Flow Yoga A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.
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.
W76th: Alignment Yoga Basics This therapeutic class is designed to develop ease, healthy alignment, and body awareness. Props and mindful adjustments in posture are used to aid body awareness and focus. It’s yoga without the “om.”
W76th: Ashtanga Yoga Led This class covers the Primary Series of Ashtanga Yoga, counted with the traditional vinyasa. Students will be led through half primary (navasana), after which the teacher may determine a safe stopping point for the majority of the class.
W76th: Hot Ashtanga Yoga This heated traditional sequence combines power and flexibility with movement and breath to produce an energetic practice. The heat allows for deeper exploration as the body opens up.
W76th: Hot Candlelight Yoga Hot Candle Light Flow is characterized by flowing poses and sequences that are linked to the breath. In a candle lit room this class is a mindful approach to Vinyasa flow.
W76th: Hot Hatha Yoga Advanced Hatha yoga explores the traditional poses of yoga connecting the body to the mind. The practice is designed to increase awareness and stability through controlled grounding movements with a focus on breath, and stretching to deepen each posture.
W76th: Hot Power Yoga "This is a power yoga class taught in a room heated to 102 degrees. The heat will provide for a detoxifying sweat while you flow through an athletic and dynamic sequence of postures. Cueing will gear towards more progressive alignment as well as deepening within postures.
W76th: Hot Power Yoga Advanced This is a power yoga class taught in a room heated to 102 degrees. The heat will provide for a detoxifying sweat while you flow through an athletic and dynamic sequence of postures. This level is for the student who has a basic knowledge of the Asanas as well as navigating in and out of postures.
W76th: Hot Vinyasa Yoga This class done in a heated room, is characterized by flowing poses and sequences that are linked to the breathand is a vigorous, more athletic approach to yoga. Students should have a basic understanding of arm balancing with the expectation of inversion preparation and progressive back bending.
W76th: Hot Vinyasa Yoga Advanced Taught in a room heated to 104 degrees, Vinyasa is characterized by flowing poses and sequences that are linked to the breath. This class is diverse and sequencing will vary with instructor philosophy and in general is a vigorous, more athletic approach to yoga.
W76th: Meditation Yoga Nidra Yoga Nidra is the art of conscious relaxation. A powerful practice where the body and mind are liberated from their tensions and anxiety. Learn how to put the body into sleep while the mind remains fully awake. Deep levels of healing takes place on the emotional, mental, and physical planes.
W76th: Mysore Style Ashtanga Yoga Mysore refers to the way Ashtanga Yoga is traditionally taught in its home city of Mysore, India. Learn individually within a supportive group setting, progressing at your own pace under the guidance of an expert teacher. Students may enter any time during the block of time (up until an hour before the end of class), however beginners are encouraged to arrive at the start time of class.
W76th: Upside Down Yoga This class is primarily focused on the main inversion asanas of headstand, forearm stand, and handstand. A focus on alignment as well as exploration of different ways of entry and exit allow students to practice in a safe and open environment. Upside-down is suitable for students of all levels.
W76th: Vinyasa Yoga Advanced Vinyasa is characterized by flowing poses and sequences linked to the breath. This class is diverse and sequencing will vary with instructor philosophy and in general is a vigorous, more athletic approach to yoga. Intricate sequencing, full inversion/arm balancing offerings and deep backbending.
W76th: Vinyasa Yoga Fundamentals Vinyasa is characterized by flowing poses and sequences that are linked to the breath. This class is diverse and sequencing will vary with instructor philosophy and in general is a vigorous, more athletic approach to yoga. Build a foundation with a focus on expanding practice knowledge.
W76th: Yin/Yang Yoga This class begins with a fiery Yang (Vinyasa) practice to build heat in the body. This heat prepares the body to then melt deeply into 30 minutes of Yin yoga (restorative, deep release).
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.
Yin Yoga Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

Sculpt

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.
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.
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.

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.
Rhythmic Sculpt Move to the beat in this dynamic Sculpt class that keeps you moving in steady, light-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.
Tai Sculpt A flowing barefoot workout that blends sculpting, Pilates and barre with elements of tai chi created by NYC fitness expert, James Ervin. Strengthen your body from the ground up, and challenge your mind in deep focused movement.